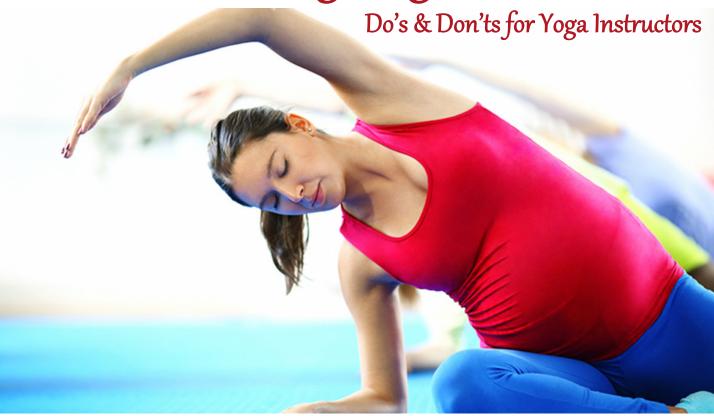
Intro To Teaching Pregnant Students



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

