



Nourish Yoga Training

85 hour Pregnancy & Postnatal Yoga Teacher Training Prospectus

Duration: 8 weeks, 11 June - 31 July 2021, Fridays 18:00-21:00; Saturdays 10:00-13:00 and 15:00-18:00

Delivery Method: Live via Zoom, sessions are recorded & catch up is available (see below)

Total hours: 85 hours (75 contact & 10 non-contact hours)

Price

Community Price: £699

Standard Price: £849

Supporter Price: £969

Trainers include: Harriet McAtee, Anna Oldfield, Sarah Leyla Puello, Illiyin Morrison, Emily Carson.

Overview

We are excited to present our 85 hour Pregnancy & Postnatal Yoga teacher training, Yoga Alliance certified.

We've been guided & inspired by our core values of accessibility, empowerment and love of knowledge.

Our Pregnancy Yoga Teacher Training is grounded in evidence, celebrates all bodies & pregnancies, and empowers students and teachers to be integrated, active and intentional.

We can't wait to bring Nourish Yoga Training's signature approach to making yoga inclusive and person-centred to the important area of pregnancy yoga and post-natal yoga.

In this Pregnancy Yoga Teacher Training, the foundation of a safe understanding of alignment and asana during pregnancy is enhanced by exploring restorative yoga, pranayama, meditation, ethics & philosophy, all geared towards pregnancy & birth.

We're committed to making the course content **digestible, structured** and **accessible**. By spreading it out you've got plenty of time to practice & integrate the teachings in between



sessions, allowing you to explore questions that arise, and receive lots of support guidance and feedback.

We believe there's no better way to learn than through experience, which means that you'll be teaching from as early as possible. Teaching practice will become more autonomous and independent as the course progresses, ensuring that you graduate feeling confident and ready to teach!

We've structured lessons to move through each trimester and the postnatal period as the course progresses, meaning you encounter knowledge sequentially and intuitively.

Content includes:

- Anatomy & physiology: all trimesters, labour, delivery & postnatal
- Alignment & Asana for every stage
- Compassionate Communication
- Mental wellness during pregnancy
- Yoga Philosophy for pregnancy
- Meditation & Relaxation
- Pranayama
- Lesson planning & Sequencing
- Restorative Yoga
- Chair & Wall yoga
- Postnatal Yoga
- Postpartum & the fourth trimester
- Overview of Complications During Pregnancy & Post-Natal
- Ethical, social & cultural awareness for pregnancy

Online modules are delivered as 3 hour sessions, over 8 weeks from 11 June - 31 July 2021 (6-9pm Friday, 10am-1pm and 3-6pm Saturday all times GMT). Please see our detailed schedule below.

Course Size

This course is limited to 12 students. This is one of our key features: for many teacher training programs there are often 25-35 other trainees in the room. With Nourish's small intakes, you'll receive a greater level of personalised attention, feedback and learning throughout the course.



Pricing

We believe in the importance and value of this program, and have chosen to work with a tiered pricing system in order to make it as accessible as possible.

Generally, we would recommend that the Community Option is appropriate for students, teachers, NHS & service workers. However, we trust your judgement: you are able to select any of the pricing options below depending on your circumstances. There are no further discounts available (i.e. no student discounts, etc).

Supporter Price: £969
Standard Price: £849
Community Price: £699

All pricing options include a non-refundable £300 deposit, and are inclusive of VAT. Your deposit must be paid to secure your place on the course.

The balance is due either as a lump sum 1 month prior to the course commencing, OR as 3 monthly payments, with the first payment due the month the course commences.

What does the payment plan look like?

Please note: paying in monthly installments will incur a £100 administration fee which is due along with your deposit.

Monthly payments are due 1 May 2021, 1 June 2021 and 1 July 2021.

Supporter Price - £969
£300 deposit + £100 admin fee (£400 total)
£669 balance
= 3 months x £223.00

Standard Price - £849
£300 deposit + £100 admin fee (£400 total)
£549 balance
= 3 months x £183.00

Community Price - £699
£300 deposit + £100 admin fee (£400 total)
£399 balance
= 3 months x £133



Why is there an admin fee for payment plans?

Payments plans result in significantly more administration and bookkeeping, meaning we need to charge extra for them. We really agonised about whether this was fair – we have been offering payment plans for 4 years without an admin fee, and feel it is the time to ensure we value this important administrative task by adding a fee.

Graduation Requirements

In order to graduate and receive your certificate, you must:

- Have paid for the course in full
- Attended all sessions
- Have demonstrated engaged & interested participation in group discussion & activities
- Satisfactory completion of all assessment pieces, including written assignments, reflections, pre-reading, and final teaching practice.

We don't believe in exams! We think that assessment should enrich & support your learning process, not create stress and worry. All our assignments are designed to suit your learning style & pace, they're not meant to be long, arduous or overly technical.

Course Materials

You will be provided with a hardcopy of our Pregnancy & Postnatal Yoga Teacher Training manual, with the cost of printing and postage included in your course fees.

We recommend that you have the following props:

- Yoga mat
- Strap
- 2 x yoga blocks
- Yoga bolster
- 2 x yoga blankets
- Eye pillow

Handouts and other materials are provided, where necessary, for each session, via our online classroom. There are no required book purchases.

Accreditation

We are accredited with Yoga Alliance International, who have over 80,000 yoga teachers registered worldwide and are an internationally recognised accreditation body.

We chose to be accredited with Yoga Alliance as our students are international folk and we appreciate their rigour.



Who is this course for?

This training is suitable for anyone interested in sharing yoga with pregnant people.

If you are not currently a 200 hour yoga teacher, we would recommend that this course is only suitable if you have an ongoing personal yoga practice. We welcome trainees currently completing their 200 hour teacher training.

We welcome practitioners from across disciplines who work with birthing people to take this course.

This course is suitable to take if you are pregnant or breastfeeding.

There is no age limit. If you have an injury or condition that you are concerned might affect your capacity to participate, please get in touch with us to discuss how we can accommodate you. We're committed to making our trainings accessible and inclusive.

If you are unsure or would like to discuss the eligibility criteria, please do get in touch:
harriet@nourishyogatraining.com

Attendance

Live attendance is strongly preferred at all online learning sessions. You are able to attend up to 4 sessions via recording if required, and you will need to complete a short quiz to demonstrate your awareness and understanding of the material covered. The final teaching practice session MUST be attended live.

Application Process

1. Please feel free to email Harriet if you have any questions:
harriet@nourishyogatraining.com
2. You can pay your deposit via our online booking system.
3. Harriet will then be in touch to confirm your enrolment in the course, send you some welcome information and confirm the payment of the training balance, either via payment plan (if requested) or one payment.

Scholarships

We are able to offer 2 x 50% scholarships in our Summer 2021 Program, at the Community Price (£349.50 total). These scholarships are available to LGBTQIA+ and/or Black, Asian, Minority Ethnic (BAME) people. Payment is to be made as 3 monthly payments of £116.50.



If you are interested in applying for a bursary, please email a short (no more than 1000 words) essay to harriet@nourishyogatraining.com, outlining your understanding of how birthing people's experience of pregnancy and birth can be effected by systemic discrimination, and how you see pregnancy yoga teaching impacting that experience.

We kindly ask that scholarship applications are made by 5pm, 30 April 2021.

Schedule

Date	Time	Topic	Facilitator
11 June 2021	18:00-21:00	Welcome, Scope of Practice, Why Pregnancy Yoga	Harriet McAtee
12 June 2021	10:00-11:00	Practice	Harriet McAtee
	11:00-13:00	Anatomy of Pelvis	Harriet McAtee
	15:00-16:00	Basic Asana	Anna Oldfield
	16:00-18:00	Sun Salutations	Anna Oldfield
18 June 2021	18:00-21:00	Anatomy of Conception & First Trimester; When to Practice	Harriet McAtee
19 June 2021	10:00-11:00	Lesson planning: Beginning class, warm ups	Harriet McAtee
	11:00-12:00	Teaching Practice (Basic Asana & Sun Salutations)	Harriet McAtee
	12:00-13:00	History of Pregnancy Yoga & Female Practitioners	Harriet McAtee
	15:00-16:00	Practice	Sarah Leyla Puello
	16:00-18:00	Standing Postures	Sarah Leyla Puello
25 June 2021	18:00-21:00	Practice, Yoga Philosophy for Pregnancy	Harriet McAtee
26 June 2021	10:00-13:00	Compassionate Communication	Harriet McAtee
	15:00-16:00	Teaching Practice (Meditation & Standing Postures)	Sarah Leyla Puello
	16:00-18:00	Lesson planning: standing postures	Sarah Leyla Puello
2 July 2021	18:00-21:00	Mental Health & Wellbeing	Harriet McAtee
		Meditation (Introduction, Mindfulness, Lesson	Harriet McAtee

		Planning)	
3 July 2021	10:00-11:00	Practice	Lizzie Edwards
	11:00-13:00	Pelvic Floor	Harriet McAtee
	15:00-18:00	Pranayama	Anna Oldfield
9 July 2021	18:00-19:00	Lesson planning: pranayama, pelvic floor	Harriet McAtee
	19:00-21:00	Anatomy: Second & Third Trimesters	Harriet McAtee
10 July 2021	10:00-11:00	Practice	TBC
	11:00-13:00	Meditation (Mantra, Visualisation, Yoga Nidra)	TBC
	15:00-16:00	Teaching Practice (Pranayama & Pelvic Floor)	Harriet McAtee
	16:00-18:00	Social & Cultural Awareness	Illiyin Morrison
16 July 2021	18:00-20:00	Seated Postures	Sarah Leyla Puello
	20:00-21:00	Teaching practice: seated postures	Sarah Leyla Puello
17 July 2021	10:00-13:00	Birth & Labour	Sarah Cesek (TBC)
	15:00-17:00	High Risk vs Low Risk	Illiyin Morrison
	17:00-18:00	Pelvic Girdle Pain	Harriet McAtee
23 July 2021	18:00-19:00	Practice	Lizzie Edwards
	19:00-21:00	Postnatal Yoga	Harriet McAtee
24 July 2021	10:00-14:00	Postpartum & the fourth trimester	Emily Carson
	16:00-18:00	Chair & Wall Yoga	Lizzie Edwards
30 July 2021	18:00-21:00	Restorative Postures	Harriet McAtee
31 July 2021	10:00-13:00	Final teaching practices	Harriet McAtee
	15:00-18:00	Feedback & mentoring session	Harriet McAtee