

# PRENATAL & POST NATAL TEACHER TRAINING

- with facilitators Christina Brown and Lauren Penning

Dates: April 9 - 11

Time: Friday 6.00-8.30pm, Saturday 12-6.00pm, Sunday 12-4.00pm

Investment : \$330 (early bird \$300 paid before 12 Mar)

This is the ideal course for yoga teachers or trainees who wish to specialise in teaching yoga classes for pregnant women or new mothers. This informative course will give you the skills you need to become a safe, responsible, adept and inspiring teacher for women during their pregnancy or post partum period.

Teachers and students love the special energy created in a prenatal class, and the special bonds created in post natal classes. Add an exciting new dimension to your teaching skills, whether you've had a baby yourself or not. Be the answer to yoga studio owners' lament on how challenging it is to find pre and post natal yoga teachers!

During this 12 hour weekend course you'll learn:

- How to take a conscious approach to pregnancy, labour, birth and the post partum period
- The physiology of pregnancy week by week
- The physiology of labour and how to inspire mums with the knowledge that their bodies are perfectly designed to birth their baby
- Breath awareness and breathing practices to support the prenatal period, labour and motherhood.
- How to safely guide your students through each trimester
- Mastery of the modifications of yoga postures
- Common ailments conditions affecting pregnant and post -partum women
- Ideal postures and contraindicated practices for each trimester and situation
- How to use props to get the most from class.
- How to sequence your classes
- Inspiring meditations and guided relaxation
- An understanding of the pelvic floor

For booking or more info call Life Source 8904 0202 or  
email [bliss@life-source.com.au](mailto:bliss@life-source.com.au)



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[www.life-source.com.au](http://www.life-source.com.au)

## Join us on our next Prenatal Teacher training

# 9-11 April 2010

Early Bird Rate  
Save! Just \$300 by 12 March

Your facilitators:

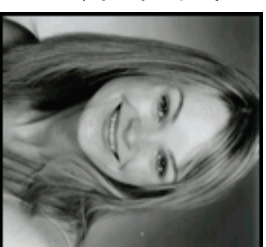
## Christina Brown



Christina has practiced yoga for more than 20 years and been teaching since 1996. She has many years of experience teaching women both during their pregnancies and after. Christina is director of the teacher training program at Life Source. She is a trained naturopath and the author of many books on yoga including the bestselling Yoga Bible: The Definitive Guide to Yoga Postures. Christina believes passionately in the power of yoga as an aid to a good pregnancy and a brilliant help to a good birthing experience. Christina is adoring mother to Safa.

## Lauren Penning

Director of The LifePod in Paddington, Lauren has a wealth of information on the pre and post natal periods gleaned from her years of guiding women through these times. She has taught countless prenatal classes over many years. Lauren's special interest in pregnancy and birthing led her to complete specialised pre and postnatal teacher trainings, and she is also a doula, and a calm birth practitioner. One of the most popular teachers in the history of Life Source, Lauren's students appreciate her calm, caring ways. Her spacious style of teaching means her students are frequently familiar with the elevating euphoria a good yoga practice brings. Lauren is proud mum to Phoenix.



More Info? [www.life-source.com.au](http://www.life-source.com.au)

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