



Shanti Yoga Teacher Training  
BOISE, ID



# Prenatal Yoga Specialization

WITH MINDY GOODMAN, E-RYT 500, RPYT, YACEP  
& HOLLY LAMMER, RNC, PPNE, RYT 500, RPYT

## LEVEL 1 DATES:

OCT. 28-29, 2017

DEC. 16-17, 2017

\$550 EARLYBIRD DEADLINE 10/02/17  
\$600 REG. REGISTRATION AFTER 10/02/17

## LEVEL 2 DATES:

JAN. 13-14, 2017

FEB. TBA, 2018

\$550 EARLYBIRD DEADLINE 12/01/17  
\$600 REG. REGISTRATION. DEADLINE: 01/01/17

***This program is for everyone: yoga teachers, doulas, medical practitioners, parents, or those with an interest in yoga during the prenatal phase.***

- Empower women to find strength & confidence in their ability to give birth.
- Learn how a yoga practice benefits a woman during pregnancy, labor & birth.
- Develop relaxation techniques to reduce stress for mom & baby.
- Register with the Yoga Alliance as a Prenatal Yoga Specialist (RPYT), upon completion of Prenatal Levels 1 & 2 and RYT-200 status.