

Intro To Teaching Pregnant Students

Do's & Don'ts for Yoga Instructors



Saturday, December 20

12:00-1:30PM

\$25 per person (\$30 door)

Prenatal Yoga Instructor, Amanda Wininger 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

Yoga instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop



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

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

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