



Mother and Baby Yoga Teacher Training

A Mother and Baby Yoga Teacher Training Workshop will be held

- Saturday 15 September, 2012 | 11am - 5pm and
- Sunday 16 September, 2012 | 1 - 5pm

This workshop involves:

- The postpartum body – e.g. common weaknesses, countering breastfeeding posture, countering tiredness, cautions for c-section, and much more
- Development of baby – stages of development, specific movements, dealing with common problems, having fun and much more
- The yoga class – how to keep it flowing, how to incorporate yoga for both mother and baby, helping mothers to cope and much more

This workshop is suitable for yoga teachers or trainee teachers who want to have the background information and toolkit of techniques to be able to teach safe and compelling mother and baby yoga classes.

Comprehensive course notes and practical training included.

The facilitator:

This workshop will be conducted by Sally Dawson who was trained at ACCY, currently teaches Asana and Anatomy for the Diploma of Classical Yoga and also co-developed the ACCY Postgraduate Yoga Teacher training course. Sally runs Waverley Yoga Studio and has been teaching Mother and Baby Yoga for 7 years.



Dates:

Saturday 15 Sept
11am – 5pm

Sunday 16 Sept
1 – 5pm

Address:

1st floor, 6 The Highway,
Mt Waverley

Fee: \$195

Deposit of \$100 due by
June 1 to secure your
place.

Yoga teachers: This course earns you 9.5 YTAA CPD points

Enquiries and Bookings: Robert 9833 4050 or robert@classicalyoga.com.au

Sally 9803 8857 or sally@waverleyyoga.com.au