



PRENATAL YOGA TEACHER TRAINING AUGUST 2022



75 -hours Prenatal Yoga Teacher Training Certificate Course (20 August 2022 - 30 October 2022) Part live on zoom (synchronous learning) and part offline on teachable platform (asynchronous learning)

About the course

Pragathi Yoga 75 hours Prenatal Yoga Teacher training is a comprehensive prenatal yoga certification program designed to equip aspiring yoga instructors with a strong foundational knowledge of physiology and anatomy in pregnancy. Trainees will learn to support women in every stage of pregnancy, through delivery, and even into the early days of motherhood.

The 75 hours Prenatal Yoga Teacher Training Course is also a specialized program for young women planning to be mother and yoga practitioners aspiring to teach yoga to pregnant women. Trainees are taught how various yogic practices are adapted and modified during various stages of pregnancy and early motherhood. Highly qualified and experienced instructors will teach the physical and mental changes that occur normally in a pregnant body, and how yoga can help promote a smooth pregnancy. An in depth understanding in Ayurveda Garbhasanskar, will also be

imparted to the trainees. At the end of this course, students will be able to deliver specific pre- and post-natal classes for pregnant women.

The course is best suited

- Regular Yoga practitioners to deepen your yoga knowledge
- Yoga instructors
- Fitness trainers
- Physiotherapist
- Antenatal trainers
- Massage Therapist
- Women who are looking forward to be mothers soon

What to expect:

- Practical tools for teaching a safe and comprehensive prenatal yoga class.
- A thorough understanding of yoga and its application in various pregnancy-related physical and mental conditions.
- Learn how to customize yoga sequence for various stages of pregnancy and how to adapt the poses for each individual as per their needs and limits.
- Access to prenatal yoga videos for practice and as reference for teaching your clients.
- An in-depth study of the ancient ayurvedic way of prenatal care – Garbha sanskar
- Tools to guide a mother in her postpartum physically and emotionally.

Practice the poses with a dummy pregnant belly to experience the real challenges of the pregnant women during the class.

Study materials

- Prenatal Yoga training material in PDF format on Teachable
- Additional reading:

Yoga Mind Body and Spirit – Donna Farhi

Yoga for pregnancy – Leslie Lekos and Megan Westgate

Ayurvedic Garbhasanskar – Balaji Thambe

The Female pelvis (Anatomy and Exercises) -Blandine Calais- Germain

Why us?

Pragathi Yoga -Founded by Deepa Chemery (YACEP, E-RYT 500, RPYT) has always been committed to women's physical and mental health through Yoga and Ayurveda. While practicing Yoga in India Deepa learned that there was not much understanding on how to modify yoga practices for pregnant women. Most women who practiced Hatha Yoga stopped going to Yoga classes when they were planning to become Mothers or when they found out they are pregnant. Even Yoga teachers would back off from teaching pregnant mothers because little to no studies were done on how safe Yoga was for pregnant women.

While teaching in California, Deepa was fortunate enough to meet teachers like Robin Gruver (Late), Chrissy Canning Beutal and Late Jasmine Lieb (Late) who were so passionate about Prenatal Yoga that they dedicated their entire life into studying and researching about how to modify and make Yoga safe and accessible to pregnant mothers. Since her studies under these teachers Deepa gained confidence and all the experience needed to pursue Prenatal Yoga training. She has taught mothers with variety of underlying health conditions and high-risk pregnancies. This teacher training is a result of continued and passionate study in Prenatal Yoga by Deepa and her wonderful teachers. We love to welcome you to this beautiful and most rewarding work of supporting a mother during the most precious time of her life.

Class Schedule

Synchronous Learning - Zoom meeting on the following days

Aug 20, Aug 21, Sept 3, Sept 4, Sept 17, Sept 18, Oct 1, Oct 2, Oct 15, Oct 16, Oct 29, Oct 30

Day	Time	Description
Saturday	4 pm –7 pm PST	Theory and Practical (Zoom meeting)
Sunday	4 pm – 7 pm PST	Theory and Practical (Zoom meeting)

Asynchronous Learning 6 hours

Time: two weeks following the synchronous learning. At your own pace watch the videos and study materials posted in Teachable platform, do assignments and project.

*For those who are not able to attend the Zoom meeting, the recording will be provided to attend asynchronously. It is highly recommended that you attend the zoom meeting. The asynchronous option will be allowed in special conditions alone.

How can you practice and teach what you learned during the training?

You get access to Pragathi Yoga prenatal class recordings of zoom classes and educational videos for 6 months after the training ends. Use these videos to practice or as reference when you teach the clients initially. Do not share these videos to your clients. All videos and materials are copy right reserved.

When you initially start teaching, there are chances that a lot of confusions, questions and doubts come up. We will be available to answer your questions via zoom, phone call or email up to 6 months following the training. Also feel free to email any questions you have even after these 6 months. It is better to be well informed and confident while teaching a mother that to teach with a confused mind.

You can also attend our regular hatha yoga sessions free of cost for 6 months to establish the basics if you completely new to Pragathi Yoga.

Hatha yoga class schedules:

Every Wednesday 7:30 pm PST, Every Sunday 8:30 am PST

Cost

Total cost of the training is \$750.

Registration fee \$250 to be paid before the training date. The remaining amount can be paid as part payment during the course of the training. Call us ahead of time to set up a payment plan.

Payment can be made via

PayPal: chemerydeepa@gmail.com

Venmo: Deepa Chemery 818-805-6803

Zelle: Dilip M Padmanabhan 818-805-6802

Registration

Please fill out this intake form to enroll to the course.

https://docs.google.com/forms/d/1SWS8zMhuHf2KHhse-j9fHyQ50oaz1WTw5b9yPLZP_A4/edit

Send a screenshot of registration fee payment to info@pragathiwellness.com.

Contact details

Phone 818-805-6803

e-mail: chemerydeepa@gmail.com , info@pragathiwellness.com

website : www.pragathiwellness.com