85hr Dubai Pregnancy Yoga Teacher Training by Sally Parkes (BSc)
Dates: November 18-24, 2016
Timings: 8:30am – 5:30pm

Welcome to an empowering 85 hour Pregnancy Yoga Teacher Training [Yoga Alliance Registered] by Sally Parkes from London!

Sally's training is grounded in sound physiology and anatomy as well as the more subtle aspects of yoga, the aim of which is to offer guidance towards a woman's very special journey of pregnancy into motherhood. Our goal is to offer support and guidance to our student teachers so they are fully equipped with the knowledge and expertise to deliver safe, effective and uplifting classes and one to ones. This is achieved via a combination of appropriate asana, pranayama, mudra and visualizations.

We also honor the Shakti (female) energetics that resides in all women and allows such an amazing event: (conception, pregnancy and birth) to occur. In addition, we will discuss "The Process of Birth" and study the fourth trimester, otherwise known as the post-natal period. We will also look at how yoga and methods developed from Sallys' knowledge of Pilates and gentle exercise rehabilitation can assist a mothers' post-natal recovery. Moreover, Sally will include a fascinating "how to teach a Moms + Babies yoga" section.

Topics covered range from:

- Yoga related movements for all the trimesters to stretch and strengthen the physical body and help alleviate common conditions of pregnancy.
- Appropriate relaxation, pranayama, visualizations and meditation.
- Working with an exercise ball or chair for both pregnancy and in preparation for labor
- The spiritual aspects of pregnancy and birth.
- Positions for Optimal Fetal Positioning
- Mula Bandha - the importance of a healthy pelvic floor and the correct alignment of the pelvis during pregnancy and the post-natal period.
- Birth and labour - description of a`normal' birth using both anatomical images and a dummy baby and model of the pelvis.
- Positions for the three stages of labour
- Post-natal support including exercises following Caesarian Section
- The spiritual aspects of pregnancy and birth

This course teaches you to deliver classes and one to one lessons that are:

- Safe and effective
- An even blend of the yoga system
- Empowering
- Uplifting
- Informative
- Non-judgmental
- Supportive

You will finish the training course with the skills to:

- Teach a well-rounded yoga class that honors a woman's mind and body at this special and sacred time.
- Adapt your general classes for any pregnant ladies who also attend.
- Integrate yoga props and small equipment into your classes and one to ones to make them more bespoke.
- Adapt the class for those with injuries and/or common ailments such as lower back pain, Pelvic Girdle Pain, low blood pressure and fatigue.
- Have a clear understanding of why it is important to incorporate all elements of yoga into a class.
- Have the knowledge of what actually happens to the body during pregnancy and birth.

7 DAY SCHEDULE – BREAKDOWN OF TOPICS:

Day 1: Pregnancy
Opening the course: Sitting in a circle around we will briefly introduce ourselves and say what brings us to the course and about our yoga experience so far.

Asana practice: a 90min Yoga Flow class appropriate for the second trimester. We will also include appropriate pranayama.

Discussion on the benefits of yoga during pregnancy and what we should aim to achieve by the end of delivering a class for pregnancy. We will also cover what yoga postures and pranayama to avoid during pregnancy. This will be a general summary of what to avoid as we will discuss who to tailor a class to certain pregnancy related ailments later in the day.

Anatomy: what actually happens to the woman during pregnancy throughout the three trimesters. This will include hormonal, emotional and physical changes and the contraindications that can come with these changes including:
-Low/High Blood Pressure
-Nausea
-Anxiety
-Sleep Deprivation
-Heart Burn
-Pain in Sacroiliac and lumbar region of the spine.
-Sciatica

Medical diagrams will be used to show the babys' growth and the physical changes of the woman through the pregnancy.

As back pain is so common during pregnancy we will spend sometime on why this occurs and look at the effects of Lordosis and Kyphosis on the spine, pelvis and surrounding muscles tissue as a result. This will relate more to late second and all of the third trimester.

60min Hatha/Restorative Pregnancy Yoga session suitable for the first trimester.

Day 2: Pregnancy
Asana practice: a 90min Yoga Flow class using Swiss/Birthing balls, appropriate for the second and early third trimester. We will also include appropriate pranayama and mudras.

The spiritual aspects of pregnancy: How to use different aspects of yoga to bring harmony during any stage of pregnancy. This session will approx 2hrs long as we go through various techniques which can be weaved into any pre or post-natal class. We will look at appropriate:
-Meditations
-Visualisations
-Kriyas
-Mudras
-Chanting
-Positive affirmations.

Subtle Anatomy: Chakras
How the Charkras relate to pre and post-natal yoga with specific reference to the Root and Heart Chakra.

Moola Bandha: a logical progression from the Root Chakra, we will discuss Moola Bandha and Uddiyana Bandha and how these can work in unison with the Root Chakra. We will work through asana and movements of the pelvis that help to engage the bandhas. For some of these movements we will use a yoga brick.

Gentle Asana for the first trimester. This will be a different sequence from Day 1.

Day 3: Pregnancy
Asana practice: a 90min Yoga Flow class for the Second Trimester. This time we will adapt the class for early third trimester by using chairs and the wall and possibly some partner work.

Positions for Optimal Foetal Positioning to encourage a 'head down' birth. This will include the best positions to sleep in.

Anatomy of the third trimester with extra emphasis on the engagement of the babys' head in the birth canal and how this will change what asanas' should be suggested.

Asana practice for the third trimester. Using no props except for some partner work.

45mins: Yoga Nidra for all stages of pregnancy.

Day 4: Birth.

60min 'Pelvis Power' flow sequence, appropriate for all trimesters. This sequence focuses on the mobilisation and strengthening of the pelvis, sacrum and lumbar region.

Anatomy of birth and the three stages of labour. Positions to assist with these three stages including work with the Birthing/Swiss ball, birth partner etc.

Discussion on C-Section and the effects of medical interventions on what can and can't be done within the realms of yoga asana.

Meditations on the act of 'letting go' and acceptance of oneself and the the journey of birth.

Introduction into the fourth trimester/post-natal period.

Day 5: Post-natal
60min Post-Natal yoga class (for ladies who are 6weeks into their post-natal stage). This class will include elements of Pilates.

Anatomy of the fourth trimester and what contraindications to look out for and ask about within the realms of post-natal yoga.

Talk and practical session on the relevance of using the pelvic floor and transverse abdominus to aid post-natal recovery and carrying baby with minimum risk of back injury.

Teaching practice: time to work out a short sequence and practice teaching it within the group. This will be for pregnancy yoga.

A more therapeutic asana practice that addresses issues related to post-natal ladies: Tight neck and shoulders, kyphosis, sleep deprivation, back ache, issues with lymph drainage around the breast.

HOW TO SEQUENCE AND MANAGE A 50 MINUTE MOTHER AND BABY CLASS

Day 6: Start Practical assessments
45min session: Meditation and pranayama

Session on what to include in a session for a lady who has had a C-section or medical intervention in labour.

Teaching practice. Teaching practice: time to work out a short sequence and practice teaching it within the group. This will be for pregnancy yoga.

Start practical assessments: students will teach a 20min sequence for pregnancy yoga.

We will close the day by coming together as a group and doing a 10min relaxation/meditation.

Day 7: Practical assessments continued.
The last day will be very much like Day 6 and we will finish the practical assessments and finish with a 'where to go from here' talk. This will include how to go about getting work as a pre/post-natal teacher and the best way to advertise. Again we will close the day by coming together as a group and doing a 10min relaxation/meditation.

GET TO KNOW SALLY PARKES:

Sally is a certified Senior Yoga Teacher with a background in Ashtanga Yoga. She has studied in Mysore with Saraswathi and with Paul Dallaghan in Thailand, and also has a keen interest in Iyengar yoga. Sally's own teaching style, which she calls 'Laxmi Yoga', is flowing and strong whilst allowing time for the practitioner to maintain correct alignment and steady breathing. She now runs her own 200 hour Laxmi Vinyasa Yoga teacher training program which is fully certified by The Yoga Allaince UK and The Independent Yoga Network in London and Spain.

Sally also a MOTHER who has a keen interest in women's health and has studied extensively with Uma Dinsmore-Tuli, a leader in the field of pregnancy and post-natal yoga and is a trained Doula.

Also a health and fitness writer, Sally has written Ultra Fit, Yoga Magazine, Om Magazine Gurgle Magazine and Top Sante, and is the author for the upcoming publication 'Yoga Anatomy', and is proud to part of the online Movement for Modern Life team.

Sally has an has an Honors degree in Sports and Exercise Science, is a registered Senior Yoga Teacher with The Yoga Alliance UK, a Yoga Elder with The Independent Yoga Network and a Level 3 instructor with The Register of Exercise Professionals. She is also registered with FEDANT as a Ante-Natal Educator and has trained as a Doula with Paramanadoula

'I was, and still am amazed at what a therapeutic yoga practice can do to the mind and body, and I can honestly say that yoga totally changed my life by helping to make it a happy one. My journey with yoga started in 1998 when I was studying for my degree in Sports and Exercise Science. I was enjoying my work as a personal trainer and fitness instructor but wanted to find a more all-encompassing and spiritual approach to wellness. As soon as I went to my first yoga class I knew I wanted to teach and so started studying and practicing as much as possible until I was ready to embark upon teacher training. Having gained my first yoga teaching certification to teach in 2002, I now teach Vinyasa Flow and and Pregnancy Yoga full time to people from all walks of life and I pride myself on making yoga accessible to everyone regardless of age, ability or experience. I truly believe yoga is for everyone and there is a style to suit everybody's needs and this is what I teach within the realm of my teacher training course. How can we adapt the practice of yoga so the student that is in front of us can get the most out of their practice, and how can we convey the message we are trying to communicate in the most effective way? This is what teacher trainees must continuously ask themselves. Teaching is so much more that showing people yoga, we must connect with the student on a mental, physical and emotional level from a place that is heart based. That is what makes an amazing yoga teacher'. For more information about Sally Parkes, visit: **www.sallyparkesyoga.com**

PREREQUISITE READING TO PURCHASE

'BOUNTIFUL, BEAUTIFUL, BLISSFUL' BY GURMUKH

YOGA FOR PREGNANCY BY WENDY TEASDILL

PREREQUISITE HOMEWORK

Prior to the course, please practice 3 prenatal or post-natal yoga sequences either with a certified teacher at a studio or an online class.

In your summary, include:

Name of the teacher
Date of your practice
Venue (If an online class please write down the web address)

Include your thoughts on the sequences, i.e.: did you enjoy it? Would you change anything? How you felt during and after the practice.

We can recommend pregnancy and post-natal online classes by Sally Parkes on movementformodernlife.com and Sally's latest releases on YouTube practiced in isolation or all three together in this order:

Video 1:

https://www.youtube.com/watch?v=m0-dIOUe9Bw

Video 2:

https://www.youtube.com/watch?v=Vd7RRtVIXTk

Video 3:

https://www.youtube.com/watch?v=yvl8uP968Zw

Please select a class that is at least 30 minutes long. You are of course welcome to use online classes elsewhere and even better a teacher at a real life studio.

Please type up your class summary and bring a print out with you on the first day at the training to give to Sally.

Students will also be asked to write a short Pregnancy yoga sequence ***after*** the third day to teach towards the end of the week. A short theory exam will be handed out to complete towards the end of the week.

PAYMENT:

5,800 DHS EARLY BIRD FEE EXPIRES ON SEPTEMBER 20

6,500 DHS NORMAL RATE THEREAFTER

*DEPOSIT OF 3,500 CAN BE ARRANGED TO SECURE YOUR PLACE AND EARLY BIRD FEE. REMAINDER TO BE SETTLED A MONTH PRIOR TO THE TRAINING.

REFUND POLICY:

PLEASE NOTE THAT ALL FEES ONCE PAID WILL NOT BE REFUNDED OR ADJUSTABLE UNDER ANY CIRCUMSTANCES. WE UNDERSTAND THAT EMERGENCIES AND OTHER LIFE SITUATIONS DO ARISE. WE RECOMMEND THAT YOU CAREFULLY REVIEW YOUR SCHEDULE AND UPCOMING OBLIGATIONS TO ENSURE THAT YOU CAN COMMIT FULLY TO THE COURSE. IF UNFORESEEN CIRCUMSTANCES OCCUR AND THE COURSE IS CANCELLED, THE FULL REGISTRATION FEE WILL BE REIMBURSED, BUT WE WILL NOT BE RESPONSIBLE FOR ANY OTHER CHARGES INCURRED BY THE PARTICIPANT, INCLUDING HOTEL & AIRLINE FEES.

YOGA ALLIANCE REGISTERED TRAINING

Sally Parkes 85 hour Pregnancy Yoga Teacher Training is a Registered Yoga School (RYS) with Yoga Alliance, which designates this teacher training program as one which follows Yoga Alliance's standards. Students who successfully complete this training will receive a certificate of completion by Sally. Students who are registered with Yoga Alliance as RYT-200 or RYT-500 may be eligible to register with Yoga Alliance as Registered Pregnancy Yoga Teachers (RPYT) upon completing 30hour of prenatal class teaching experience after the training and submitting details of location / class size etc.. to Yoga Alliance along with your certificate.

If you haven't completed your 200hr training and wish to do so in the near future, you can still add the Pregnancy Yoga 85hours ontop of your registered 200 hours as per Yoga Alliance's notes ***here***

CONTACT DETAILS – NOURA EL-IMAM

Email: yogalatesdxb@gmail.com

Web: www.yogalatesblissindubai.com

Call: 00971-503289 642