**RPYT 10 Day Retreat Course Agenda**

***Cost****: $10,000*

*\*Includes healthy food, accommodations, excursions.*

*\*Excludes airfare.*

***Location****: Kona, Hawaii*

***Dates****: Monday, April 10 to Wednesday, April 19, 2022*

\*85 Hours of Instruction on Prenatal Yoga for the Yoga Alliance Accredited RPYT Degree.

\*9 Class Days.

\*5 Hours per Day Live (Exception, Day 5 is a Half Day with 2.5 Hours Live).

\*Remaining 42.5 Hours are denoted with this 📽 icon and are Self-Paced/Pre-Recorded Lectures available for download and viewable while we are en route to incredible excursions throughout the island.

\*Average of 10 hours of study Days 1-9 except 5 hours on Day 5.

\*Day 10 is Departure Day.



**Day 1: General Background in Specialty Area & Prenatal Yogic Philosophy- 10 Hours**

Part 1- Yoga Alliance Requires 5 Hours of general background in subject area - each number below represents one hour.

1. Meet the instructor
   1. Explain experience with prenatal yoga as a teacher
   2. Explain liability waiver (see handout)
   3. Explain disclosure of pregnancy or health conditions (see handout)
   4. Explain letter to prenatal clients (see manual)
2. general background of prenatal yoga
   1. (see handout 1, approaches to yoga),
   2. discuss application of Kirpalu lineage
3. Benefits of prenatal yoga (see blog of this title)
   1. Increased flexibility
   2. Enhanced strength and resilience
   3. Improved balance
   4. Greater ability to concentrate
   5. Improved breathing and lung capacity
   6. Increased body awareness and self image
   7. Reduces stress
   8. See blogs re benefits of yoga for inmates and discuss prenatal prison yoga benefits
4. Differentiating betweenHigh Risk and Non-High Risk Pregnancy
   1. See 1st trimester blog
   2. See 2nd trimester blog
   3. See 3rd trimester blog
5. Creating a Safe Studio Environment
   1. Discuss cleaning protocols, vaccines, vaccine waivers and disclosures
   2. Loud noises and how they effect pregnancy
   3. Smell sensitivity for pregnant women
   4. Stairs and accessibility to studio issues

Part 2- Philosophy, Lifestyle, Ethics

\*Yoga Alliance requires 5 hours in this subject matter.

\*This material is pre-recorded

Each point below represents one hour of the remaining 10 hours of Day 1.

1. 📽Review of Key Sutras of Patañjali
2. 📽Review of Major Yogic Texts: The Bhagavad Gita
3. 📽Review of the 8 Limbs of Yoga
4. 📽Origins of Yoga
5. 📽Yoga Foundations - explaining the various Yoga styles and philosophies including:
   1. Ananda,
   2. Anusara,
   3. Asthanga,
   4. Bikram,
   5. Integral,
   6. Iyengar,
   7. Kripalu (our school),
   8. Kundalini,
   9. Sivananda,
   10. Svaroopa
   11. Viniyog

**Day 2: Teaching Methodology - 10 Hours**

\*Yoga Alliance requires 10 hours in this subject matter.

Each number represents an hour:

1. 📽Teaching Methodologies for First Trimester Beginner Yoga Students
2. Teaching Methodologies for Second Trimester Beginner Yoga Students
3. Teaching Methodologies for Third Trimester Beginner Yoga Students
4. Teaching Methodologies for First Trimester Advanced Yoga Students
5. Teaching Methodologies for Second Trimester Advanced Yoga Students
6. Teaching Methodologies for Third Trimester Advanced Yoga Students
7. 📽Class Management
   1. Overview (10 minutes)
   2. Tips and troubleshooting
   3. Prenatal waivers and disclosures
   4. Identifying when medical advice is needed
   5. How to set boundaries and maintain safety
   6. Summary of Key Class Management Points
8. 📽Environment
   1. Environment for First Trimester Beginner Yoga Students (10 minutes)
   2. Environment for Second Trimester Beginner Yoga Students
   3. Environment for Third Trimester Beginner Yoga Students
   4. Environment for First Trimester Advanced Yoga Students
   5. Environment for Second Trimester Advanced Yoga Students
   6. Environment for Third Trimester Advanced Yoga Students
9. 📽Pace of Class
   1. Pace for First Trimester Beginner Yoga Students (10 minutes)
   2. Pace for Second Trimester Beginner Yoga Students
   3. Pace for Third Trimester Beginner Yoga Students
   4. Pace for First Trimester Advanced Yoga Students
   5. Pace for Second Trimester Advanced Yoga Students
   6. Pace for Third Trimester Advanced Yoga Students
10. 📽Cueing
    1. Verbal Cueing (10 minutes)
    2. Visual Cueing (10 minutes)
    3. Physical Cueing (10 minutes)
    4. Cueing for the first trimester (10 minutes)
    5. Cueing for the second trimester (10 minutes)
    6. Cueing for the third trimester (10 minutes)

**Days 3 Prenatal Techniques, Training & Practice - 10 hour class session**

\*Yoga alliance requires 25 hours in this subject matter.

Each number represents an hour:

1. Pranayama - Introduction to Prenatal Breathing
2. Pranayama for the first trimester
3. Pranayama for the second trimester
4. Pranayama for the third trimester
5. Pranayama- Check your knowledge with quiz questions and answers
6. 📽Meditation- Introduction to Prenatal Meditation and Incarcerated Prenatal Meditation
7. 📽Meditation for the first trimester
8. 📽Meditation for the second trimester
9. 📽Meditation for the third trimester
10. 📽Sample Meditations

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**Days 4 Prenatal Techniques, Training & Practice - 10 hour class session**

\*Yoga alliance requires 25 hours in this subject matter.

Each number represents an hour:

1. Asanas for the second trimester- Intro [see YA detail]
2. Asanas for the second trimester- seated poses [see YA detail]
3. Asanas for the second trimester- standing poses [see YA detail]
4. Asanas for the second trimester- balancing poses [see YA detail]
5. Asanas for the second trimester- restorative poses [see YA detail]
6. 📽Asanas for the first trimester- Intro [see YA detail]
7. 📽Asanas for the first trimester- seated poses [see YA detail]
8. 📽Asanas for the first trimester- standing poses [see YA detail]
9. 📽Asanas for the first trimester- balancing poses [see YA detail]
10. 📽Asanas for the first trimester- restorative poses [see YA detail]

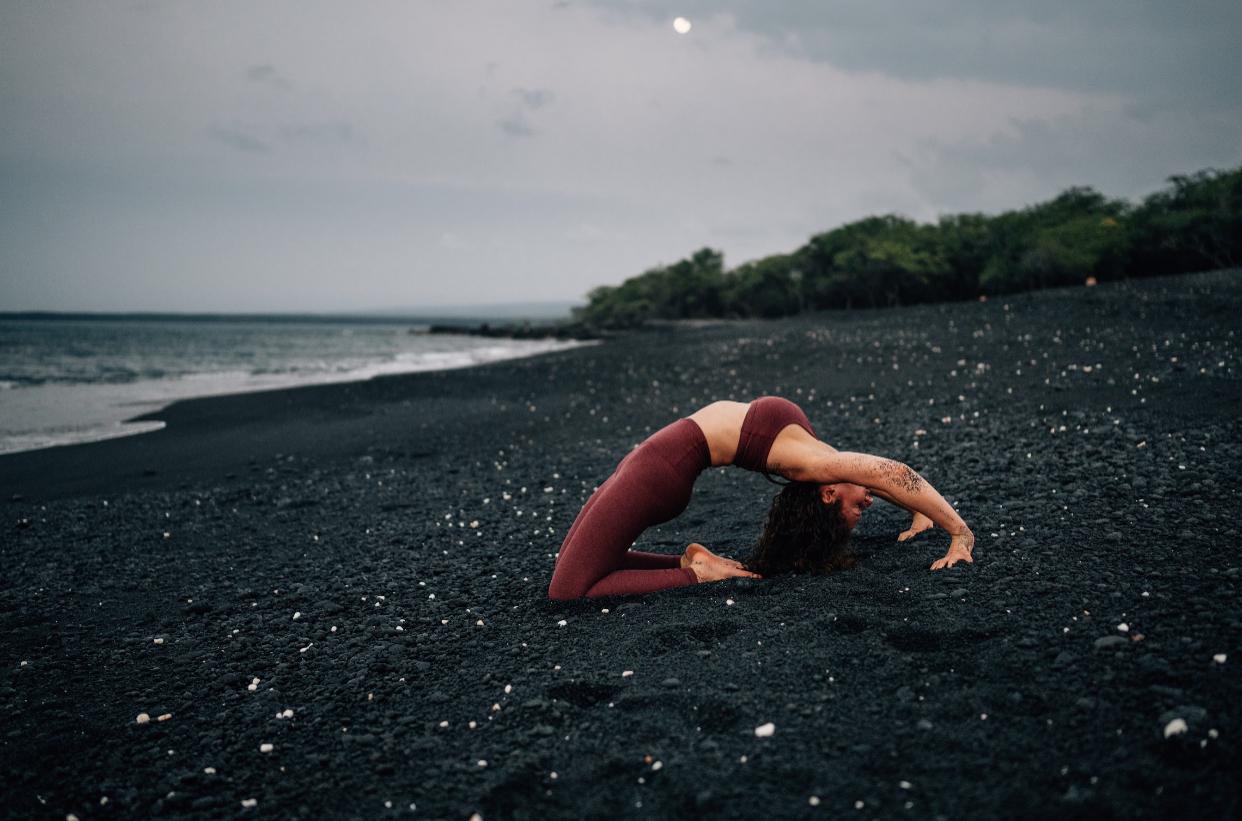
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**Days 5- Prenatal Techniques, Training & Practice - 5 hour class session - half day - catch up session break mid-semester**

\*Yoga alliance requires 25 hours in this subject matter.

Each number represents an hour:

1. Asanas for the third trimester-
   1. Introduction
   2. seated poses
   3. Standing poses
   4. Balancing poses
   5. Props
   6. Modifications
2. Asanas for the third trimester- restorative poses
3. 📽Asanas for the third trimester- sample class 1
4. 📽Asanas for the third trimester- sample class
5. 📽Asanas for the third trimester- sample class 3

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**Days 6- Prenatal Anatomy & Physiology - 10 hour session**

\*Yoga alliance requires 10 hours in this subject matter.

Each number represents an hour:

1. Overview of Female Anatomy
   1. coloring handout - learn the physical anatomy of the female reproductive system - overview (10 minutes)
   2. Explain how to fill out handout (10 minutes)
   3. Class time to complete handout (10 minutes)
   4. Review handout answers (10 minutes)
   5. Discuss relevance of handout for prenatal yoga (10 minutes)
   6. Review key takeaways from handout (10 minutes)
2. Internal Female Organs
   1. Cervix (10 minutes)
   2. Fallopian Tubes (10 minutes)
   3. Ovaries (10 minutes)
   4. Uterus (10 minutes)
   5. Urethra (10 minutes)
   6. Vagina (10 minutes)
3. External Female Organs
   1. Mons pubis (10 minutes)
   2. Pudendal cleft (10 minutes)
   3. Labia majora (10 minutes)
   4. Labia minora (10 minutes)
   5. Bartholin’s Glands (10 minutes)
   6. Clitoris (10 minutes)
4. Physiology
   1. Overview- yoga helps anxiety blog handout- (10 minutes)
   2. Hormonal Changes (see prenatal supplement) (10 minutes)
   3. Blood volume (10 minutes)
   4. Weight Gain (10 minutes)
   5. Increase in Fetus Size (10 minutes)
   6. Renal changes (10 minutes)
5. The Systems in the Human Body - Part 1
   1. Digestive System (10 minutes)
   2. Respiratory System (10 minutes)
   3. Nervous system (10 minutes)
   4. Cardiovascular System (10 minutes)
   5. Circulatory System (10 minutes)
   6. Endocrine System (10 minutes)
6. 📽The Systems in the Human Body- Part 2
   1. skeletal system (10 minutes)
   2. urinary system (10 minutes)
   3. muscular System (10 minutes)
   4. immune System (10 minutes)
   5. reproductive System (10 minutes)
   6. integumentary System (10 minutes)
7. 📽Major Bones (handout number 5)
   1. Major bones portion of handout - overview (10 minutes)
   2. Explain how to fill out handout (10 minutes)
   3. Class time to complete handout (10 minutes)
   4. Review handout answers (10 minutes)
   5. Discuss relevance of handout for prenatal yoga (10 minutes)
   6. Review key takeaways from handout (10 minutes)
8. 📽Major Muscles (handout number 5)
   1. Major bones portion of handout - overview (10 minutes)
   2. Explain how to fill out handout (10 minutes)
   3. Class time to complete handout (10 minutes)
   4. Review handout answers (10 minutes)
   5. Discuss relevance of handout for prenatal yoga (10 minutes)
   6. Review key takeaways from handout (10 minutes)
9. 📽Biomechanics, Contraindications, Modifications and Safety- Part 1 (discuss sun salutation A for pregnancy and first set of yoga poses with respect to prenatal anatomy)
   1. Sun A + discussion of each pose in Sun A (10 minutes)
   2. Poses 1-20 (50 minutes)
10. 📽Biomechanics, Contraindications, Modifications and Safety- Part 2 (discuss sun salutation A for pregnancy and second set of yoga poses with respect to prenatal anatomy)
    1. Prenatal Anatomy of Poses 21-41and recommended variations (30 minutes)
    2. Poses Anatomy of Poses 41-45 and recommended variations (20 minutes)
    3. Anatomical support for prenatal savasana and prenatal savasana variations (10 minutes)

**Days 7- Elective - 10 hour session**

\*Yoga alliance requires 10 hours in this subject matter.

Each number represents an hour:

1. Partner yoga [**Introduction**](#_35xuupr)
   1. Overview - What will you learn (10 minutes)
   2. Benefits - how will you use it (10 minute)
   3. Equipment- what do you need (10 minutes)
   4. Safety Considerations (10 minutes)
   5. Standard modifications overview (10 minutes)
   6. Guidelines by trimester (10 minutes)
2. Partner Yoga Breathing
   1. Overview (10 minutes)
   2. First trimester partner breathing (10 minutes)
   3. Second trimester partner breathing (10 minutes)
   4. Third trimester partner breathing (10 minutes)
   5. Labor and delivery partner breathing (10 minutes)
   6. Review of partner breathing (10 minutes)
3. Partner Postures- Part 1
   1. Partner back to back or seated movements overview
   2. Partner Warrior 2
   3. Partner Reverse Warrior
   4. Partner Warrior 3
   5. Back to back triangle
   6. Partner simple standing back bend
4. Partner Postures- Part 2
   1. Review of Partner Postures Part 1 (10 minutes)
   2. Partner Sit (10 minutes)
   3. Partner Tree Pose (10 minutes)
   4. Partner Cobbler’s Pose (10 minutes)
   5. Partner Chest Opener Variation of Cobbler’s Pose (10 minutes)
   6. Partner Seated Twist (10 minutes)
5. Chair Yoga
   1. Introduction/Benefits (10 minutes)
   2. Formation of Practice - how to structure your chair yoga practice (10 minutes)
   3. Overview of chair yoga postures (10 minutes)
   4. Overview of chair yoga sequences (10 minutes)
   5. Chair yoga warm ups (10 minutes)
   6. Key Points of Chair Yoga for Prenatal Clients by trimester (10 minutes)
6. 📽Chair Yoga Breathwork
   1. Alternate nostril breathing (10 minutes)
   2. Chair yoga breathwork for first trimester (10 minutes)
   3. Chair yoga breathwork for second trimester (10 minutes)
   4. Chair yoga breathwork for third trimester (10 minutes)
   5. The respiratory system from a seated position (10 minutes)
   6. Key Points of chair yoga breathwork (10 minutes)
7. 📽Chair Yoga Sun Salutation 
   1. Overview (10 minutes)
   2. Pose by pose breakdown (10 minutes)
      1. Inhale arms up
      2. Exhale forward fold
      3. Inhale lift chest
      4. Exhale forward fold
      5. Inhale reach arms up
      6. Exhale hands to heart
   3. Sun A (10 minutes)
   4. Sun B (10 minutes)
   5. Variations (10 minutes)
   6. Key points of chair yoga sun salutations 
8. 📽Chair Yoga poses part 1
   1. Cat/cow (10 minutes)
   2. Chair warm up twist
   3. Chair Warrior 3
   4. Chair half moon
   5. Chair arm balance
   6. Review of chair poses part 1 (10 minutes)
9. 📽Chair yoga poses part 2
   1. Chair crescent stretch (10 minutes)
   2. Chair Eagle (10 minutes)
   3. Chair pigeon
   4. Chair sun worshiper
   5. Chair straddle fold
   6. Review of chair poses part 2 (10 minutes)
10. 📽Chair Yoga poses part 3
    1. Chair hamstring stretch (10 minutes)
    2. Chair leg lift
    3. Chair cows face
    4. Chair locust pose
    5. Chair spinal twist
    6. Review of all chair poses (10 minutes)

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**Days 8- Class Observations/Teaching Practicum - 10 hour session**

\*Yoga alliance requires 20 hours in this subject matter.

Students Observe a class and then teach a class in alternating hours.

1. 5 hours of teaching practice of first and second trimester focused classes [ADD YA]
2. 📽5 hours of class observations of first and second trimester focused classes

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**Days 9- Class Observations/Teaching Practicum - 10 hour session**

\*Yoga alliance requires 20 hours in this subject matter.

\*Graduation: RPYT Certificates will be awarded to those who earned their degree.

Students Observe a class and then teach a class in alternating hours.

1. 5 hours of teaching practice of first and second trimester focused classes [ADD YA]
2. 📽5 hours of class observations of first and second trimester focused classes

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**Day 10 - Departure Day**

\*Exchange Contact Information with New Friends that are Now Your Yoga Teacher Colleagues!

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