

# PRENATAL INTENSIVE WORKSHOPS

with Dorothy Guy, PRYT, RYT 500



## Want to teach prenatal yoga or be a knowledgeable sub for prenatal teachers?

Teaching the prenatal student can be an educational and fulfilling journey for the yoga teacher. It is VERY important for the yoga instructor to be fully aware of the joys, challenges and strengths of the prenatal student. Join Dorothy Guy, RYT 500, PRYT for an intense introduction to this beautiful and important aspect of teaching yoga.

### In these three workshops you will:

- Learn to address the prenatal student in a regular yoga class
- Become acquainted with the development of pregnancy, and how it affects the prenatal student
- Explore different points of view on pregnancy and physical exercise
- Explore & integrate Ayurveda, holistic and scientific aspects of nurturing the pregnant student
- Learn modifications for traditional asanas
- Learn to market, create and teach prenatal yoga classes
- Learn the basics of transforming traditional yoga teachings into a specific asana prenatal class, including: meditation, breathing techniques & relaxation

### ~Integrating the Pre/Postnatal Student, into Regular Yoga Classes

Saturday, September 14, 2013 – 9:00 am -1:00 pm, Fee: \$80

### ~Yoga and Pregnancy 101

Sunday, September 15, 2013 – 10:00 am to 5:00 pm, Fee: \$120

### ~Teaching Pre/Postnatal Yoga

Sunday, September 22, 2013 – 9:00am to 5:00pm, Fee: \$140

### Take any one or all three workshops!

**Sign up and pay for all three by September 1, 2013 and receive a 10% discount**

**Save 5% for two classes total if paid by September 1, 2013.**

Earn CEU's! Manuals are included! You will receive a certificate for each class!



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