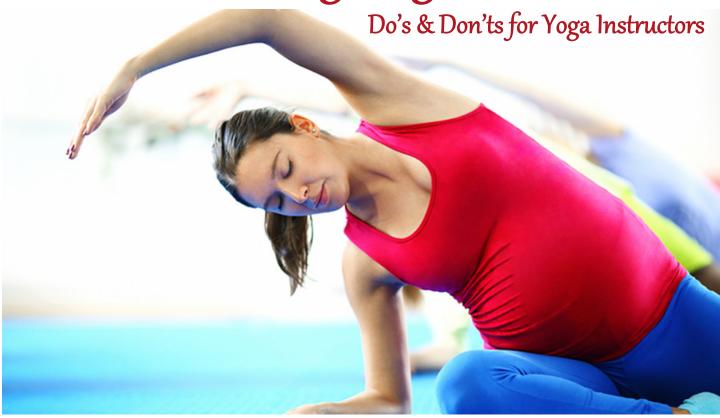
Intro To Teaching Pregnant Students



Saturday, December 30 1:30-3:00PM \$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

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



