

Course Title:

Prenatal Vinyasa Yoga Teacher Training

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85hr RPYT - Yoga Alliance Registered Prenatal Yoga Teacher Training

Course Description:

A Prenatal Yoga Teacher Training which allows you to expand your career options while guiding pregnant students/clients through the journey of pregnancy, and preparing them physically, emotionally, and informationally for the powerful transition of childbirth.

For Yoga Teachers

This course will teach beginning as well as experienced yoga instructors to work with the unique needs of pregnant and postpartum populations. This comprehensive teacher training is designed to inspire confidence and competency above and beyond your average prenatal training allowing teachers to find an entirely new career path or augmenting an existing prenatal teacher's abilities.

For Childbirth Professionals

This course will teach childbirth professionals the fundamentals of safe movement during pregnancy, labor and postpartum so that they may work with their clients to promote well-being and the best possible birth outcomes.

For Pregnant Practitioners

Pregnant practitioners have so much to gain from a dedicated course on pregnancy anatomy, modified movement, and postnatal techniques. Jennifer's vast experience will ensure that you are in the best care during this course. See below for additional information for attending the course while pregnant.

Prenatal Yoga Teacher Training and Certification

Every student who successfully completes this Prenatal Yoga training will be awarded a certificate documenting that they have completed the strict yoga and childbirth education requirements from the Dolphin Method School.

Yoga Alliance Registered Prenatal Yoga Teacher Training RPYT

All current Yoga Alliance members who complete the 85 hour training are eligible for the RPYT (Registered Prenatal Yoga Teacher) designation from the Yoga Alliance. See Yoga Alliance requirements.

Experience and Expertise

Jennifer More has been teaching yoga for 27 years and has attended over 500 births, totaling more than 10,000 hours assisting women in childbirth as a doula. Jennifer is the creator of 2 best selling Prenatal Yoga DVDs as well as a Postnatal Vinyasa Yoga DVD and she has also authored a book on pregnancy. In addition, she is a certified clinical and medical hypnotherapist, and a childbirth educator. Many of the techniques that current prenatal yoga instructors use today are a direct result of the many years of research and practice from Jennifer creating them and sharing them around the world. It is with this breadth of experience that she has created a unique and powerful prenatal yoga teacher training program. Jennifer has witnessed the powerful impact that Prenatal Vinyasa Yoga can have on a pregnant woman's health, well-being, confidence and postpartum recovery.

Safe and Effective Prenatal Yoga Practice and Prenatal Teacher Training

In her Prenatal Yoga teacher trainings, Jennifer adapts Vinyasa Yoga for the needs of pregnancy, providing a system that works with the pregnant body without sacrificing the intensity that you need to prepare for childbirth. This unique approach to prenatal yoga gives pregnant people the opportunity to safely remain active and challenged in their vinyasa practice. The strengthening that occurs in this Prenatal Yoga practice prepares the necessary muscles for labor and childbirth, often resulting in shorter labor, less pain, and fewer interventions, including a decrease in the need for Cesarean birth. Learning to link breath and movements in a constant flow greatly increases the ability for women to work with their bodies, increasing the likelihood of a more natural and joyous birth experience.

More Than just Prenatal Yoga

This prenatal yoga teacher training is unique in that Jennifer's vast childbirth experience and hypnotherapy background gives her the ability to teach much more than just prenatal yoga. Jennifer integrates techniques to allow women to get in touch with their bodies and the sensations they feel. These techniques are immensely powerful in labor to help change the fearful negative perception many women have about birth. She trains teachers to help people find their strength and power while surrendering and focusing during yoga. Jennifer's Prenatal Vinyasa Yoga Teacher Training, as highlighted in past student testimonies, is a powerful experience for the teachers themselves; some have even said the best training they have ever taken! While addressing the empowerment of prenatal women, it's only logical that self-empowerment also happens throughout the group; many students undergo their own personal breakthroughs. Jennifer believes that Prenatal Vinyasa Yoga can be the catalyst for a positive and life changing experience of birth and beyond.

Postnatal Yoga for New and Breastfeeding Moms

Jennifer has spent years working closely with postpartum physical therapists to create a safe and healing postnatal formula and teaching style. This section of the training builds off of the prenatal section and will help prevent long-term injuries commonly seen in the postpartum period. Teachers will feel confident in assessing what poses and sequences are appropriate whether their students have had a vaginal delivery or a cesarean birth.

Support Your Community

Make a real difference in the quality of childbirth and pregnancy in your community. Students who complete this teacher training will be inspired and prepared to work with pregnant people and their families and guide them through a challenging, safe and effective prenatal yoga practice.

Support Yourself

In addition to learning how to teach prenatal yoga, many students join this course to learn about their own bodies and pregnancies. Most courses will have pregnant students enrolled. If you are planning to take this course while pregnant, please be aware of the following: In order to receive a certification, you must be present for the duration of the course. You do not need to participate in all of the activity, but you should be in the room observing. You must be responsible for your own well-being, and eat and rest as you need. Please make sure that you are under the care of a Doctor or other health care professional.

Prenatal Yoga Around the World

Jennifer More has taught this prenatal yoga teacher training in the United States, China, Dubai, Colombia, Australia, Peru, Bali, Mexico, France, Amsterdam, and Germany. She researches the culture and realities of childbirth in each country she works in. This research allows her to customize each training to accommodate the differences each country offers. Students will benefit not only from her deep level of knowledge, but also her experience teaching students with diverse backgrounds, languages, and various teaching levels.

Comprehensive Course Materials

Each prenatal yoga teacher training student will receive a 160-page manual, which has been carefully researched, written, and presented by the Jennifer More and The Dolphin Method School

Online Prenatal Yoga Course Video Library

All enrolled students will receive access to the Dolphin Method Prenatal Yoga Teacher Training Library. This incredible resource is available to you for 3 months to augment all of the information being taught in the in-person class. Students may extend their subscriptions if they wish.

Continued Online Support

All students will be able to join our private Facebook support group. This is a great resource to ask questions and connect with other students from around the world. In addition to this support group, we hold monthly Zoom meetings for students to stay in touch with Jennifer and other students.

This Comprehensive Prenatal Yoga Teacher Training includes:

Prenatal Vinyasa Yoga ~ Asana and Flow

- Prenatal variations and alternatives
- Teaching Prenatal Vinyasa Yoga
- Teaching Gentle Prenatal Yoga
- Jennifer's trademarked formula for assessing the safety of yoga poses for pregnant women
- Poses that pregnant students should avoid
- Pregnancy precautions and warning signs
- Being responsible with your pregnant students
- Modifications for pregnant students attending regular flow yoga classes
- Different levels/different bodies
- Class sequencing
- Modifications for 3 trimesters of pregnancy
- Yoga for common pregnancy discomforts
- Visual, Auditory, Kinesthetic teaching

Intro to Childbirth Education

- Understanding the pregnant body
- Understanding prenatal procedures and complications that your students will be experiencing
- Stages and phases of labor
- Common pregnancy discomforts, health concerns, and precautions
- Warning signs of prenatal health issues
- Pregnancy exercise myths vs facts
- Keeping pregnant women safe and working with the medical community

Pregnancy Anatomy

- Understanding the pelvis and pelvic floor muscles as they relate to pregnancy, childbirth and postpartum
- Fetal position variations
- How to achieve and maintain optimal baby positioning
- Muscle release techniques
- Labor Anatomy, understanding labor and childbirth
- Psoas in motion

Prenatal Partner Yoga

- Prenatal partner yoga and adjustments
- Yoga and massage during Labor
- Beyond prenatal yoga asana ~ Relaxation techniques for childbirth

Postnatal Yoga

- Postnatal precautions
- Postnatal asana and flow
- Jennifer's trademarked formula for assessing the safety of yoga poses for postpartum women
- Jennifer's trademarked postnatal yoga sequences
- Understanding and healing the female pelvic floor
- Diastasis recti identification and treatment
- Yoga after cesarean birth or other medical interventions
- Teaching mixed pre and postnatal classes