



PRENATAL TEACHING METHODOLOGY

PROFESSIONAL ESSENTIALS OVERVIEW

There are 2 areas of key competencies within this category:

- 1) Teaching Methodology
- 2) Practicum

Within Teaching Methodology, we will discuss:

- A. Includes design of lesson plans for the beginning and/or advanced student during each trimester.
- A. Structuring & sequencing prenatal classes
- B. Structuring & sequencing restorative prenatal class
- C. Observation & verbal adjustments
- D. IF and how to teach prenatal yoga in a public class.
- E. Creating themes to inspire your students
- F. Modifications and alternatives

Within Practicum, you will:

- A. Practice teaching prenatal yoga
- B. Observe classes with lead trainer teaching prenatal class set-up

TEACHING METHODOLOGY

As a teacher, can prenatal students come to your “regular” group class?
IF and how to teach prenatal yoga in a public class.

What to expect in a prenatal yoga class (overall flow of class):

Staying safe in a prenatal yoga class - as a teacher and student:

LESSON PLANS/STRUCTURE BY TRIMESTER:

Overview - design of lesson plans for the beginning and/or advanced student during each trimester:

LESSON PLANS/STRUCTURE BY TRIMESTER:

Structuring & sequencing prenatal classes - beginner lesson plan by trimester

LESSON PLANS/STRUCTURE BY TRIMESTER:

Structuring & sequencing prenatal classes - advanced lesson plan by trimester

LESSON PLANS/STRUCTURE BY TRIMESTER:

Structuring & sequencing restorative prenatal class

CREATIVE SEQUENCING:

Creating themes to inspire your students:

ART OF OBSERVING, ADJUSTING, DEMONSTRATION

We will review principles of demonstration, observation, assisting, adjustments

- including the value of demonstrating - discuss how effective demonstrations in class can help emphasize alignment or another focus for the specific pose or sequences of poses.
- best practices in observing, assisting, adjusting
- we will get hands on experience for adjustments.

Observation & verbal adjustments

Modifications and alternatives

PRACTICUM

It is time to teach to put it all into action!

We will be doing this along the way!

You will have multiple opportunities for the following:

- Practice teaching (does not include assisting, observing or giving feedback).
- Observing others teaching.

We will work with you to make sure gain increased knowledge, skills, experience across the key competencies.

Feedback is key!

Mentorship component with Lead Trainers

Potential for Apprenticeship post training