



IYT® STUDIES

IYT®-INTERNATIONAL YOGA TEACHER PRENATAL/POST-NATAL YOGA

IYT® COURSE CURRICULUM

Plan for a Strong Pregnancy

Strong Is the New Skinny

- Live fit from the inside out
- Learn the secret of a strong core
- Become strong and healthy throughout the pregnancy

Total Body Fitness

- Use various forms of movement to create the total body fitness program
- Combine yoga, resistance training, cardio, and nutrition for a healthy pregnancy

Mother Knows Best

- Connect with the body and become fully present in the pregnancy
- Use meditation to bond with the baby
- Cultivate an awareness of your own and the baby's needs

Prepare for Birth and Beyond

Increase Endurance

- Learn how exercise can carry you through the pregnancy
- Use yoga, meditation, and cross-training to fight off fatigue

Build Strength

- Get strong for the rest of the pregnancy
- Find a rhythm and establish a regular exercise routine

Prepare to Push

- Learn about the power of the pelvic floor
- Train your pelvic floor muscles for labor, delivery, and recovery

Happy Birth Day!

- Use the body and your mind to be present and aware
- Create a birth plan to prepare and eliminate fear

Practices for Recovery and Results

New Mother Recovery Workout

- Incorporate gentle moves and practices into the new life
- Strengthen and tone your abdomen and pelvic floor after giving birth

Mother and Child

- Exercise with the baby to strengthen your bond and both the bodies
- Learn how to hold the baby properly during exercise

Belly Blaster Series

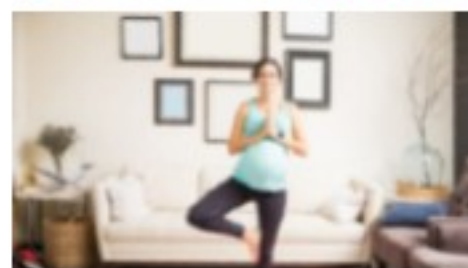
- Try deep core work to redefine the abdominal area
- Use core exercises to gain the functional strength needed to care for the baby

Self-Care for Mothers

- Taking care & better care for the baby
- Create a daily routine that includes proper sleep and exercise

Insights for Mothers Over 40

- Be aware of the unique challenges of being a Mother over 40
- Strengthen and tone the body to combat loss of muscle mass



Want more support? Contact our Member Support Team at yoga@iyoworld.com or at +91 9964029333