

The prenatal yoga teacher training course syllabus includes the following:

- 1) Anatomy of Pregnancy
- 2) Motherhood in Yoga
- 3) Understanding Yogic Anatomy
- 4) Asana
- 5) Pranayama
- 6) Mindful Birth through Meditation
- 7) Teaching and Designing Sequences
- 8) Postnatal Yoga

The following are details associated with each of the above:

Anatomy of Pregnancy (Syllabus key points for Prenatal Yoga teacher training course):

- Understanding changes in the body through the trimesters
- Pregnancy affecting body systems
- Problems affecting the mother during pregnancy
- Understanding the pelvis and pelvic floor muscles as they relate to pregnancy, childbirth and postpartum
- Fetal position variations
- How to achieve and maintain optimal baby positioning
- Muscle release techniques
- Labor Anatomy, understanding labor and childbirth

Motherhood in Yoga (Syllabus key points for Prenatal Yoga teacher training course):

- Why Yoga in Pregnancy
- Yoga and Motherhood

Understanding Yogic Anatomy:

- Relevance of Yogic Anatomy in teaching a yoga class
- Kosha
- Prana
- Chakras

Asana (Syllabus key points for Prenatal Yoga teacher training course):

- Categories of Asanas and basic guidelines of general practice for Pregnant women
- Practices suitable for Beginners to Advance students
- Modifications suitable for Pregnant women
- Application of props
- Poses that students should avoid and their contraindications

Pranayama (Syllabus key points for Prenatal Yoga teacher training course):

- Introduction
- Types of pranayama
- Benefits of pranayama for pregnancy
- Pranayama practices suitable for pregnancy

**Mindful Birth through Meditation (Syllabus key points for Prenatal Yoga teacher training course):**

- Mindfulness in pregnancy
- Relaxation and Stress Management Techniques
- Theory and concepts of meditation
- Meditation Practices- introduction to various techniques and sadhana
- Benefits of Meditation
- Yoga Nidra and Sankalpa for pregnant women

**Teaching & Designing Sequences (Syllabus key points for Prenatal Yoga teacher training course):**

- Types of Prenatal classes
- How to sequence for various types of classes and students
- How to practice the techniques safely
- Class management & sequencing
- Key focus in Prenatal classes
- Different target muscles and joints for different focus and holistic approach to lesson planning
- Pose modifications for each of the 3 trimesters
- Yoga for common pregnancy discomforts
- Acting responsibly with your pregnant students

**Postnatal Yoga (Syllabus key points for Prenatal Yoga teacher training course):**

- Anatomy after birth
- Problems affecting the mother after birth
- Practices suitable for postnatal students
- Teaching Prenatal Yoga
- Postnatal precautions
- Postnatal poses and sequential flow
- Identify and treat Diastasis-recti issue
- Yoga after cesarean birth or other medical interventions
- Re-build strength in pelvic and abdominal area
- Re-build the versatility of back support muscles and spine re-alignment
- Restoration of physical and mental strength