



## standards for prenatal yoga teacher training course

To register with Yoga Alliance International as a Certified Prenatal Yoga Teacher (CPYT), you must have completed as part of your curriculum, or as an additional component of your yoga teacher training course (200-hour, 500-hour, and above level) the following educational areas:

Educational Area	Contact Hours*	Non-contact Hours	Total Hours
<p><b>General Background in the Specialty Area.</b> Topics may include, but not be limited to: pathologies of pregnancy, yoga therapy and alternative healing options, understanding the relationship between yoga teachers and health care professionals, knowing when to suggest that the student consult a health care professional regarding pregnancy issues, how to distinguish between high-risk and non-high-risk pregnancy, the psychological, emotional, and social considerations of childbearing and parenting during pregnancy, giving support to mothers, assisting mother-infant bonding and fostering community among new mothers and parents.</p>	15		15
<p><b>Techniques, Training and Practice.</b> Topics may include, but not be limited to: yoga practices specialised to the needs of the expectant mother including teaching skills for trimester-specific yoga techniques and proper alignment, how to practice yoga safely, relaxation and stress management techniques, observation in a prenatal yoga class, how to sequence a prenatal yoga class, childbirth preparation exercises, alternative poses for contraindications, dealing with problem areas associated with pregnancy, yoga therapy for pregnancy and prenatal yoga teacher's responsibilities.</p>	20		20
<p><b>Teaching Methodology.</b> Topics may include, but not be limited to: how to plan a progressive yoga programme for the expectant mother, how to plan a detailed programme for the novice, intermediate and advanced students during each trimester, and how to create a complete yoga routine for the expectant mother.</p>	15		15
<p><b>Anatomy and Physiology.</b> Topics may include, but not be limited to: human anatomy and physiology, energy anatomy and physiology related specifically to the expectant mother, overview of what is normal anatomy and physiology during pregnancy, birth and postpartum, how organs function during pregnancy, overview of complications such as miscarriage, premature labor, hypertension and preeclampsia.</p>	10		10
<p><b>Practicum.</b> Topics may include, but not be limited to: practice teaching, giving and receiving feedback, observing others teaching, assisting students while someone else is teaching.</p>	20		20
<p><b>Yoga Philosophy, Lifestyle and Ethics for Prenatal Yoga Teachers.</b> Topics may include, but not be limited to: medical and holistic models of care, study of yoga philosophies and traditional texts and its application to the lifestyle and well-being of the expectant mother.</p>	10		10
<b>Total Hours</b>	<b>90</b>	<b>0</b>	<b>90</b>

\*Contact hours must be spent learning with the lead trainer who must be an Established Certified Yoga Teacher (E-CYT).