

Bliss Baby YOGA

Bliss Baby Yoga is internationally renowned for offering quality Yoga Teacher Training courses, with over 10 years of training countless yoga teachers in the specialist field of yoga for women, including many Pre and Post-natal Yoga Teachers.

Bliss Baby offers a face-to-face 3 Day - 22 hour **Prenatal Yoga Teacher Training Weekend Intensive** at various locations around Australia. This course will equip yoga teachers, yoga teacher trainees and women's health professionals with the skills and knowledge to safely and confidently teach yoga to women during all stages of pregnancy.

The course will cover:

- * Benefits of yoga for pregnancy and birth
- * Safety Guidelines for pregnant students
- * Modifying the postures for the various stages of pregnancy
- * The three trimesters: overview of physiological changes for mum and baby
- * Postural alignment for pregnancy
- * Working with props for pregnancy
- * Restorative Yoga for pregnancy
- * Sequencing and the 5 Prenatal Posture Groups
- * Yoga Nidra and Visualisation for pregnancy
- * Partner Yoga for pregnancy
- * Benefits & applications of squatting and pelvic floor toning during pregnancy
- * Sounding/Chanting for pregnancy and birth
- * Special sequences for pregnancy
- * Applied Anatomy for prenatal yoga: back or pelvic problems & other common complaints
- * Overview of Stages of Labour and Birth
- * Yogic tools for labour
- * Active Birth and Yoga

A Comprehensive course manual is included.

BLISS BABY/CELEBRATION OF BIRTH PACKAGE

When choosing the **DUAL CERTIFICATE** training option participants will receive a **22 hour Prenatal Yoga Certification** together with the **Celebration of Birth Doula Academy** certificate as a **Sacred Birth Doula** (on completion of the course requirements).

PLEASE NOTE - for existing yoga teachers, this course contributes towards the ongoing learning that is required by Yoga Alliance for 22-hours of professional development and immediate qualification to teach pre-natal students. The training hours also count towards the required 85 hours to receive the Registered Prenatal Yoga Teacher certificate (RPYT) with Yoga Alliance.