



YOGA FOR PREGNANCY,
BIRTH & BEYOND

100Hours Yoga Alliance RPYT* Program



yoga & pilates for everyone



PRENATAL YOGA TEACHER TRAINING (60 HOURS)

Pregnancy and childbirth is a journey of life, that transforms women spiritually, physically and emotionally. 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, Active & Conscious Birthing to women in all stages of pregnancy.

SYLLABUS INCLUDES

- **Anatomy & Physiology of a Pregnant Woman**
 - **Benefits of Yoga in Pregnancy, Birth & Beyond**
 - **Teaching Methodology**
 - **Technique, Training & Practice** : Practical and Creative Sequencing for different trimesters and contraindications; Assists, Props & Modifications; Yoga for Optimal Foetal Positioning & Active Birthing and Myofascial Release
 - **Yoga Philosophy, Lifestyle & Ethics**
 - **Pranayama, Mindfulness & Meditation for Pregnancy and Active Labour**
 - **Practicum** : Live Teaching Observation, Practice & Assessments
- * This training is Part 1 of the Yoga Alliance RPYT 100Hours accreditation.
- * Open only to Yoga Teachers.
- * Course Fee excludes RPYT registration. This is an in-person, non-residential program.



PROGRAM PROSPECTUS AND REGISTRATION

Please go to <http://www.pranayogakl.com/teacher-training> to download the Program Prospectus, Training Pre-Requisites, Registration and Payment information.

- LIMITED TO ONLY 12 TRAINEES

ABOUT YOUR TRAINER

Angeline Liew (E-RYT500/RPYT/YACEP) is the Principal Teacher-Trainer/Co-Founder of Prana Yoga KL. She is also a Balanced Body Certified Mat & Reformer Pilates Instructor, Postpartum Corrective Exercise Specialist (US), and Pre/Postnatal Pilates Specialist. Angeline is a Mindful Birth Graduate from The Yoga Space Perth, and currently the only Yoga Alliance Accredited Pre and Postnatal Yoga Teacher Trainer in Malaysia. She has been actively teaching pregnant and postpartum clients since 2008. Full bio available at www.pranayogakl.com.

2024
TRAINING
DATES

7 TO 9 JUNE AND 14 TO 16 JUNE
REFER TO PROSPECTUS FOR SCHEDULE

YOUR INVESTMENT

Module	Early Bird	After 31 March 2024
Module 1 Prenatal Yoga TT	RM3,800	RM4,300