



85 Hour Prenatal Yoga Teacher Training

Abu Dhabi - Autumn/Fall 2018



THE STUDIO





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Dates

Fall/Autumn 2018

Friday 9th & Saturday 10th Nov
Friday 16th Nov
Friday 23rd & Saturday 24th Nov
Friday 30th Nov & Saturday 1st Dec

Time

8:00am-6.00pm

Location

The Studio, Villa 42, Corniche Road **Abu Dhabi**

Prices:

5800AED before 31st October 2018

6300AED after 31st October 2018

5300AED fixed rate for Jo and Sasha's existing graduates



Jo Arganaraz



Sasha Quince

Overview

This course will be jointly taught by experienced prenatal teacher trainers Jo Arganaraz and Sasha Quince. Course offered to 200hr+ qualified yoga teachers (and experienced childbirth educators, doulas, midwives etc. with a strong yoga practice and understanding)

Certification

All graduates will receive a certificate of completion if they meet the requirements of the course (including attending all required hours and 30 hours of prenatal yoga teaching). The training school (Return to the Self) has met the stringent requirements set by Yoga Alliance, demonstrating that the course is of the highest standard and that graduates may use the title 'Registered Prenatal Yoga Teacher' RPYT as a sign of quality training.

Our course is registered for 16 REPS points (20 continuous professional development points are required by REPS every 2 years to keep registered in the UAE)





“A good pre-natal teacher is compassionate and honours and supports each woman on her unique journey.”

How does ‘Return to the Self’ view prenatal yoga? What is our approach?

Prenatal yoga requires no previous yoga experience from expectant mothers. It is a beautiful feminine practice that offers women a space to connect to their babies ‘in utero’ and find peace in their hectic schedules and minds. Grounded in sound physiology, anatomy and subtle yoga energy work, pre-natal yoga classes are safe for all trimesters. Sequences and postures are offered with modifications for different stages of pregnancy. The emphasis of a pre-natal class is an asana practice with a focus on ‘apana’ or grounded energy and creating an atmosphere of mutual support between mothers.

Pregnancy is a time of great change and a unique experience every time, even for each subsequent pregnancy. A good pre-natal teacher is compassionate and honours and supports each woman on her unique journey. A pre-natal teacher provides physical tools for coping with pre-natal ailments, maintaining strength and daily movement. A teacher may help with specific pregnancy ailments and poses to practice or avoid. A pregnancy yoga class can cultivate a sense of self love and compassion for the changes taking place on a daily basis.

As with all yoga classes, by turning the awareness within, a woman finds her strength to root herself in the present moment and develop her own intuition. This provides an amazing toolkit for her birth experience and a grounding of self-belief, relaxation techniques, mental fortitude and lack of fear as she births her child, whether this be a vaginal or caesarian delivery. As she moves into motherhood, her yoga experience supports her recovery, self image and ability to deal with the challenging experience of taking care of a baby or several children.

Course syllabus



You will learn how to:

- Build on your existing yoga teaching knowledge to deliver safe and effective group prenatal classes for all trimesters of pregnancy including the postnatal period with a strong understanding of the anatomy of pregnancy
- Develop clarity on dealing with pregnant students who attend general/regular classes including knowing who should/shouldn't join and modifications to offer
- Have clear knowledge of the physiology and psychology of pregnancy and birth including postures in pregnancy for optimal foetal positioning
- Make the transition to teaching prenatal yoga and understand the key differences between a regular yoga class and the 'bhava' or feeling of a pregnancy class.
- Ensure your classes are informative, uplifting, supportive, empowering and non judgmental including delivering effective feeling cues
- Adapt a pregnancy class for mothers-to-be with prenatal ailments such as muscular lower back pain, swollen joints, pelvic girdle pain, low blood pressure and fatigue
- Learn practical ways hatha yoga can help birth and offer yoga techniques for 1:1 clients, partner birth workshops etc.
- Developing awareness of reacting to the pregnant and postnatal students in the class and how to foster and build relationships. Developing teaching methodology.

1.

ANATOMY

- Anatomy of Pregnancy, Stages of Pregnancy (including post-natal stage, Stages of Baby's Development)
- Common Discomforts of Pregnancy, Complications of Pregnancy
- Stages of labour & birth (vaginal delivery) and medical intervention in vaginal delivery
- Caesarian Birth

2. HATHA YOGA PRACTICES



- Asana – suitable asana and vinyasa flow sequences for different stages of pregnancy (including first, second, third and prenatal periods)
- Asana for optimal foetal positioning
- Yoga techniques for labour including positioning, breath work etc
- Discussion of asana suitable for advanced pregnant yoga practitioners but not group classes (with the consideration of a pregnant yoga teacher's self practice)
- Adapting a regular yoga class if experienced pregnant yoga practitioners attend (providing pre-natal options)
- Pranayama and subtle energy practices suitable for pregnancy
- Kriya movements for pregnancy
- Guided meditation and visualization for pregnancy and the power of suggestion and sankalpa
- Yoga positions and breathing for the birth process

3. PRACTICAL ASSESSMENT AND HOMEWORK

- Homework will include an up-to-date and motivating reading list with pre-course tasks to develop your understanding even before the course begins
- Practical assessments will include teaching a full 1 hour yoga class to other trainees. Full written feedback from tutors and an opportunity to provide feedback to peers will be part of the assessment.

4. COMPLEMENTARY PRACTICES

- Introduction to hypnotherapy for birth (1 ½ hours - led by a specialist practitioner)
- Introduction to acupuncture for birth (2 hours – led by a specialist practitioner)

Get to know your tutors

Jo Arganaraz



Jo Arganaraz (ERYT500) is the lead trainer with Yoga Alliance registered company, Return to the Self Jo started her yoga practice in 2000 and since then has embraced the practice as her vocation and passion.

Jo is grounded in an Ashtanga yoga practice, which she continued throughout her 2 pregnancies (excluding the first trimesters) and is a committed student of Authorized Level 2 Ashtanga teacher Nea Ferrier. Alongside her Ashtanga background, Jo has also trained to teach vinyasa flow, yin, restorative and kids yoga. Jo began teaching vinyasa, hatha and Ashtanga inspired classes in 2008 and has been training teachers since 2013 on 200 hour yoga alliance courses.

Jo trained to teach prenatal yoga in 2013 (whilst pregnant with her son Caesar) with Jodi Boone and midwife Corina Benner at Brahmani Yoga, Goa. In 2015, whilst pregnant with her daughter Ananda, Jo consolidated her training with Sally Parkes, an incredibly experienced yoga teacher trainer based in the UK.

"For me, yoga is a source of personal liberation and has redefined my confidence in myself and the cultivation of self love which was not there before I started yoga. Yoga has been an opportunity to reconnect to my own personal truth and from there begin the process of reconnecting to the bigger self – we are much more than we ever imagined! Yoga supported me through 2 miscarriages and strengthened me at 2 very low points in my life. Pre-natal yoga, was a beautiful support to enormous internal changes and I dove deep into the subtle aspects of yoga and developed my intuition. I am deeply grateful for my yoga experience in giving me the mental fortitude and fearlessness to face natural birth without medication for my 2 children. As a pre-natal teacher I believe in the power of the feminine aspect of yoga and sharing this and bonding with other mothers-to-be to create a powerful yoga experience to support them through their own pregnancy journey and birth experience, whatever this might be."

Sasha Quince



We never equate traumatic moments to transformation in our journey of life. I felt ashamed to ever admit that the most heartbreaking moment in my life transformed me; the loss of my sister. Part of this conversion was finding Yoga and specifically the power of meditation. I was living in a self-absorbed bubble my whole life, one heart breaking phone call burst that bubble. I was dropped into the present moment and after much struggle I started to feel absolute gratitude for everything in my life, presence to my surroundings, expression of truth, connection to nature, plus a deep longing to inspire others.

My life experiences have made me the Yoga Instructor and Student I am today. Practicing and teaching since 2010 has allowed me to discover the various layers involved in Yoga. Standing on the head is one very small aspect of what Yoga is for me. Yoga is a lifestyle. I am passionate about teaching Core Strength Vinyasa Yoga, where we link breath to movement in an energetic and fiery practice that lights our inner flame, strengthens our trust and self confidence on a level we have never experienced before. My signature programs include Core Strength Yoga, Corporate less stress at your desk programs, Prenatal Yoga for peace and energy. All my programs align with meditation and breath, as this first and foremost is the backbone of Yoga as well as the final expression.

Sasha is a mother of two young boys and has been teaching prenatal yoga since 2010. She truly connected to pregnancy yoga in her own pregnancy and witnessed first hand the amazing benefits to alleviate discomforts in pregnancy as well as prepare the mind for labor and birth. Sasha has had so many amazing woman walk through her prenatal classes over the past years and watched them greatly benefit from the practices. Sasha would love to see more prenatal yoga instructors in her community & therefore was inspired to co host this training with Joanne.

I firmly believe no matter whom your teacher is, your best and most brilliant teacher is YOU, especially when you are awake, open and ready to receive.



Pre registration requirements

In order to register for the pre-natal yoga teacher training you typically need to have completed a 200-hr yoga teacher training. We can provide information on Yogafirst 200-hr weekend and intensive programmes in the UAE.

However, those involved in the pregnancy and birthing field such as doulas and midwives are welcome to join the course after a discussion with us and providing they have a yoga background.

If you are in a different category, but still think that you have enough knowledge of yoga to join please contact us for a decision. We need to ensure that the course runs smoothly and we all start with the same basic knowledge.

Those without 200 hour certification are NOT eligible to the RPYS (Registered Prenatal Yoga Teacher) designation with Yoga Alliance.

You are encouraged to join the course even if you don't have children if you have a strong interest in this practice. Pregnant trainees are more than welcome!



Graduation 2016



Graduation 2017

Why choose our course:

- Jo has trained over 200 yoga teachers on 16 different 200 hour yoga teacher trainings in collaboration with Yogafirst since 2013 with positive feedback. Jo is well known in Abu Dhabi, Dubai and Sharjah having taught at Sharjah Ladies Club, Bodytree, Zen Yoga, Naya, Exhale Yoga, Yoga Ashram, The Yogaroom, Fitness First and Tribe Fit as well as presenting at Dubai based festivals.
- Sasha Quince's 'Let's Go Yoga' is the longest established independent yoga company in Abu Dhabi. Sasha has years of yoga teaching experience and has been teaching prenatal yoga around the city for 8 years. Sasha has been tutoring prenatal yoga teacher trainings as well as running a 95 hour Yoga Alliance certified kids yoga teacher training school since 2016.
- Our course includes 2 experienced course tutors which makes this course unique. We can offer different insights and styles
- Our teaching philosophy is not a passive 'lecture style' approach. We run courses with maximum trainee interaction including opportunities to express yourself, share experience and learn by doing. We believe in a motivating atmosphere with good pace and engaged trainees
- We intend to teach more than one course per year in the UAE, giving you more flexibility – perhaps splitting your attendance over 2 courses
- We are passionate about yoga and compassionate about our trainees and students.
- We encourage you to 'be yourself' and develop your own style, specialties and approaches rather than become a carbon copy of us.
- We include complementary practices to give you an insight into compatible practices
- Our trainers are all mothers of 2 with plenty of practical experience!
- We are well connected in the UAE community and are passionate about collaboration and not competition with our fellow yoga teachers. We are able to connect you to many different yoga workplaces with personal connections.



What we don't cover:

- Basic human anatomy (bones and muscles etc)
- Basic alignment and yoga energy principles (the expectation is that all students know this already)
- Mother and baby yoga classes
- Detailed information on post-natal recovery from surgery etc.

We provide recommendations of specific courses and workshops for the above 2 areas

Deposit and registration

There are a limited places on our courses (unlike other courses we take a maximum of 18 students)

To register, please complete the forms attached alongside this information pack and follow the deposit instructions.

Please contact Jo on:

✉ jo.arganaraz@gmail.com

☎ +971 558813673

Please contact Sasha on:

✉ letsgoyoga@yahoo.com

☎ +971503492336

(please text your name and comment you are interested in this course before calling)

We will provide you with a reading list and homework list, details about the venue and what to bring etc after registration.