

Shanti Yoga Presents

Prenatal Yoga Teacher Specialization

YOGA ALLIANCE REGISTERED TRAINING

with *Mindy Goodman*
ERYT 200, ERPYT

REGISTRATION NOW OPEN!

208.634.9711

INFO@SHANTIYOGASTUDIO.ORG

WORKSHOPS HELD AT THE YOGA TREE OF BOISE,
207 WASHINGTON ST.



Our curriculum meets the requirements of Yoga Alliance's Prenatal Specialization standards & is appropriate for current yoga instructors, or teachers in training. Health care professionals (OBGYNs, midwives, doulas, childbirth educators) and aspiring yoga teachers may apply if they have an existing, established personal yoga practice. The program includes four comprehensive weekends plus a 20 hour practicum that includes hands-on training, observing, assisting, and co-teaching with Mindy in her on-going prenatal classes in Boise.

Topics include:

- ~Anatomy and physiology of pregnancy and birth*
- ~Appropriate asanas (poses) and pranayama (breath)*
- ~Modification of poses and use of props*
- ~Contraindicated poses and controversial poses*

~Sequencing and pacing of instruction

~Yoga as therapy for common discomforts for pregnancy

~Poses that strengthen abdominal, back, and pelvic floor muscles

~Childbirth preparation exercises (movement, breath work, meditation)

~Explanation of fetal positioning in labor

Upon successful completion, graduates can register with the Yoga Alliance as a RPYT (Registered Pre-Natal Yoga Teacher).

July 16 – 17 Anatomy & Physiology; Prenatal Special Needs

Aug 27 – 28 Techniques Training & Practice

Oct 8 – 9 Continuation of Techniques Training & Practice

Nov 19 – 20 Teaching Methodology & Yoga Philosophy, Lifestyle & Ethics

Mindy has been practicing yoga since 1996. She completed her first teacher's training, Let It Go Yoga, with Jim Parsons at the Santa Barbara Yoga Studio in 1997. Shortly after relocating to Boise in 1998, she began to practice Iyengar yoga; becoming very interested in the precision of alignment and form for which Iyengar is known. She studied, apprenticed, and later taught for Vickie Aldridge at the Boise Yoga Center during which time she had the opportunity to study with several other prominent Iyengar instructors. Mindy began teaching prenatal yoga in 2001 and has taught ongoing classes ever since. In 2003, she studied with renowned prenatal yoga instructor Collette Crawford at the Seattle Holistic Center. Afterwards, Mindy completed the ICEA (International Childbirth Educators Association) in-

depth perinatal fitness program. Mindy is a certified doula through DONA and a retired HypnoBirthing® instructor. She has also trained with Sandra Jordon and is certified in Bodywork for the Childbearing Year®. Having taught over 2,500 prenatal yoga classes, she has discovered that her best teachers have been her students. Mindy loves to watch the transformation process between pregnancy, labor, and motherhood. Her classes are inviting & introspective. Mindy believes that yoga offers women the opportunity to develop a greater awareness of their body, baby, and intuition. Together, these help to better prepare women and their babies for the intuitive process of birth. Mindy is a thankful mother of one, Ava. Fee is \$650 for the 85 hr course. To receive a 10% discount register by June 1st. Space is limited.