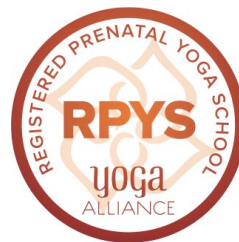




YOGA FOR PREGNANCY,
BIRTH & BEYOND

**105 Hours
PRENATAL & POSTNATAL YOGA
TEACHER TRAINING
2024 Prospectus**

**An RPYT Yoga Alliance
Registered Training**



GENERAL OVERVIEW

Pregnancy and childbirth is a journey of life, that transforms women spiritually, physically and emotionally. This specialized and comprehensive 105 Hour **Yoga for Pregnancy, Birth & Beyond Teacher Training** will equip and empower the aspiring teacher with knowledge, research and skills to effectively, safely and confidently teach Prenatal and Postnatal Yoga to women in all stages of pregnancy, birth preparation and beyond.

Prana Yoga KL is the first and (currently) ONLY Yoga Alliance Registered Prenatal Yoga School (RPYS) in Malaysia. The Principal Teacher-Trainer for this Program, Angeline Liew, has developed this program after having completed numerous global trainings, in different movement modalities, and from her personal experience of teaching over a thousand expectant and postpartum women since 2008. She continuously studies from the best in the Health, Wellness and Movement industry, and is constantly upgrading herself and the trainings, with evidence-based research and new development. This intensive and highly immersive Teacher Training comes from a place of selfless sharing, organic hands-on experience, evidence-based research and knowledge.

The RPYT Yoga for Pregnancy, Birth & Beyond is a thinking person's training. As knowledge propagates questions, expect interactive lectures, case studies, ad-hoc teaching assessments and practicum to polish up your teaching skills, engaging demos, and "live" observations.

PRE-REQUISITES & PROGRAM DELIVERABLES (please refer to FAQ for more info)

This YTT is open to :

- * **Yoga Teachers** who have completed and received their 200 Hours training certification from a yoga school. Some teaching experience is advantageous, although not mandatory.
- * **Yoga Alliance Registered Teachers** who seek to enhance their professional skills, and acquire the RPYT specialist teaching accreditation.

Module 1 : PRENATAL YOGA

Total Program Hours : 60 (45 Contact Hours / 15 Non-Contact Hours)

Module 2 : POSTNATAL YOGA

Total Program Hours : 45 (35 Contact Hours / 10 Non-Contact Hours)

IMPORTANT INFO

- * You may choose to do ONE or BOTH modules.
- * Trainees who wish to do the Postnatal Yoga module MUST complete the Prana Yoga KL Prenatal Yoga Teacher Training (Module 1).
- * A comprehensive YTT manual is included in the Training Fee.
- * Training Fee does not include Yoga Alliance registration, or mandatory books for assignments.
- * This is an in-person, Non-Residential Training Program held at Prana Yoga KL's studio in TTDI (please refer to <http://www.pranayogakl.com/location-map> for address and directions) or at its appointed Host Studio.
- * You must be (COVID-19) fully vaccinated and boosted to attend the training.
- * Overseas/Out-of-Town Trainees attending the training must complete the 'live' observation hours required in the Contact Hours, within a 6-month period.

CERTIFICATION REQUIREMENTS AND YOGA ALLIANCE REGISTRATION

A Certificate of Completion from Prana Yoga KL will be issued to the Trainee, for EACH MODULE attended. The Trainee will be required to be **fully present for 100% of the Contact Hours** stipulated in the module(s).

Absenteeism will result in non-certification, and additional fees for one-to-one tutoring will be incurred to make up for the missed contact hours.

The **100 Hour RPYT Certificate** from Prana Yoga KL will be issued to Trainees who have successfully completed BOTH Modules, exams, and submitted all the relevant assessments. This RPYT Certificate can be submitted to Yoga Alliance to register as a Registered Prenatal Yoga Teacher, in accordance to Yoga Alliance's Terms and Conditions.

Only existing Yoga Alliance registered teachers can register for the specialized RPYT accreditation. Yoga Alliance requires 30 Hours of Prenatal Yoga teaching to register for RPYT, upon the completion of your 100 Hour teacher training (even if you are an existing Prenatal Yoga teacher).

Hours accumulated in Prenatal Yoga teaching prior to your 100Hours certification do not count.

For further information on RPYT registration, please go to www.yogaalliance.org

MODULE 1 : PRENATAL YOGA (60 Hours)



Pregnancy and childbirth is a transformative journey of life. The Yoga Practice for Two (or three, if Mama is expecting twins), is a beautiful time for self-exploration, mindfulness and growth, physically, mentally and spiritually.

This specialized and comprehensive Prenatal Yoga TT will equip and empower the aspiring teacher with knowledge, research and skills to effectively, safely and confidently teach Prenatal Yoga to women in all stages of pregnancy, and in all aspects of Yoga.

Course Objectives :

- **To understand the relationship between Yoga and the Expectant Mum**
- **To have in-depth knowledge of the Anatomy & Physiology of a Pregnant Woman, stages of conception and birth, including the physical, hormonal and emotional changes throughout pregnancy**
- **To understand the Benefits of Yoga in Pregnancy, Birth & Beyond, and how to implement the theory of Optimal Foetal Positioning and facilitate Active Birthing Techniques in the practice of Yoga**
- **To implement relevant, creative and powerful Teaching Methodology for a safe, fun, knowledgeable, supportive and beneficial practice space, that is beyond just ‘teaching and modifying yoga poses’**
- **To effectively train teachers to deliver safe, interesting, relevant, engaging, mindful and creative class sequencing for different trimesters, with in-depth understanding of contraindications, complications and birth preparation**

- **To understand and apply Yoga Philosophy, Mindfulness, Meditation and Pranayama techniques in the teaching of Prenatal Yoga, as a conscious approach to Natural Childbirth and Parenthood**

ASSESSMENT, ASSIGNMENTS, OBSERVATIONS AND EXAM

Details of Assessment, a list of Books to Read and Review, Written Assignments, Observation Hours and Exam will be provided in a separate email upon registration and in your YTT Manual.

MODULE 2 : POSTNATAL YOGA (45 Hours)

Applicable ONLY to those who have completed Module 1



The Postnatal period is NOT about “losing the Mummy bulge”, “fixing the Ab Gap”, or “getting your pre-pregnancy body back”! Our in-depth and highly skilled Postnatal Yoga TT is based on Yoga, Pilates and other Movement Modalities. It is designed to educate you on how to deliver a powerfully relevant and mindful Wellness Program for the new Mum in the Fourth Trimester and beyond.

Postnatal Yoga IS NOT about modifying “regular” yoga to postpartum women!

Postnatal Yoga is a specialised rehabilitation practice.

Course Objectives :

- To have in-depth knowledge of the Anatomy & Physiology for the Postpartum stage, including the effects of different birthing methods, post birth trauma, the Pelvic Floor Dysfunction, Diastasis Recti, Hormones, Postural Adaptations and Compensations, & Post Natal Depression.
- To understand the Benefits & Importance of Postnatal Yoga & Rehab, with focus on the the application of the Core Breath for Pelvic Floor toning and Diastasis Recti rehabilitation, Deep Core Strengthening, Spinal Care, Post Partum Depression and Restoration of Body, Mind & Spirit.
- To effectively train teachers to deliver safe, creative, mindful, relevant and fun sequencing for various class themes and situations (including Strength, Balance & Flexibility, Postpartum Corrective Exercises, Props and Modifications for Contraindications & Injuries, Pranayama for empowerment and relaxation, Trigger Point Myofascial Release & Yin Yoga for the New Mum)

ASSESSMENT, ASSIGNMENTS, OBSERVATIONS AND EXAM

Details of Assessments, a list of Books to Read and Review, Written Assignments, and Observation Hours will be provided in your YTT Manual.

2024 SCHEDULE, REGISTRATION AND PAYMENT

MODULE	EARLY BIRD (RM)	REGULAR (RM)
PRENATAL YOGA (60 Hours) 7 to 9 June, & 14 to 16 June <u>Schedule (6 training days)</u> Fri & Sun : 12pm to 6pm (no lunch break) Sat, 8 & 15 June : 9.15am-10.15am Live Observation. Meal break at 10.15am-11.45am followed by lecture & practicum until 6pm	3,800	4,300 (after 31 March 2024) *No refunds after 1 May. Registration will be deferred to 2025 intake. Only one deferment is allowed.
POSTNATAL YOGA (45 Hours) 6 to 8 Sept, & 14 to 15 Sept <u>Schedule (5 training days)</u> Daily 12pm to 6pm (no lunch break), inclusive of 2 Live Observations on Sat at 4pm	3,500	4,000 (after 30 June 2024) *No refunds after 1 Aug. Registration will be deferred to 2025 intake. Only one deferment is allowed.

***The trainings are subject to change should there be any unavoidable circumstances**

1. Please bank-in the fees in full, to :

CIMB Bank Account No : 8000-729-663 (Account Name : “PRANA YOGA KL”)

SWIFT CODE : CIBBMYKL (if you are transferring funds outside of Malaysia -

Participants are responsible for any transaction fees/currency exchange shortfall that may incur).

2. Email your proof of payment to **pranayogakl@hotmail.com (Attention : Angeline Liew)**, stating your **Program Module(s)**.

3. A confirmation email will be sent through once your payment has been received, and an official receipt will be issued.

4. You will also receive a Teacher Training Registration Form. Kindly complete and email the form back to us within the deadline.

5. Fees paid are **Strictly Non-Refundable after the deadline stipulated above**. Your registration will be deferred to 2025 intake (only 1 deferment is allowed).
Trainees requesting for refunds before the deadline will be charged a RM10 admin and transaction fee.
6. Each module is limited to only 12 trainees. A minimum of 4 trainees is required to commence the training.
7. Should the training be cancelled due to any unforeseen circumstances, fees will be refunded to the trainees.

FREQUENTLY ASKED QUESTIONS

Q1. I am not a yoga teacher. Can I still register for the Prenatal Teacher Training?

NO. This specialised training is only for certified yoga teachers.

Q2. I completed my 200 Hours Yoga Teacher Training, but I am not registered with Yoga Alliance. Can I still register for this training?

YES. This training is for teachers who have completed a 200Hour YTT.

If you are currently undergoing a 200Hour YTT, you can register for this training, provided you have a minimum 5 years regular yoga practice (ie min 3 times weekly)

Q3. I am only interested in the Prenatal Yoga Teacher Training. Can I still apply for Yoga Alliance RPYT certification after completion?

NO. Yoga Alliance RPYT registration requires you to complete BOTH modules accumulating to 100 Hours of training, from the same Registered Prenatal Yoga School (RPYT).

Q4. I am only interested in the Prenatal Yoga Teacher Training. What certification will I obtain after the course? Will I be eligible to teach Prenatal Yoga?

You will receive a Certificate of Completion from Prana Yoga KL for 60 Hours training, after completing the training and assignments, and passing your teaching assessments and written exam. You will be eligible to teach Prenatal Yoga.

Q5. I completed my Prenatal Yoga Teacher Training with another school. Can I register for the Postnatal Yoga Teacher Training with Prana Yoga?

NO. Our comprehensive 100 Hours Yoga for Pregnancy, Birth and Beyond Teacher Training requires you to complete our Prenatal Yoga TT module before taking the Postnatal Yoga TT, to ensure continuum in syllabus and standards.

Q6. How do I apply to be a Yoga Alliance RPYT?

i) You will have to be an existing Yoga Alliance Registered Teacher.

ii) Complete BOTH training modules from Prana Yoga KL, pass the exams and practical assessments, and submit all assignments within the deadline.

iii) Teach a minimum of 30 Hours of Prenatal Yoga classes after obtaining your 100 Hours certification from Prana Yoga KL. Your Trainer or studio owner where you teach, will have to verify the hours.

iv) Submit this certificate and teaching hours log to Yoga Alliance for RPYT registration. Yoga Alliance fees apply.

Q7. What if I fail the exam?

There is little chance of failing the exam if you're 100% present during the training and participate in the practicum and assessments.

However, in the event that you do not make the mark, a fee of RM300 is chargeable to re-take the written exam within a 15 day period.

Q8. Are there any other expenses for the training, apart from the fees?

You will be required to purchase a few books as part of your written assignments in the Prenatal module. The list of books will be provided to you once you have registered for the training. Your training manual is included in the fees.

Q9. I have something urgent to attend to, and will be missing a couple of training hours. Will this affect my certification?

You are required to be 100% present during the contact hours of the training. Absenteeism **will** result in non-issuance of certification. We appreciate your full commitment and professionalism to the training hours.

Q10. I am currently pregnant. Can I still attend the trainings?

YES. We have had many pregnant teachers attend our Prenatal module. It would be most advantageous as you will be able to apply the practice and teachings to yourself, as you prepare for labour.

You may also enrol for the Postnatal teacher training, but will probably have to skip some of the poses taught that require you to be lying in a prone position. However, modifications will be offered for the rest if you are pregnant during the training.

Q11. I am a Yoga Alliance registered teacher. Will I be able to earn YACEP credits/hours for the Prenatal/Postnatal training?

NO. This training is registered under the RPYT category with Yoga Alliance. No YACEP CEU's will be earned (ie. no double-dipping).

YOUR TRAINER



Angeline Liew is the Principal Teacher-Trainer/Co-Founder of Prana Yoga KL. She is a Yoga Alliance E-RYT500/RPYT/YACEP teacher and was trained in 2008 in Mysore (India), under Yogacharya Bharath Shetty, as well as with proficient teachers and industry experts, like Yogacharya Ramesh Kumar (Mysore), Edward Clark (UK), Paul Grilley, Dr Jean Byrne, Michelle Papa, Dr Sarah Duvall (DPT), Dr Munirah Hudani (DPT), Sook Fun Chen, Carolyne Anthony, Thomas Myers, Jill Miller, Noah Maze and Christina Sell. She also holds a 500-Hour Certification in Tripsichore Vinyasa Yoga (UK) and is a Balanced Body Certified Pilates Mat & Reformer instructor, Pre-Postnatal Pilates Specialist, and a Postpartum Corrective Exercise Specialist (USA). Angeline is a Mindful Birth Graduate from The Yoga Space Perth, and (currently) the only Yoga Alliance Pre and Post Natal Yoga Teacher-Trainer in Malaysia.

Based in Kuala Lumpur (Malaysia), Angeline teaches Vinyasa Flow, Hatha Yoga, Pre-and-Post Natal Yoga, Pilates, Yin Yoga, Myofascial Release and Yoga Therapeutics, focusing on spinal care. Her teaching style infuses an authentic and classical approach to yoga and movement, based on personal exploration, and the energetic alignment of body, breath, prana and mind. Her passion is to make the practice accessible to everyone and every body, and to help them live their best lives. Apart from teaching workshops, trainings and retreats globally, Angeline is also very active in “Compassion for Action” off-the-yoga-mat projects, to create positive social and environmental change through Prana Yoga KL’s social responsibility program, Pledge A Ringgit™, which she co-founded in 2013.

www.pranayogakl.com

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