the elbow room

Pregnancy Yoga Teacher Training

YOGA ALLIANCE PROFESSIONALS
Training Course

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

This Course Features

The course is suitable for qualified yoga teachers or those working in the childbirth arena (Midwives, Childbirth Educators, Physiotherapists, Doulas etc). This modular programme gives a comprehensive foundation for teaching pre and postnatal yoga and birthing classes.

More importantly, it will teach you how to empower and give women confidence in their natural abilities to birth. Our style is to teach the theory in an interactive and detailed manner while ensuring it is practically and safely applied.

THE BENEFITS OF TRAINING WITH US

- Free use of our studio to practice.
- A Complete Data-base of asana.
- Experienced teacher training instructors.
- Discounted classes and workshops at The elbowroom Studio.

MODULE I - 2 DAYS - €340

Effects of hormones in pregnancy, Female pelvis and pelvic floor. The 3 trimesters, 4 stages of labour and hormones that help, Respiratory system, Circulatory, lymphatic and digestive systems, Skeletal system, What makes a good teacher, Alignment and methodology & Propping.

MODULE II – 2 DAYS - €340

Exam module in the morning. Breath, Endocrine system, Central nervous system, Relaxations and positions, Physiology of pregnancy and birth. Mechanism of pain, Oxytocin, adrenaline and endorphins. Interventions, Natural pain relief & Birth film.

MODULE III – 2 DAYS - €340

Mini-exam. Descent and spiralling & Optimal birthing positions. Start pregnancy yoga asana & Common complaints in pregnancy.

MODULE IV – 3 DAYS - €395

Mini exam. Finishing asana study & Muscular systems. Bonding your class, Sequencing, Common complaint refresher and how to teach the postures with common complaints.
Final exam prep. The last 6 weeks of pregnancy & Birth film.

MODULE V – 2 DAYS - €340

This module is about empowering women in your class.
How you can dicuss birth in your class, what yoga poses are best for birth from prelabour to babe in arms, visualisations for birth, fear and describing pain, making noise and breathing through discomfort.

MODULE VI - MUM & BABY TRAINING - €395

SEPARATE DATES & BOOKING

During this module, you will learn about the specifics of a postnatal mother, 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. The module will also show you how a mother can engage her baby in yoga asana and do some basic yoga moves with her baby including:

- Postnatal anatomy
- Infant development
- Postnatal specific problems
- Postnatal asana
- Postnatal Pilates
- Infant engagement
- Infant yoga

What Our Past Students Say

"I found the course extremely enjoyable and interesting, well presented and well run. I felt it was very factual and the information was well researched. I enjoyed the yoga part immensely and found I personally benefitted from practicing yoga more regularly. There was a lot of valuable information given on the benefits of yoga for pregnancy and labour. There was a whole section on coping with labour where many different natural ways of coping were discussed and conventional medical methods were explored. There was an extra weekend giving information on aromatherapy, acupressure and homeopathy in pregnancy in labour which I found very illuminating. I feel I have personally benefitted from the course as well as expanding my scope of knowledge. I also feel I have gained a more holistic approach to pregnant and labouring women and their partners which will influence how I work with people in the future."

BRENDA MURPHY, MIDWIFE & PUBLIC HEALTH NURSE

I did this course with my (then) 3 month old daughter on the mat with me. I loved every weekend and it's a testimony to Melissa's fab teaching skill and engaging course content that, despite horrendous sleeping patterns, I felt alive and energised after every weekend. The information given was very thorough and helpful and I felt confident enough to start teaching pregnancy yoga as soon as I finished. The bond we had as a class was also very special and brought a great atmosphere to learning, I remain in contact with several people from my course.
Thanks to all the team!

LOURDA SCOTT, PREVIOUS STUDENT

"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 pre-natal yoga was very helpful and interesting. I particularly loved hearing the doula stories. Melissa presented the information in a very relaxed knowledgeable and confident way."

JACQUIE, YOGA TEACHER, MOTHER OF 3

Your 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.

It is compulsory to have successfully completed the Prenatal teacher training course modules I – V in order to continue on to Mum & Baby Teacher Training.

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Upcoming Dates & Fees

Autumn 2027/28 - Weekend Dates

Module I: Oct 9th & 10th
Module II: Nov 6th & 7th
Module III: Dec 4th & 5th
Module IV: Jan 7th & 8th & 9th
Module V: Feb 12th & 13th
Exam: Mar 11th (2:00pm-6:30pm)

Class Times: 9:30am - 5:30pm

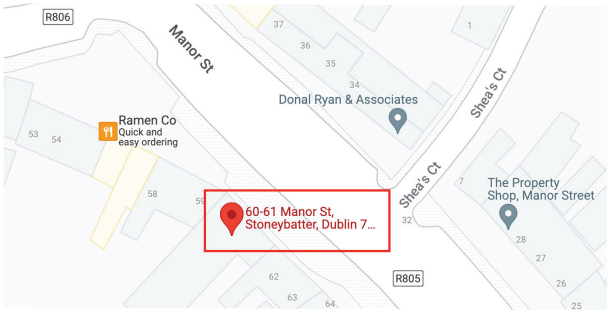
Fees

€1,799 for the full course.
€1,599 Early Bird available.

A deposit of €200 is required to book the course. Deposits are non-refundable.

We can discuss payment plans in order to spread the costs in a way that is comfortable for you.

Where Are We



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