

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
- Energy and chakra work
- Appropriate technology for birth
- State of health care and birth in the US
- Awakening motherhood
- Early postpartum period including healing from a c-section
- Sat, chanting, meditation and bhajans

9 am – 6pm, Friday - Sunday

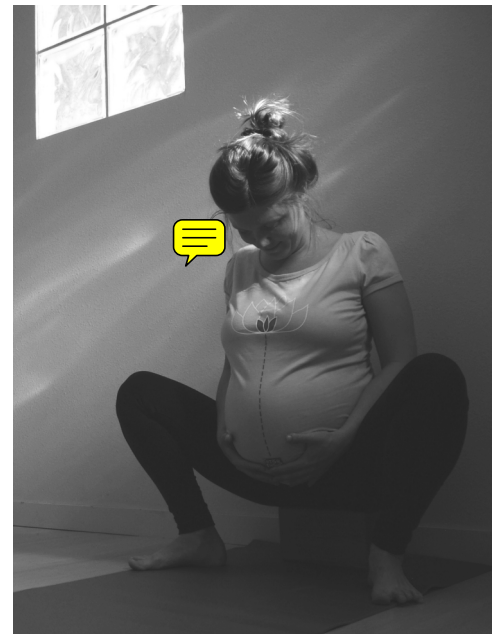
\$595, \$50 discount by August, 2011

22.5-Hours applicable to Yoga Alliance Rpyt, or Ryt

Call 505-232-9642 to pre-register

Or register online at:

[www.highdesertyoga.com](http://www.highdesertyoga.com)



**Held at:**

High Desert Yoga  
4600 Copper NE  
@ Jefferson  
Albuquerque, NM  
87108

**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.**