



# Nourish Yoga Training

85 hour Pregnancy & Postnatal Yoga Teacher Training  
Online Course Summer 2020

Date	Time	Topic	Facilitator
14 August 2020	10:00-13:00	Welcome, Scope of Practice, Why Pregnancy Yoga	Harriet McAtee
	15:00-18:00	Anatomy of Conception & First Trimester	Harriet McAtee
15 August 2020	10:00-11:00	Practice	Harriet McAtee
	11:00-12:00	Anatomy of Conception & First Trimester	Harriet McAtee
	12:00-13:00	When to Practice	Harriet McAtee
	15:00-16:00	Basic Asana	Sarah Leyla Puello
	16:00-18:00	Sun Salutations	Sarah Leyla Puello
28 August 2020	10:00-12:00	Teaching Practice (Basic Asana & Sun Salutations)	Harriet McAtee
	12:00-13:00	History of Women in Yoga	Harriet McAtee
	15:00-16:00	History of Pregnancy Yoga	Harriet McAtee
	16:00-18:00	Compassionate Communication	Harriet McAtee
29 August 2020	10:00-11:00	Practice	TBC
	11:00-13:00	Yoga Philosophy for Pregnancy	Harriet McAtee
	15:00-16:00	Mental Health & Wellbeing	Harriet McAtee
	16:00-18:00	Meditation (Introduction, Mindfulness)	Harriet McAtee

<b>4 September 2020</b>	10:00-11:00	Practice	Sarah Leyla Puello
	11:00-13:00	Standing Postures	Sarah Leyla Puello
	15:00-17:00	Teaching Practice (Meditation & Standing Postures)	Harriet McAtee
	17:00-18:00	Pranayama	Harriet McAtee
<b>5 September 2020</b>	10:00-11:00	Practice	Harriet McAtee
	11:00-13:00	Pelvic Floor	Harriet McAtee
	15:00-18:00	Pranayama	Anna Oldfield
<b>11 September 2020</b>	10:00-12:00	Teaching Practice (Pranayama & Pelvic Floor)	Harriet McAtee
	12:00-13:00	Anatomy: Second Trimester	Harriet McAtee
	15:00-16:00	Anatomy: Third Trimester	Harriet McAtee
	16:00-18:00	Social & Cultural Awareness	Harriet McAtee
<b>12 September 2020</b>	10:00-11:00	Practice	Anna Oldfield
	11:00-13:00	Meditation (Mantra, Visualisation, Yoga Nidra)	Anna Oldfield
	15:00-18:00	Birth & Labour	Sarah Cesek (TBC)
<b>18 September 2020</b>	10:00-13:00	High Risk vs Low Risk; Complications & Common Conditions	TBC
	15:00-17:00	Seated Postures	Sarah Leyla Puello
	17:00-18:00	Practice	Sarah Leyla Puello
<b>19 September 2020</b>	10:00-13:00	Chair & Wall Yoga	Harriet McAtee

	15:00-16:00	Anatomy: Postnatal	Harriet McAtee
	16:00-18:00	Postnatal Yoga	Harriet McAtee
<b>25 September 2020</b>	10:00-11:00	Practice	TBC
	11:00-13:00	Pelvic Girdle Pain	Harriet McAtee
	15:00-18:00	Restorative Yoga	Harriet McAtee
<b>26 September 2020</b>	10:00-13:00	Final teaching practices	Harriet McAtee
	15:00-18:00	Final teaching practices & closing circle	Harriet McAtee