

Syllabus for

Pregnancy Yoga Teachers Training Course

1. Name of the certification: Pregnancy Yoga Teachers Training Course

2. Requirement/ Eligibility:

- a. For open candidates there is no eligibility criteria
- b. For admission in the course it is suggested/ desired that the candidate should have passed 10th standard / secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility

3. Minimum age: No age limit

4. Personal Attributes: The job requires individuals to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires an individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.

6. Credit points for certificate : 12 credits

7. Duration of course: Not less than 36 hours or not less than 1 month as part time or not less than 1 month as full time course.

8. Practical :

1. Demonstration Skills
2. Teaching Skills
3. Application of knowledge
4. Field Experience















Pregnancy YOGA TEACHING METHODOLOGIES:

Pregnancy may be an emotionally and physically demanding time, and yoga has been demonstrated to be beneficial to pregnant women. Prenatal Yoga is a wonderful method to prepare for childbirth and beyond.

Become a certified and confident Pregnancy Yoga teacher at your own schedule. Complete the course at your own pace. This premium online course is created by Ekam Yoga

What Will You Learn

Here is an overview of what you will learn in this 36-hour Pregnancy Yoga teacher training course

 Pregnancy yoga & it's benefits	 Asana modifications & variations
 Yogic philosophy for pregnant women	 Safety guidelines for specific pregnancy issues
 How to prepare class materials & use props	 Proper use of props during pregnancy
 Fundamentals of pregnancy-specific anatomy	 Advanced sequencing
 Advanced adjustments for pregnancy asanas	 Hands-on assists during pregnancy
 The different hormonal stages	 Special relaxation & breathing exercises
 How to build a class for different body types	 Business aspects of prenatal yoga



YogaPeace
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What's Inside The Course

MODULE 1: THEORY AND ANATOMY

MODULE 2: WHAT TO TEACH AND HOW TO TEACH?

MODULE 3: ASANAS FOR SPECIFIC ISSUES

MODULE 4: UNDERSTANDING THE TRIMESTERS

MODULE 5: MEDITATIONS AND RELAXATIONS

MODULE 6: YOGA FOR LABOR

Retain beauty of body, mind and soul!

Points:

- Teaching various age groups
- Question handling and answering
- Creative Communication

CERTIFICATION

After successful completion of the course and examination thereafter, The student will be issued a Pregnancy Yoga Teacher Training certificate from Ekam Yoga Academy. **After the successful completion of the program you can start teaching the Pregnancy Yoga all over the world.**

TEACHER TRAINING COURSES

(Specialization in)
**PREGNANCY
YOGA**



EK

Retain

GA

soul!