



MYHEALTHYOGA



**Online
Pregnancy & Postpartum
YOGA Teacher Training**

Student Prospectus

Pregnancy & Postpartum Yoga Teacher Training

Our My Health Yoga Pregnancy Yoga Teacher Training course deepens your understanding and application of the needs, rituals and yoga techniques for women pre and post pregnancy. This course is perfect for any yoga teacher who wishes to specialise in teaching Pregnancy Yoga or for anyone who is pregnant, planning their pregnancy and wishes to enhance their understanding of the profound benefits of incorporating yoga into their pregnancy journey. Yoga and Pregnancy are the perfect match to support in body alignment, release of pain and tension in the body/mind, support in expressing emotions authentically and harmoniously, and to introduce a sacred understanding of motherhood and deeper connection to the soul being carried within.



Pregnancy & Postpartum Yoga Teacher Training Course Outline

Topics

Module 1

- Introduction to Pregnancy Yoga
- Gentle Foundations
- Pregnancy Yoga Asanas Workbook for the 3 Trimesters

Module 2

- Anatomy & Alignment
- Body Awareness through Yoga

Module 3

- Empowering Women
- Holistic Pregnancy

Module 4

- Postpartum Yoga
- Returning to Yoga after Birth

Bonus Content! Soulful Business Practices for Pregnancy & Postpartum Yoga Teachers

Module Description

Here is a more detailed description of the contents of our modules. Each module includes a module video, class video, comprehensive notes with audio files, activities and a questionnaire. Additional support is available any time via email, phone or video chat.

Module 1 –

A gentle introduction to pregnancy yoga and the way it can impact a woman's life. We explore the emotional & spiritual journey through pregnancy and gain insight into how to guide our students using breath work, meditation, posture and relaxation techniques. How to nurture emotional connection and create a supportive, nourishing practice are key themes.

Module 2 –

We dive into the intricacies of anatomy & alignment during pregnancy and celebrate the incredible female body. Understanding the physical changes of pregnancy and applying this knowledge to how we teach yoga so we can support each student and their individual needs.

Module 3 –

Stepping into the role of empowering women through their pregnancy journey, birth and motherhood. Drawing on all the skills we have as teachers to inspire and support women - creating something extremely special from the foundations of yoga. Exploring different themes and ideas for specific classes and how to connect yoga with the birthing journey.

Module 4 –

Coming full circle and understanding postpartum and returning to yoga after giving birth. We cover the physical changes of our students, movement modifications and how to guide women through this massive life transition through yoga.

Bonus Content – Soulful Business

Course Fees

Pregnancy & Postpartum Yoga Teacher Training Course - Online -

\$795.00

All Inclusive

UPFRONT PAYMENT

Payment Plans

Cost: \$215.00 per month
(4 months, total \$860.00)

Accreditation

MHY (My Health Association)



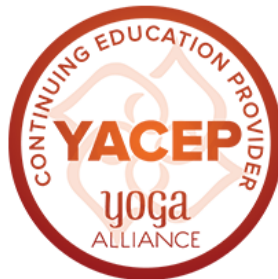
My Health Yoga Pregnancy & Post-Partum Yoga Teacher Training is recognised with MHA (My Health Association) for 60 credit points. **Please visit MHA website at:**
www.myhealthassociation.com.au

YOGA AUSTRALIA



The My Health Yoga Pregnancy & Post-Partum Yoga Teacher Training course is a 60-hour recognised course with Yoga Australia Inc. **Visit Yoga Australia website at:**
www.yogaaustralia.org.au

YOGA ALLIANCE



The My Health Yoga Pregnancy & Post-Partum Yoga Teacher Training course is a 60 hr recognised course with Yoga Alliance. **Visit Yoga Alliance website at:**
www.yogaalliance.org

Our eLearning Platform

The platform will show you the suggested sequence of topics. Every element you have downloaded/watched will be marked with a check mark. You'll be able to upload your activities and assignments directly on the platform and then submit for review once you have completed them. Teachers comments will be left on your course platform and assignments marked as completed which will be noted on your 'course progress' bar. The course has also 4 questionnaires pertaining to the content covered on each module. The passing grade is 70% however you can retake any questionnaire in case you fail.

PREGNANCY YOGA – MODULE 1: INTRODUCTION TO PREGNANCY YOGA

(Edit)

Lesson Topics

- ✓ PREGNANCY YOGA - Module 1: Introduction to Pregnancy Yoga
- ✓ PREGNANCY YOGA - Module 1: Pregnancy Yoga Class - Gentle Foundations
- Pregnancy Yoga - Module 1 Activities

Quizzes

	Status
1 PREGNANCY YOGA - Questionnaire 1	✓

[Next Lesson →](#)

Course Progress

Course Navigation

- ▼ **PREGNANCY YOGA - Module 1: Introduction to Pregnancy Yoga**
 - PREGNANCY YOGA - Module 1: Introduction to Pregnancy Yoga
 - PREGNANCY YOGA - Module 1: Pregnancy Yoga Class - Gentle Foundations
 - Pregnancy Yoga - Module 1 Activities
- ▶ PREGNANCY YOGA - Module 2: Anatomy & Alignment
- ▶ PREGNANCY YOGA - Module 3: Empowering Women
- ▶ PREGNANCY YOGA - Module 4: Postpartum Yoga

[RETURN TO PREGNANCY & POSTPARTUM YOGA TEACHER TRAINING](#)

PREGNANCY YOGA – MODULE 1: INTRODUCTION TO PREGNANCY YOGA

Topic Progress: ● ● ●

[← Back to Lesson](#)



Supporting Documents

PREGNANCY YOGA – Module 1- Introduction to Pregnancy Yoga

PREGNANCY YOGA – Questionnaire 1

Start Quiz

The Video Modules

The core of teaching is done via videos, online classes and notes. You will be able to watch the videos over and over again if needed.

If you need to stop the video and continue watching another time, the system will remember where you left and you'll be able to go back to where you were even if it is from a different device.

Remember you can access the platform from your PC/Mac/Smart Phones/Tablets and most modern devices. You will need Internet access to stream the videos and content.

Course Notes

You can print your notes directly from the platform or simply download and read them from your computer or device.

Questionnaires

You'll have 4 questionnaires to complete during the course. They pertain to information and topics discussed in the materials. Make sure you watch and study the modules related to a questionnaire before you submit your answers.

Questionnaires are a combination of multiple choice and True/False questions.

Assignments

Your assignments and activities can also be completed on a word doc then uploaded inside the platform. If you happen to be asked to expand on your assignment, you can upload another document.

Free Online Yoga Classes

6 months free access to www.myhealthyoga.tv also included for online yoga classes and meditations including additional content on Pregnancy Yoga and Mums & Bubs classes.

Meet Louise



Our course is presented by Louise Mackie, a long-time My Health Yoga teacher & Holistic Birth Practitioner. For many years, Louise has assisted women with yoga during their pregnancy, throughout the birth process and post-pregnancy. A true expert in the field, Louise Mackie will take you to a soulful, yet fun journey, sharing her extensive knowledge and experience so that you can become a specialised Pregnancy Yoga Teacher. Louise is also the owner and operator of Yogi Tree, where she runs pregnancy yoga classes, as well as creates vegan cakes and produces her own range of natural products including beauty products and natural candles.

Louise will be available to support you throughout your course as needed via email, phone or video chat. You may reach out as often as you need for additional guidance.



MYHEALTHYOGA



Louise Mackie

My Health Yoga Teacher/Facilitator & Holistic Birth Practitioner

THE END OF JOURNEY & THE BEGINNING OF A NEW ONE

Congratulations!

After all your hard work, you have finally completed all the required elements. We will be sending you your *Certificate of Pregnancy & Postpartum Yoga Teacher*.

REMEMBER

Your access to the online platform remains even after you finished the course. You'll be able to come back and brush up on the topics you wish anytime in the future.

We are looking forward hearing from you. Let us know if you have any questions or enquiries and will be delighted to help.



My Health Yoga Online Teacher Training FAQ:

Can you commence anytime?

Yes. Because it's an online teacher training, we have enrolments open all year round. As soon as your application and payment have been received and processed you'll be issued a login and password to access our eLearning platform.

How long do I have to complete the Pregnancy course?

Strictly speaking all the My Health Yoga Teacher Training courses have no set deadline because we believe that Yoga is not something that can or should be rushed, rather it's all about your own journey and path. However, we encourage students to finish within 4 months, as this will encourage the smooth flow of learning.

Am I able to teach Pregnancy Yoga after finishing the online course?

Yes, if you already have a Level 1 Yoga Teacher Certificate or are a trained Doula (or equivalent). This course is designed to give you more than enough elements in all areas of Pregnancy Yoga to be a confident and proficient teacher. You are more than welcome to join the course for your own interest and benefit and if you one day do a Level 1 Yoga Teacher Training, you can automatically add the Pregnancy Yoga certificate to your yoga teacher qualifications.

Can I get insurance?

Most certainly. Whilst most yoga schools are accredited only by one accrediting body, My Health Yoga is accredited by 3. Yoga Alliance, Yoga Australia and My Health Association (MHA). Upon completing our online course, you can immediately apply for accreditation and liability insurance so you can legally start teaching.

Can I access the modules unlimited times?

Yes. Once you pay for a module or for the whole course you'll get unlimited access to them. Even if we update content in years to come you'll get access to it.

What are the technical requirements?

Since it is an online course, we strongly recommend having broadband internet access (e.g. ADSL, Cable, 3G, etc.). You will need to be online to access the video content at all times. The platform can be accessed from most mainstream browsers (Chrome, Firefox, Safari recommended). The platform is accessible from Windows, MacOSX, Android devices and iOS devices. If you have any technical questions please contact Carlos at carlos@myhealthyoga.com

Do I have to pay upfront?

Paying upfront attracts a discount but we are also able to break down payments per module, generally paid monthly unless you arrange an alternative payment plan.

How long have you been running the online training for?

We have been running our correspondence course since 2004 and updated in January 2014 to fully online. Our yoga and healing business was established in 1998 and our In-Studio teacher training started in 2003.

Have there been any glitches with the system, or the technology?

We ourselves have had no glitches in the technology, however, some students have had to upgrade their internet usage to broadband to download all the module videos and class videos without them pausing.

For enquiries about our ONLINE COURSES

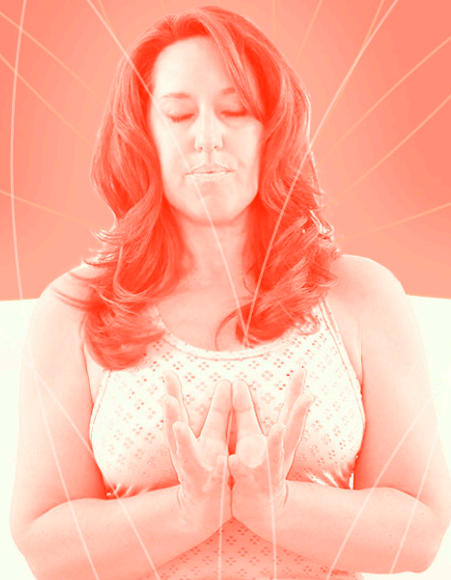
Call or text **0448 500 779**

Email to: online@myhealthyoga.com

Or: lou@myhealthyoga.com



Namaste



YOGA MIND . BODY . SPIRIT



GOLD COAST - Broadbeach Studio

Address: Suite 10, 2nd Floor,
Oasis Shopping Centre

Telephone: 0402 838 545

Email: info@myhealthyoga.com

Postal: PO Box 42, Canon Hill 4170

BRISBANE - New Farm Studio

Address: 602 Lower Bowen Terrace,
New Farm

Telephone: 0402 838 545

Email: info@myhealthyoga.com

Postal: PO Box 42, Canon Hill 4170

ONLINE COURSES

Telephone: 0448 500 779

Email: online@myhealthyoga.com





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Online Course Enquiries Telephone: **0448 500 779** Email: online@myhealthyoga.com

PROVIDER OF INTERNATIONALLY ACCREDITED ONLINE TEACHER TRAINING PROGRAMS