



mindfulmamas™

85-hrs Prenatal Yoga Teacher Training

with Laurel Hicks MSW, RSW, ERYT, RPYT, CLD



Prenatal Yoga Teacher Training provides an opportunity to learn about the journey into the first stage of motherhood, pregnancy and how yoga and mindfulness can ease and empower women through this life-changing event. This training will give yoga teachers and birthing professionals evidence-based tools and techniques that will assist mamas-to-be in their journey. A strong emphasis on mindfulness is integrated into the entire training.

Who is this training for: all perinatal health professionals, childbirth educators, doulas, mamas-to-be and yoga teachers interested in offering a complimentary, mind-body approach to pregnancy, birth and parenting preparation. Applicants should have a minimum one-year of yoga teaching if they are planning on teaching prenatal classes.

Laurel has vast knowledge in pregnancy and infancy. She is pursuing a PhD in Clinical Social Work and Infant Mental Health and is researching the effects of yoga and mindfulness in pregnancy and offers a wealth of knowledge.



Space is limited, register early for \$200 discount!

Dates	2015 Spring Level 1: April 30 – May 3 Level 2: May 28 – May 31 All days are from 9:30-6 All days must be attended to gain full certification
Cost	\$1495 Early Bird by March 1 st - \$1295
Where	Muskoka Yoga Studio Gravenhurst, ON
To Sign Up	info@muskokayogastudio.com www.muskokayogastudio.com 705-300-5517

What You Will Learn:

- Psychology and physiology of pregnancy, labour and birth
- Postures (Asana) to support a healthy pregnancy, modifications for each trimester, contraindications and posture sequencing
- Mindfulness techniques and integration methods
- Breath-work (Pranayama), vocal toning, partner work
- Relaxation and visualization techniques to help create a more positive and relaxed birth experience
- Birth choices and the culture of childbirth
- Prenatal Bonding, Fetal and Infant Development
- Labouring positions and birth preparation
- Postnatal/Mom & Baby Yoga class structure
- Current perinatal research & evidence-based practices

Completion of the full training provides eligibility to be a Yoga Alliance Registered Prenatal Yoga Teacher.

www.mindfulmamasyoga.com for more information about Laurel and Mindful Mamas™

