



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:

SEPT. 30-OCT. 1, 2017

OCT. 28-29, 2017

*\$550 EARLYBIRD DEADLINE 8/18/17*

*\$600 REG. REGISTRATION. DEADLINE: 9/15/17*

## LEVEL 2 DATES:

DEC. 16-17, 2017

JAN. 13-14, 2018

*\$550 EARLYBIRD DEADLINE 11/3/17*

*\$600 REG. REGISTRATION. DEADLINE: 12/1/17*

***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.