

Sanctuary Studios

*transformational yoga
& bodywork*

Prenatal Yoga Teacher Certification

Date: July 10-11, 2010

Time: 10am - 5:00pm

Yoga practice during pregnancy may enhance the pregnancy experience and contribute to a shorter labor. Because of the changes during pregnancy and the alteration of the normal anatomy, care must be exercised when teaching yoga to pregnant patients. In this course we will review basic physiologic and anatomical changes in pregnancy that mandate an alternative approach to the usual yoga [practice](#).

Participants will learn which postures to avoid in each of the three trimesters and will become aware of the usual postures which need to be modified because of the changes that occur as pregnancy progresses. Postures that enhance the opportunity of normal vaginal delivery will be emphasized and a routine yoga practice for pregnant patients will be practiced .

Teachers of yoga will become more comfortable with instructing pregnant women to enjoy yoga during this wonderful time of their lives.

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