



PROFESSIONAL POST NATAL YOGA TEACHER TRAINING



## OUR INSTRUCTORS



### Melissa Curtis

Melissa completed her first Perinatal Teacher Training with Robin Sale, founder of Wholebirth Resources, in the US. She has taken workshops with Colette Crawford, one of West Coast of America's most renowned Prenatal and Active Birth Educators and completed Michele Odent's doula training. Melissa

has been teaching pregnancy yoga for 10 years, is a children's yoga instructor and is the proud mother of Robyn Kai and Willow.



### Orla Crosse

Orla, an experienced Sports Physiotherapist, is the founder and lead yoga instructor at Performance Yoga. Orla is one of a select few Chartered Physiotherapists registered with the Irish Sports Council to **treat Ireland's Elite and High-Performance Athletes**. Orla practices physiotherapy in clinics in Clonmel and Cork. Orla

also teaches functional anatomy to Pilates and yoga students on accredited teacher trainer courses in Dublin.

Orla gained valuable Sports Physiotherapy experience working in the UK, Australia, and Ireland's **Sports Surgery Clinic in Dublin**. In Dublin, Orla worked alongside many of Ireland's well known Orthopaedic and Sports Medicine Consultants developing and providing **expert rehabilitation programs** to recover from injury and return to sport.



**COURSE FROM 9:30AM - 5.30PM**

### SPRING 2022 DATES - 4 DAYS

April 2022: 22nd, 23rd & 24th

May 2022: 21st

Time: 9:30am - 5:30pm

**Cost 4 Days of training**

**€395**

10% discount for past students

## WHERE WE ARE



32 North Brunswick Street, Stoneybatter,  
Dublin 7, Ireland.

Tel: 01 677 9859 | Web: [www.the-elbowroom.com](http://www.the-elbowroom.com)

Email: [training@the-elbowroom.com](mailto:training@the-elbowroom.com)



This course is fully accredited by  
The Yoga Alliance and Embody  
Full worldwide insurance is available



## OVERVIEW

The first year is very important in the bonding of mother and baby. Women get precious little time to sit and enjoy motherhood in relaxing surroundings.

Postnatal yoga is a great opportunity for mothers to spend time with their babies. They can enjoy their development while watching the changes unfold but above all else mums get to workout safely and receive a challenging routine to build strength and confidence back into mind and body.



## POSTNATAL | MUM & BABY YOGA TEACHER TRAINING

Suitable for qualified pregnancy yoga and 200 hr yoga teachers. This intensive module offers 4 days of training will equip the student with all they need to know about how to safely and confidently deliver a class to postnatal mothers and their new babies.

The emphasis is on retraining strength and flexibility to mums body, while focusing on mindfulness techniques to conquer stress and fatigue.

Orla is covering Diastasis Recti:

- How you can check for it?
- What to look out for?
- What to avoid
- What yoga is best to do?

## COURSE STRUCTURE

- Postnatal considerations - ie. backache, exhaustion, post cesarean birth
- Breastfeeding - tips on how to support a breastfeeding mother in class
- Abdominal muscle separation - exercises that can help
- Postnatal specifics - baby's development and how you can help through yoga
- Postnatal asana
- Class sequencing - songs for baby through yoga
- Class guidelines
- Relaxation techniques
- Learn how to nurture mothers, bring communities together and create tribes!



### THE BENEFITS OF TRAINING WITH US

- FREE USE OF OUR STUDIO TO GROUP PRACTICE
- A FULL MANUAL WITH PRECISE ASANA AND WRITTEN INSTRUCTIONS
- TEACHER TRAINING INSTRUCTORS WITH OVER 20 YEARS TEACHING EXPERIENCE
- DISCOUNTED CLASSES AND WORKSHOPS AT THE ELBOWROOM WHILE YOU TRAIN
- YOGA ALLIANCE UK ACCREDITED COURSE
- MENTORING AFTER THE COURSE WITH MELISSA



## WHAT OUR PAST STUDENTS SAY

“On completion of my pregnancy yoga teacher training in the elbowroom in 2012, I went on to teach my own classes and loved it. I found out early on that mothers wanted to have that continued support once baby was born and asked if there was an option to come to classes after the baby was born. This is the reason I decided to develop my skills further and offer an extra class a week to my schedule and follow through on my pregnancy yoga clients. The course was so much fun, Melissa is an inspiration, so fair and full of knowledge. The manual and the asana book are so helpful plus easy to refer to which help me create interesting and new class plans every few weeks. The lecture we received from the physio therapist was so interesting and meant I felt confident I was giving new mums the correct information and teaching safe classes. I couldn't recommend this course more. It is a real bonus and an investment in my teaching career.”

**JULIA - MUM & PREGNANCY YOGA TEACHER**



“I enjoyed the course immensely. The content was excellent and comprehensive without being overwhelming. I loved the studios and felt that your experience in the whole field of post natal yoga was very helpful and interesting. I particularly loved hearing your stories. Both Lisa and Melissa presented the information in a very relaxed knowledgeable and confident way.”

**JACQUIE, YOGA TEACHER, MOTHER OF 3**



## MEETING IN A GROUP

Women can feel a sense of isolation after having a baby and meeting as a group can give a great sense of companionship. Mothers are also keen to try and regain their shape and bring back pelvic tone.

## WELLBEING

Carrying and feeding babies along with interrupted sleep can play havoc with a mother's wellbeing so taking the opportunity to address their needs in a postnatal class can be of huge benefit.

## ALLEVIATE POSTNATAL PROBLEMS

During this course, you will study some of the specifics of postnatal motherhood, whether she gave birth naturally or had a medical intervention. You will learn how to alleviate postnatal problems while helping mums reactivate their core muscles.