



Prenatal Yoga Teacher Training Frequently Asked Questions

Q: What makes this prenatal yoga teacher training different from other prenatal yoga teacher trainings?

A: This training covers not only asana, assists, pranayama, sounding, and meditation for each stage of pregnancy but every day of the training begins with a prenatal yoga class in which you wear a “pregnant bellies” for each trimester to simulate the experience of moving in a pregnant body. The yoga class is followed by theory, practical application, and practice teaching. We also cover in depth: fetal development, physiological and hormonal changes in the mother’s body during each trimester, and her body’s responses to these changes, pregnancy discomforts during each stage and the yoga practices, non-traditional methods, and traditional techniques that can alleviate these discomforts.

In addition, this training is the first of two parts which make a complete Yoga Alliance approved 85 -hour Prenatal Teacher Training. The second half of the training provides participants with the tools they need to lead deeper prenatal yoga classes but also to provide their students with the Yoga Born Childbirth Education program.

There are three instructors for the two trainings who have a combined 30 -year history and experience working with women who are pregnant. Their experiences include a Masters in Health Science, Doula and Childbirth Educator, Pre and Post Partum Exercise Specialist and Yoga Therapists.

Q: What if I have never been a mother or had children, can I still teach prenatal yoga?

A: Yes! Being a mother is not required to be an amazing prenatal yoga teacher. What you need to have is compassion and an amazement of this journey of pregnancy. If you have a passion to work with women who are pregnant, this is the perfect training for you.



Q: What type of certification will I earn at the end of your training and is it recognized by Yoga Alliance (YA)?

A: Once you leave the the Basic Prenatal Teacher Training you will walk away feeling confident, qualified, and comfortable leading prenatal yoga classes possibly with a little practice. You will also receive 34 Yoga Alliance CEU hours. If you choose to participate in the Advanced Prenatal Yoga Teacher Training you will receive the 85 -hours of training to qualify you for YA's RPYT (registered prenatal yoga teacher) status. You will need to submit your application, registration fee and teaching hours to the Yoga Alliance.

Q: Do I have to be a 200 -Hour Registered Yoga Teacher to take this program.

A: Yes, you must have at least a 200 -Hour Yoga Teacher Training to take the Prenatal Yoga Teacher Training. During the program you will NOT be taught how to teach yoga but will be taught how to modify and adapt yoga for the pregnant woman.

Q: What are the prerequisites, so I can be certified to teach prenatal yoga?

A: There are no prerequisites for the Basic Prenatal Yoga Teacher Training although we do encourage potential participants to take a prenatal yoga class or two before attending the program. If you decide to continue with the Advanced Prenatal Teacher Training you will need to complete the following requirements either before or after the program:

- Required Reading
 - Mindful Birthing by Nancy Bardacke
 - The Surprising History of How We are Born by Tina Cassidy
 - Baby Catcher by Peggy Vincent
- Required CD Reviewing
 - Pranakriya Prenatal Yoga with Jacci
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Q: Where can I find the full information about the prenatal yoga teacher training?

A: [Click here](#) for all the details!

Q: How can I register for the prenatal yoga teacher training?

A: [Click here](#).