



Australian College of Classical Yoga
32 JENNER ST. BLACKBURN STH

Pregnancy Yoga Workshop

Saturday May 22, 11am – 5pm, 2010

This workshop is suitable for yoga teachers and trainees who want to know a little more about teaching yoga to pregnant women than may be covered in your primary teacher training. We look at how to adapt poses for all stages of pregnancy and also some common discomforts of pregnancy and how poses may be adapted to suit.

Just as each person is different in a normal yoga class, so is each pregnancy different. You will increase your knowledge and gain confidence in teaching yoga to pregnant students, whether in a specialised antenatal class or a general yoga class.

We also look at yogic tools for managing the stresses of pregnancy, and preparing for the birth and for life with a new baby.

Comprehensive notes and practical components included.

The facilitator:

Sally Dawson runs Waverley Yoga Studio and has been teaching Yoga to pregnant women for over 8 years. Sally also teaches postnatal yoga in her Mother and Baby Yoga classes and is a parent of 2 adult children. Sally teaches Anatomy and Asana for the Australian College of Classical Yoga teacher training course and also teaches with Swami Shantananda on various Classical Yoga retreats.



Date:

Saturday May 22
11am – 5pm

Address:

1st floor, 6 The Highway,
Mt Waverley
(just off Stephenson Rd)

Fee:

\$95 | Bookings required.

Contact:

Sally 9803 8857 or
Robert 9833 4050 or email
robert@classicalyoga.com.au