

Prenatal Yoga Teacher Specialty Training - Learning Plan

Cloud Nine Yoga, LLC has certified Yoga Teachers worldwide since 2002.

We have 30 extremely skilled trainers with a well-organized curriculum, supporting Yoga students and teachers in expanding their knowledge and solidifying their training. Our professional staff can assist you in becoming a competent, sensitive, and uplifting guide to all ages, all levels, and all bodies.

Our RYS (Registered Yoga School) has FIVE specialized programs offered in association with the National Registry of Yoga Schools, called The Yoga Alliance.

These courses are: [100 RYT Children's Yoga Teacher Certification](#), [100 RYT Prenatal Yoga Teacher Certification](#), [200 RYT In-Depth Yoga Training & Basic Yoga Certification](#), [300 RYT Advanced Yoga Training and Certification](#) and [50 Hr Continuing Education Yoga Training Certification](#). Programs are offered in Hawaii as an Immersion Program, or held in various US locations in a 4-5 month course structure. Our Trainings are designed to impart knowledge and confidence in teaching yoga and focused on adapting the Yogic techniques to make it accessible to anyone -- even those with restrictions.

Pre-requisite: 2-years of personal yoga practice and/or completion of any 200 level yoga training program or equivalent.

We are honored to host some of the most respected and influential teachers as esteemed faculty and guest teachers.

REQUIRED READING BOOKS

Bountiful, Beautiful, Blissful by Gurmukh

The Fourth Trimester by Kimberly Ann Johnson

SUGGESTED REFERENCE / SUPPORT MATERIAL

Your Best Pregnancy Ever by Jen Torborg

Magical Beginnings, Enchanted Lives by Deepak Chopra

ENROLLMENT

We accept students throughout the year and have an on-going registration.

PRENATAL TOPIC COVERED / EDUCATIONAL CATEGORY / TOTAL HOURS

1. What is Yoga – Yoga Philosophy/Lifestyle/Ethics (10 hrs)
2. Prenatal Yoga – Prenatal Yoga Education (3 hrs)
3. Healthy Pregnancy – Prenatal Yoga Education (3 hrs)
4. Pranayama & Meditation – Techniques, Training, Practice (8 hrs)
5. Psychology of Yoga & Nidra – Techniques, Training, Practice (3 hrs)
6. Reiki & Aromatherapy – Supplemental Training (8 hrs)
7. A Yogi's Approach to Pregnancy & Childbirth – Prenatal Yoga Education (5 hrs)
8. Asana By Trimester: One – Techniques, Training, Practice (5 hrs)
9. Asana By Trimester: Two – Techniques, Training, Practice (5 hrs)
10. Asana By Trimester: Three – Techniques, Training, Practice (5 hrs)
11. Class Observation – Practicum (10 hrs)
12. Anatomy of Pregnancy – Anatomy & Physiology (5 hrs)
13. Anatomy of Delivery & Recovery – Anatomy & Physiology (5 hrs)
14. Sequencing, Cuing, and Structuring Classes – Teaching Methodology (8 hrs)
15. Teaching Pre/Post Natal Classes – Practicum (12 hrs)
16. Ayurveda – Yoga Philosophy/Lifestyle/Ethics (5 hrs)
17. Chakras & The Energy Body – Anatomy & Physiology (3 hrs)
18. Professional Guidelines for Yoga Teachers – Teaching Methodology (3 hrs)
19. Hatha Yoga Techniques – Techniques, Training, Practice (10 hrs)

Our Focus

We create classes that are adapted for each Trimester of pregnancy. Each individual student can receive special attention, whether in a regular Yoga class or Prenatal specific class. Trainers have direct experience of Yoga and Birth – because they have had a yogic pregnancy and/or because they have extensive study and training in the subject.

Students learn the background of Yogic philosophical themes for the foundation of teaching classes. Noted are the Yoga Sutras of Patanjali, The Vijnana Bhairava Tantra, and the Bhagavad Gita – all significant sacred texts on the ancient teachings of Yoga. Asana (posture) training is an integrative part of the entirety of the practice and focus is given to adapting asana practice to pre/post natal bodies.

Trainees study and apply Yogi Nutrition and Health, guided by professional Ayurvedic practitioners, experts, clinicians, midwives, and birth coaches/doulas. There's significant time given to specific pranayama and meditation techniques for pregnancy based on the Hatha and Kundalini Yoga traditions. Anatomy and physiology of both Pregnancy and Delivery/Recovery provide our students with the understanding of these structural changes and identify various stages a student may be experiencing. Care is given to respond to each transitional stage with needed modifications.

Yoga affects our brains, emotions, and bodily functions. Various practices of Restorative, Gentle, and Yoga Nidra are applied during each class sequence. We bring in the supplemental trainings of Reiki Healing and Aromatherapy to round out a full class journey. All Prenatal Yoga Class sessions can be created and adapted for private students or a group class structure. Time is allotted to the study of neuroscience, somatic re-education, and the vast field of Mind-Body awareness – specifically related to the Chakra System.

Finally, it is the connection, belonging, and relationships established that can really make a person feel supported and at ease in the world. All human beings need to be reminded and tuned to the power of Yogic wisdom. We train our trainers and students to apply these rich teachings directly into their lives. We enhance student knowledge by learning special methodologies in NVC (Non-violent Communication), setting healthy boundaries, and professional conduct.

Thank you for your interest in Cloud Nine Yoga Prenatal Yoga Teacher Training!

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