

Peaceful Mama/Embryoga

PRENATAL YOGA TEACHER TRAINING

LEVELS 1 AND 2

The Level One Prenatal Teacher Training is a 45 hour training designed for yoga teachers, birth professionals, and moms-to-be taught by Mindy Goodman. In the Level One training you will learn to confidently teach a prenatal yoga specialty class. You will gain knowledge to physically and mentally prepare women, through yoga, for the intensity of labor by empowering women to harness their strength and build confidence in their ever-changing bodies. You will learn exercise guidelines for all three trimesters, sequencing considerations, and poses for common aches and pains during pregnancy and labor. We will study the stages of labor and discuss the similarity between various yoga techniques and childbirth preparation and how to interweave the practice of these techniques into a prenatal yoga class.

Level Two Prenatal Yoga Teacher Training is a 40 hour training building upon the Level One curriculum. This training is taught by Holly Lammer. In the Level Two training you will learn about the subtle body (chakras and how they relate to pregnancy and birth), advanced anatomy concepts (the pelvis, the fascia system, hormones of birth), advanced techniques (pranayama, mudra and meditation relating to pregnancy and birth), yoga therapeutics for at-risk pregnancies (previous traumatic birth, fertility issues, etc.), couples yoga, and yoga in the postnatal period. Upon completion of Level One, Level Two, and RYT 200, you will be eligible to register with the Yoga Alliance as a Prenatal Yoga Specialist (RPYS).





Mindy Goodman, E-RYT 500, RPYT

Prenatal Program Director, Lead Teacher

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Mindy has been practicing yoga since 1996. She completed her first teacher's training, Let It Go Yoga, with Jim Parsons at the Santa Barbara Yoga Studio in 1997. Shortly after relocating to Boise in 1998, she began to practice Iyengar yoga; becoming very interested in the precision of alignment and form for which Iyengar is known. She studied, apprenticed, and later taught for Vickie Aldridge at the Boise Yoga Center during which time she had the opportunity to study with several other prominent Iyengar Instructors. Mindy began teaching prenatal yoga in 2001 and has taught ongoing classes ever since. In 2003, she studied with renowned prenatal yoga instructor Collette Crawford at the Seattle Holistic Center. Afterwards, Mindy completed the ICEA (International Childbirth Educators Association) in-depth perinatal fitness program. Mindy earned her 500 hr RYT designation through Shanti Yoga School. Mindy is a retired doula and retired HypnoBirthing® instructor. She has also trained with Sandra Jordon and is certified in Bodywork for the Childbearing Year®. Having taught over 3,000 prenatal yoga classes, she has discovered that her best teachers have been her students. In addition to teaching prenatal yoga, Mindy has developed a workshop for couples: A Yoga-based approach for Childbirth.

“When the intelligence of the body is awakened it will guide the woman throughout the pregnancy, making her feel perhaps more in touch with herself than ever before. She is then close to her own nature and ready to flow with the

Holly believes in teaching yoga as a therapeutic tool for better health, increased mind/body awareness and a deeper connection to self. She has a strong foundation in body-mechanics with a background as a fitness instructor since 1999 and a mind-body practitioner for many years. Holly received her 500 hour teacher training through Shanti Yoga School, along with her Prenatal Yoga teacher certification. As full time Labor and Delivery nurse since 2000, she has been focusing on bringing the benefits of mindfulness practices to women and families through her various roles as mentor, teacher, and childbirth instructor. Over the years she has helped hundreds of women through the birth process and has worked consistently to support the idea of childbirth as a normal physiologic process. This has led her to develop training programs for pregnant women and for the health care professionals that care for them; speaking at professional conferences, doula trainings, medical resident trainings and more. Holly believes that yoga is the best way to prepare the body for birth....physically, spiritually and mentally. Creator of Intuitive Birth, a Mindfulness-Based Childbirth Education program, Holly brings the insight of firsthand experience with transformation through mindfulness to her teachings. What makes her Prenatal Yoga classes unique is her background as a labor nurse, extensive knowledge of the birth process and hormones, balanced with her attention to anatomical detail ... all while maintaining a playful light-hearted attitude.



Holly Lammer, RNC, RYT 500, PRYT

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