



PRENATAL YOGA ONLINE TEACHER TRAINING COURSE

CURRICULAM

Pregnancy Yoga Theory

- Introduction to Pregnancy Yoga
- Pregnancy Yoga Guidelines
- Benefits of Yoga in Pregnancy
- Conditions in Pregnancy
- Yoga Philosophy
- Anatomy Trimester wise
- Post Natal Yoga

Pregnancy Yoga Practice

- Asana in Pregnancy Trimester
- Safe Breathing Techniques
- Visualisation Techniques
- Meditation for Pregnant Women
- Mudras and Sankalpa
- Asana for Post Natal
- Class Sequencing
- Practical Assessment

Additional Bonus Module with this Training

Diet for Pregnancy & Breastfeeding