

High Desert Yoga presents:

Prenatal Yoga

Teacher Training

with **Colette Crawford**

October 28 –October 30, 2011

This is a time in a woman's life when she experiences dynamic, physiological and emotional changes. You will gain a thorough understanding of these changes so that you can adjust your instruction for each prenatal student. In this section you will learn how to sequence your prenatal classes and provide alternative variations to students depending on their stage of pregnancy.



This program provides a complete basic foundation in prenatal and early postnatal yoga instruction. You do not need to be a yoga teacher or have a certification to attend. Any style of yoga is welcomed.

You will gain knowledge in all areas, including:

- Anatomy and physiology
- Structuring Classes
- Common discomforts of pregnancy
- Fetal position (occiput, posterior, breech)
- Normal labor and birth
- Appropriate technology for birth
- Awakening motherhood
- Energy and Chakra work
- Vocalization and use of sound
- Breathwork and meditation
- State of health care and birth in the US
- Early postpartum period including healing from a c-section

Colette Crawford, RN, BSN, E-RYT, founder of the Seattle Holistic Center, has created a highly successful program for prenatal and postnatal yoga. Combined with her experience as a registered nurse in labor and delivery, public health and childbirth education and her 40 years of yoga, Colette bridges western medicine with alternative healing arts in teaching thousands of pregnant and postpartum women. Her greatest teacher and the source of constant inspiration on this path is her Guru, Mata Amritanandamayi or Amma, as she is known. "It is through Amma, I am learning the true essence of yoga and spiritual living." Colette is a mother of four and a grandmother.



11:15-4:15pm and 6-8pm, Friday - Sunday
\$595, \$50 discount if paid by August, 2011
22.5-Hours applicable to Yoga Alliance rpyt, or ryt

Call 505-232-9642 to pre-register
Or register online at: www.highdesertyoga.com

Held at:
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