

Intro To Teaching Pregnant Students

Do's & Don'ts for Yoga Instructors



Saturday, December 30

1:30-3:00PM

\$25 per person (\$30 door)

Prenatal Yoga Instructor, Amanda Winger provides practical guidance for how to properly and safely accommodate pregnant students in a Yoga class. Learn the basics that every Yoga Instructor should know to feel confident and comfortable teaching pregnant students attending your regular Yoga classes:

- Importance Of Gentle And Inclusive Communication
- Do's & Don't's For Yoga Poses & Safe Modifications
- Do's & Don't's of Breathwork
- How To Offer Comfort & Support With Specific Props
- Q & A



*Amanda is a Certified RYT200 Prenatal Yoga Instructor,
Labor/Delivery and Postpartum Doula*



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