



Postnatal & Baby Yoga Teacher Training Prospectus

(50 hrs)

July-August 2024

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Introduction

This is a comprehensive teacher training program that will enable you to:

1. Guide mothers through the Postpartum period with Postnatal yoga and help them to recover and bond with their babies.
2. Teach specialised yoga to babies.

The training covers principles, techniques, practices of asana, pranayama, and meditation, as well as key aspects of yoga philosophy related to the postpartum period. Additional subjects include Teaching Yoga to Babies.

Delivery mode

The program is delivered via a flexible blended learning approach (in-studio, live-streamed and an online learning hub).

- Live-streamed lectures and discussions via Zoom
- Supervised intensive training in Yoga studio in Brisbane or Online via Zoom
- Access to Yogababy's online learning platform

Suzanne Swan leads the program at her studio in Kenmore, Brisbane.

Suzanne's wealth of knowledge and practice spans three decades and she is available during the training to guide you personally towards your goal to become a certified Pregnancy and Postnatal Yoga Teacher. She is the founder of Yogababy (since 1999) a specialised yoga school in Fertility, Pregnancy, Active Birth, Baby Yoga for women and their families.

What will you learn?

Postnatal Yoga

- Understand the postpartum mother – what happens for a her physically, emotionally, intellectually & spiritually after giving birth
- Common complications the first 6 months and how to address them with yoga techniques and lifestyle
- Explore the anatomy of the pelvis, abdominals & pelvic floor
- Learn correct techniques for recovery of abdominal and pelvic floor strength
- Explore yogic physiology & philosophies as they relate to motherhood
- Learn to teach safe yoga postures and pranayama postpartum
- Observe & study Postnatal yoga classes

Baby Yoga

- Learn the baby's development in the first 6 months
- Practice baby yoga exercises appropriate to development

Learning Objectives

Each training will explore the following:

Asana : Practice and theory of asana, anatomy and function, functional alignment, classical asana and modifications for pregnancy and postpartum. Principles and benefits of breathing: and relaxation (timing & pace).

Pranayama: Application of different pranayama practices for Pregnancy and Birth & Postpartum. Principles of breathing for labour and birth.

Anatomy & physiology: Understanding the female pelvis, pelvic floor (bandhas) & the hormones of pregnancy, birth & postpartum.

Yoga philosophy & psychology: Exploration of the Chakras & Vayus on practice and application of the Koshas during teaching practice.

Teaching guidelines: Exploring the importance of personal practice, language, trauma sensitivity, safety and support, principles, modifications and managing the teacher-student relationship.

Upon completion of the training, you will be able to:

1. Confidently and safely teach postnatal students and their babies in a specialised or general class
2. Relate to the postpartum period – know what happens to a woman physically, emotionally, intellectually & spiritually during pregnancy & after birth
3. Identify the common complications in the postpartum period and how to address them with yoga techniques
4. Understand the anatomy of the female pelvis & pelvic floor recovery
5. Teach safe yoga asanas and pranayama during the postpartum period
6. Teach Mums and Bubs yoga classes
7. Teach age-appropriate yoga to babies (12 weeks to 18 months)

2024 July - August

Postnatal & Baby yoga teacher training (50hrs)

- Three weekly Zoom lectures
- 24th July – 7th August on **Wednesdays 11am-2pm**
- Two day intensive at Brisbane Studio or Online via Zoom
- 3rd and 4th August on **Saturday and Sunday 9am – 5pm**
- Duration: four weeks

Registration with Yoga Associations

Qualified yoga teachers holding a minimum 200-hour teaching certification from any school will be able to, on completion of the 150hr program, register as a Level 1 teacher or upgrade their current teaching level with *Yoga Australia*. Individual trainings also satisfy annual CPD requirements for existing Yoga Australia members.

Training Outline

The training involves over 50% contact hours and 50% non-contact hours and consists of:

1. Weekly sessions lecture & discussion (live streamed)

Focus on developing knowledge and collaborating to learn

- Live Group lectures & discussions
- Self-reflection of class experience

2. Supervised teaching Intensives (in-studio or live streamed)

Focus on demonstration, observation, and practice/application

- Application of theory
- Group problem solving and discussions
- Supervised teaching of yoga classes, under the guidance of Suzanne Swan

3. Non-Contact hours

Focus on learning and assessment

- Assessment
- Online Learning Hub - course materials & online yoga videos
- Personal yoga practice

Assessment and Attendance

Assessment

The student will be continuously assessed during the training period.

- Evaluations will include written short answers, case studies and supervised teaching practices.
- Weekly observation of recorded postnatal yoga classes.
- Submission of observation and personal reflections
- Video recordings of teaching a postnatal yoga class to at least one student.

Successful completion of all evaluations and assessments are required to receive a pass and certification.

Attendance

Attendance of 80% is mandatory at all weekly lectures and the weekend intensives are compulsory. Absence due to illness or other contingencies will be considered on a case-by-case basis.

It is the responsibility of the student to catch up on missed lectures. These will be recorded and available on the Online Learning Hub. Additional fees will be charged if private sessions with Suzanne is required for catch up.

What does a typical month look like?

| Schedule Sample | Once a week | Wednesdays 11am – 2pm | Saturday & Sunday 9am-5pm |
|-----------------|---|---|--|
| Week One | Practice Online Yoga Class/ Online Learning Hub | Lecture with Suzanne - Online via Zoom | |
| Week Two | Practice Online Yoga Class/ Online Learning Hub | Lecture with Suzanne - Online via Zoom | |
| Week Three | Practice Online Yoga Class/ Online Learning Hub | | 2-day teaching intensive at a yoga studio in Kenmore or Online via Zoom |
| Week Four | Practice Online Yoga Class/ Online Learning Hub | Lecture with Suzanne - Online via Zoom | |

Investment

Fee Payment: \$1200

- A deposit of \$150 required to reserve your place
- <https://yogababycalendar.as.me/teacher-training-fee>
- \$1050 (remaining payment is June 17th)

General information

The 'in-studio' supervised intensive is non-residential. The fee does not include accommodation and food. Students are required to make their own arrangements for accommodation and food,

Students must supply their own yoga props and study materials.

Cancellation

In the event of any cancellation by the student after the commencement of the training, fees paid will not be refunded. However, a student can withdraw from a training and upon permission continue the following year to complete their study.

Whilst the supervised intensives are offered 'in-studio' as well as 'live-streamed' the in-studio option will be dependent on numbers and government restrictions.

Contact Suzanne on 0424 755 763 to discuss your requirements and interest areas, make further enquiries and/or discuss the trainings OR email her on info@yogababy.com.au

You are in great hands... About Suzanne

Herstory...Suzanne has been a student of yoga since 1989. She was first introduced to *Yoga* during her University studies (1989) and later practiced Iyengar *Yoga* in Fremantle, WA in the early 1990's. Her first Yoga Teacher Training was *Iyengar Yoga* with John Leebold, Fremantle, WA.

During her two pregnancies (1994-1998) she practiced *Pregnancy Yoga* with Sam Weinstein from the Family Nurturing Centre in Swanbourne, WA. In 1999, her family moved to Brisbane where she began teaching Pregnancy Yoga for Jane Campbell-Kaye from Brisbane Active Birth & Yoga.

In 2001, she was certified as a *Yoga for Pregnancy Teacher and Active Birth Educator* with Jane Campbell-Kaye & Janet Balaskas of the Active Birth Centre, London. Janet Balaskas began the Active Birth Movement in the mid-80's and has published many books on Active Birth. She was one of the first yoginis to combine Yoga and Birth education to empower women to birth naturally using yoga and breath. Suzanne has received Janet Balaskas's blessings to pass on this knowledge and practice.

Suzanne founded Yogababy in 2003 and has taught over 10,000 women and their families. She is a Senior Yoga teacher with Yoga Australia, an Educator with Childbirth and Parenting Educators of Australia (CAPEA) & Calmbirth Practitioner.

She has been inspired by Yoginis such as Janet Balaskas, Geeta Iyengar, Swami Gurupremananda Sarawati, Judith Lasater, Donna Farhi, Ateeka and Tamara James.

Her yoga practice for the last thirty years has been dedicated to understanding how yoga enhances hormonal balance and women's health.

Qualifications:

- Bachelor of Arts (Psychology) -University of Queensland
- Post Graduate Diploma of Psychology - University of Queensland
- Graduate Diploma in Transpersonal Psychology - IKON institute, Perth
- Graduate Diploma in Gestalt Therapy - Brisbane
- Post Graduate Diploma of Yoga for Pregnancy & Active Birth - Brisbane
Active Birth Yoga
- Sivananda Yoga Teacher - Kerala, South India
- Hand-in-Hand Parenting instructor - California
- Aware Parenting instructor – USA
- Emotionally Focused Therapy for Couples - Brisbane

Memberships:

- Senior Yoga Teacher with Yoga Australia
- Mentor with Yoga Australia
- Educator with Childbirth and Parenting Educators of Australia (CAPEA)
Registered
- Counsellor with Australian Counselling Community Association (ACCA)
- Calmbirth Practitioner, Australia

Teaching appointments:

As well as teaching Pregnancy Yoga classes, Suzanne's offerings include:

- Monthly Pregnancy Active Birth & Couples Active Birth Workshops;
 - Active Birth & Fertility Private Sessions by appointment;
 - Specialised training programmes for health professionals, physiotherapists, childbirth educators and midwives.
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