

The Movement Tree Prenatal Yoga Teacher Training Sample Syllabus

Start Time	Time Blocks
8:00 AM	1h

DATE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9
8:00 AM	WELCOME & INTRODUCTIONS	REVIEW AND QUESTIONS	REVIEW AND QUESTIONS	REVIEW AND QUESTIONS	REVIEW AND QUESTIONS	REVIEW AND QUESTIONS	REVIEW AND QUESTIONS	PRENATAL PRACTICE TEACHING AND PEER REVIEW	PRENATAL PRACTICAL EXAM
9:00 AM	CULTURAL VIEW OF PREGNANCY AND CHILDBIRTH	THE ANATOMY OF PREGNANCY	PRENATAL CLASS	PRENATAL CLASS	PRINCIPLES OF PRENATAL FUNCTIONAL MOVEMENT AND MODIFYING ASANA	CREATING A CLASS FOR TWO SHOULDERS, CHEST PRACTICE TEACHING	PRENATAL PRACTICE TEACHING	PRENATAL PRACTICE TEACHING AND PEER REVIEW	PRENATAL PRACTICAL EXAM
10:00 AM	GENERAL BACKGROUND AND HISTORY OF CHILDBIRTH	LABOR AND BIRTH	PRENATAL CLASS GROUP DISCUSSION	PRENATAL CLASS GROUP DISCUSSION	CREATING A CLASS FOR TWO GROUNDING POSES	CREATING A CLASS FOR TWO PELVIC FLOOR MUSCLES	GROUP DISCUSSION AND PEER REVIEW	PRENATAL PRACTICE TEACHING AND PEER REVIEW	PRENATAL PRACTICAL EXAM
11:00 AM	THE BIOLOGY OF PREGNANCY - THE MENSTRUAL CYCLE AND BEYOND	LABOR AND BIRTH	SPECIAL NEEDS OF PRENATAL CLIENTS	CREATING A CLASS FOR TWO SHARING AND CONNECTING	CREATING A CLASS FOR TWO GROUNDING POSES PRACTICE TEACHING	CREATING A CLASS FOR TWO PELVIC FLOOR PRACTICE TEACHING	PRENATAL SEQUENCING	PRENATAL WRITTEN EXAM	PRENATAL WRITTEN EXAM
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 PM	THE BIOLOGY OF PREGNANCY/PRENATAL DEVELOPMENT	LABOR AND BIRTH DISCUSSION	SPECIAL NEEDS OF PRENATAL CLIENTS	PRINCIPLES OF PRENATAL FUNCTIONAL MOVEMENT	CREATING A CLASS FOR TWO - HIPS	PRENATAL RESTORATIVE MEDITATIONS VISUALIZATIONS	PRENATAL PRIVATE CLIENTELE	BUSINESS STRATEGY PRENATAL YOGA TEACHING	PRENATAL WRITTEN EXAM
2:00 PM	PRENATAL DEVELOPMENT THROUGH THE TRIMESTERS	BASIC ANATOMY REVIEW	INTEGRATING YOGIC PHILOSOPHY INTO PRENATAL CLASSES	PRENATAL ASANA, MOVEMENT AND MODIFICATION	CREATING A CLASS FOR TWO - HIPS	PRENATAL RESTORATIVE MEDITATIONS VISUALIZATIONS	PRENATAL PRACTICE TEACHING AND PEER REVIEW	BUSINESS STRATEGY PRENATAL YOGA TEACHING	SPECIAL GUEST SPEAKER
3:00 PM	THE ANATOMY OF PREGNANCY	FUNCTIONAL ANATOMY LECTURE AND DISCUSSION	INTEGRATING YOGIC PHILOSOPHY INTO PRENATAL CLASSES	CREATING A CLASS FOR TWO PRACTICE TEACHING	CREATING A CLASS FOR TWO SHOULDERS CHEST ARMS MOBILITY AND STABILITY	PRENATAL GUIDANCE AND ADJUSTMENTS	PRENATAL PRACTICE TEACHING AND PEER REVIEW	KEY CONCEPTS AND REVIEW	SPECIAL GUEST SPEAKER
4:00 PM	THE ANATOMY OF PREGNANCY	FUNCTIONAL ANATOMY LECTURE AND DISCUSSION	PRENATAL CLASS 101 GUIDELINES, DO'S AND DON'TS	CREATING A CLASS FOR TWO PRACTICE TEACHING	CREATING A CLASS FOR TWO SHOULDERS CHEST ARMS MOBILITY AND STABILITY	PRENATAL GUIDANCE AND ADJUSTMENTS	PRENATAL PRACTICE TEACHING AND PEER REVIEW	KEY CONCEPTS AND REVIEW	FINAL CLOSING
5:00 PM	KEY CONCEPTS AND REVIEW	KEY CONCEPTS AND REVIEW	KEY CONCEPTS AND REVIEW	KEY CONCEPTS AND REVIEW	KEY CONCEPTS AND REVIEW	KEY CONCEPTS AND REVIEW	KEY CONCEPTS AND REVIEW	KEY CONCEPTS AND REVIEW	FINAL CLOSING