

**Hatha Yoga Teacher Training (HYTT) 300-Hour Program**  
**Prenatal & Postnatal Yoga**  
**Elective Option – 20 Hours**

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*COURSE DESCRIPTION*

Yoga can offer amazing benefits for pregnancy, labour and parenthood; however, there are things that teachers and practitioners need to know! This interactive course is designed for anyone keen to learn more about Prenatal and Postnatal Yoga, including yoga teachers, fitness instructors, doulas and other health professionals as well as parents to be.

This course will share practices for each stage of the journey from yoga support for conception to partner yoga for pregnancy and labour to yogic recommendations for postpartum recovery to parent/baby yoga poses for bonding. Resources will also be provided to comfort women in the event of pregnancy loss.

**Topics covered:**

- Anatomy and physiology specifically related to Prenatal and Postnatal Yoga.
- Benefits of Yoga for fertility, pregnancy, labour, postpartum, and parenthood.
- Teaching Yoga classes for this population and adapting any class to meet the needs of prenatal and postnatal women (best practices, things to avoid, modifications, and contraindications).
- Breathwork, postures, meditation, and chanting for pregnancy, labour and the postpartum period.
- Common conditions related to posture, core and pelvic floor issues.
- Teacher ethics, scope of practice, business considerations, and marketing services in the community.

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*LEARNING OBJECTIVES*

1. Ability to confidently and safely teach yoga classes designed for pregnant and postnatal women.

2. Capacity to tailor any style of class or practice for pregnant and postnatal women.
  3. Understand and address prenatal and postnatal conditions, including practices that can help and things to avoid.
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#### *PRE-REQUISITE READING*

Optional (recommended but not required)

Book: Prepare to Push by Kim Vopni

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#### *ASSIGNMENT*

In class mini practicum and written lesson plan for both stages.

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#### *ENROLLMENT*

This course is open to general public. 6 months to 1 year of regular yoga practice is recommended for participation.