



YOGA FOR PREGNANCY,  
BIRTH & BEYOND

# 100Hours Yoga Alliance RPYT\* Program



yoga & pilates for everyone



**Prana Yoga KL**  
Unit 2.3, Level 2,  
Pusat Kreatif Kanak-Kanak Tuanku Bainun,  
Jalan Tun Mohd Fuad, TTDI, 60000 Kuala Lumpur  
**Tel:** 016-726 5314  
**Email:** pranayogakl@hotmail.com  
**www.pranayogakl.com**

## POSTNATAL YOGA TEACHER TRAINING (45 HOURS)

The Postnatal Yoga TT is a comprehensive, highly skilled, specialised module which educates you on how to deliver a powerfully relevant and mindful wellness program for the new Mum in the Fourth Trimester and beyond.

### SYLLABUS INCLUDES

- **Anatomy & Physiology for Post Partum** : effects of different birth methods, the Pelvic Floor, Diastasis Recti, Hormones & Post Natal Depression.
  - **Benefits & Importance of Postnatal Yoga** : Pelvic Floor toning, methods for managing Diastasis Recti, Core Strengthening, Spinal Care, Restoration of Body, Mind & Spirit.
  - **Technique, Training & Practice** : Class Themes & Sequencing for Strength, Balance & Flexibility, Props and Modifications for Contraindications & Injuries, Pranayama, Myofascial Release & Yin Yoga for the New Mum
  - **Practicum** : Live Teaching Observation, Teaching Practice & Assessments
- \* This training is **Part 2** of the Yoga Alliance RPYT 100Hours accreditation.
  - \* Open only to Yoga Teachers who have completed the Prana Yoga Prenatal Yoga Teacher Training.
  - \* Yoga Alliance Registered Teachers who have completed BOTH modules with Prana Yoga KL, exams and assignments are eligible for RPYT accreditation. T&C's apply.
  - \* 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](http://www.pranayogakl.com).



<b>2025 TRAINING DATES</b>	<b>4 TO 6 JULY AND 12 TO 13 JULY</b>
	<b>REFER TO PROSPECTUS FOR SCHEDULE</b>

YOUR INVESTMENT		
MODULE	Early Bird	After 30 May 2025
Module 2 Postnatal Yoga TT	RM3,500	RM4,000