

SEATTLE HOLISTIC CENTER



Prenatal Yoga Teacher Training

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.

Date: Level 1 Weekend Intensive, Fri-Sun December 10-12th

Time: 9:00-6:00pm each day

(22.5-hours applicable to Yoga Alliance RPYT, or RYT cont. education)

Fee: \$595 Early Bird Special: \$50 discount (when registered by 11/21/2010)