

K. Dham Pre Natal Yoga Teacher's Training course
and
Pre Natal Yoga camp for Pregnant women's schedule and course outline
From March 19th to 26th 2017

Blue color- Indicate Pregnant women's schedule

Time DAY	3/19/17 1	3/20/17 2	3/21/17 3	3/22/17 4	3/23/17 5	3/24/17 6	3/25/17 7	3/26/17 8
6:45 am - 8:15am								
		Practice Optional for Pregnant women						
8:30am - 9:30 am		Breakfast	Silent Breakfast	Breakfast	Breakfast	Silent Breakfast	Breakfast	
9:30 am - 11:00 am		PYS- Patanjali Yoga Sutra Yoga Health Model Panch Kosha Panch Prana Vayu, Panch Tatva Wellness Index and positive lifestyle	Remedied for Minor discomfort Normal changes during pregnancy	Adapting to Changes During Pregnancy Modification of yoga program	Prior or on going Medical condition Specifically Design program	Pre Natal neck and back care program Program for bed rest	Welcome Baby! Post Natal Relaxation and rested sleep, abdominal toning, Spine health, posture and body Mechanics with baby Mood variation.	Check out at 10 Am

11:00am - 12:30 pm		Theory Application Patanjali Yoga Sutra Kriya- A natural detoxification Classification Specific asana for each Trimester	Theory Application Patanjali Yoga Sutra Breathing Pranayama	Theory Application Patanjali Yoga Sutra Meditation Relaxation Affirmation Guided Imagery Visualization Mantra Mudra During Pregnancy and labor	Theory Application Patanjali Yoga Sutra Traditional and Hand Mudras Bandhas Toning of Hormonal Glands	Theory Application Patanjali Yoga Sutra Post natal – How to evaluate separation of Abdominal vertical strips. Post Natal Management of weight. Breast Feeding- A nector	Presentation From Pre Natal Yoga Teacher Tr. Students	
11:30am to 12:30pm		Practice for Pregnant women with lead Pre Natal Yoga and Yoga teachers specializing as Pre Natal Yoga teachers	Practice for Pregnant women with lead Pre Natal Yoga Teachers	Practice for Pregnant women with lead Pre Natal Yoga Teachers	Practice for Pregnant women with lead Pre Natal Yoga Teachers	Practice for Pregnant women with lead Pre Natal Yoga Teachers	Practice for Pregnant women with lead Pre Natal Yoga Teachers	
12:30 to 2:00		LUNCH						
1:00 pm to 2:00pm	Introduction Orientation							

2:00 pm to 4:30 pm	<p>Art and science of Yoga - Eight limbs and 6 yoga tools.</p> <p>Swami Kuvlayan andji's statement about Yoga</p> <p>Women's Emotional curve</p>	<p>Mother Nature's Design- For child bearing and birthing</p> <p>Women's pelvis.</p> <p>Pelvic floor yoga to prevent future incontinence</p> <p>Pre and Post Natal Posture alignment Asana.</p> <p>Body mechanics</p>	Condition may occur during pregnancy	Dealing with loss and grief	<p>Design a Pre Natal yoga program for Bed rest.</p> <p>Conditions and complications of Bed rest</p> <p>Relaxation and Reversal Asana Couplet In Pre and Post natal Period.</p> <p>Safety Zone Physical and Emotional Sign and symptoms of mood variation and post partum depression.</p>	<p>Design individualized Yoga program In collaboration with Pregnant women</p>	<p>Feed back</p> <p>Net working Leadership</p> <p>Certification upon completion of Requirements</p> <p>85 hrs. course work. Submission of Elective Project And 30 hrs. Teaching to pregnant women in set up of your choice.</p>	
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4:30pm to 7:00 pm	Practice for Pregnant women with lead Pre Natal Yoga and Yoga Teachers in Pre Natal Yoga Teacher's training	Practice for Pregnant women With lead Pre Natal Yoga and Yoga teachers specializing as Pre Natal Yoga teachers	Practice for Pregnant women With lead Pre Natal Yoga and Yoga teachers specializing as Pre Natal Yoga teachers	Practice for Pregnant women With lead Pre Natal Yoga and Yoga teachers specializing as Pre Natal Yoga teachers	Practice for Pregnant women With lead Pre Natal Yoga and Yoga teachers specializing as Pre Natal Yoga teachers	Practice for Pregnant women With lead Pre Natal Yoga and Yoga teachers specializing as Pre Natal Yoga teachers	Practice for Pregnant women With lead Pre Natal Yoga and Yoga teachers specializing as Pre Natal Yoga teachers	
4:30pm to 6:15pm	Practice							
6:15 pm 7pm	Meditation							
7pm to 8pm	DINNER							