



SANDSTONE  
YOGA & PILATES

# PREGNANCY YOGA COURSE

DATE:



ON:  
FRIDAY  
NOVEMBER 22nd  
9.30AM - 6PM

VENUE:

PRICE:



Early Bird Price  
**£80**  
when booked &  
paid in full before  
27th October 2019

Sandstone Yoga & Pilates (*Sutton Coldfield*)  
2 Duke Street  
Sutton Coldfield  
B72 1RJ

## WHAT IS THIS DAY ABOUT?

This is a day to learn more about the benefits of yoga in pregnancy, how to support a pregnant lady if she arrives in your class & how to modify your classes for pregnancy. Michelle first taught this as part of our Advanced CPD in Italy last year to rave reviews and this gave her the idea that a one day intensive is all most yoga teachers need in the first instance. You will be able to teach yoga in one on-one & group settings with a maximum of 5 ladies at a time.

## THE VIBE:

Sandstone is the largest provider of yoga training & post graduate training in the West Midlands. We currently have 2 (soon to be 3) large studios & this training is based at our Sutton Coldfield studio. We offer an inclusive yoga vibe & respect that each one of us is on a journey. It doesn't matter if you are still training or have had years of experience you are very much part of our community as we seek to uphold the teachings & pass them on in a modern, yet authentic way honouring the lineage we are all a part of. We offer high quality experiences in a straight forward, non-pretentious environment. You are welcome wherever you did your initial 200 hour course.

## OBJECTIVES OF THE DAY:

- To widen qualified yoga teachers' expertise
- To be able to modify your lessons for pregnant ladies
- To increase confidence when pregnant ladies arrive in class
- To present a safe, conscious, healthy approach to yoga during pregnancy, and how to teach it effectively in the timescale
- To provide a supportive yoga environment & community to be wholly accepted into

## WHO WILL TEACH ME?

Sandstone Yoga & Pilates presents: Michelle Nicklin SYT, the Founder of Sandstone Yoga which started very humbly in her attic. She is a Senior Yoga Teacher with Yoga Alliance Professionals and has had more than 2000 babies born from her pregnancy classes. Michelle is committed to raising standards within yoga teacher training nationally. She established the Sandstone Teacher Academy which offers 200 hour courses, CPDs & now the Sandstone 500 hour qualification. She has developed a network of independent yoga teachers who own their own high performing studios which allow this vision to reach more people.

# PREGNANCY YOGA COURSE

## WHAT WE COVER:

Below you will find some of the topics that will we cover in the course:

- Asana, pranayama, mediation, relaxation (breathing & relaxation techniques)
- Sequencing
- The dos and don'ts of pregnancy yoga
- Propping and assisting pregnant students
- Developing & delivering a lesson plan that is suitable for a small group of pregnant students

## ELIGIBILITY & ASSESSMENT

The course is suitable for yoga teachers who already have a yoga teaching qualification and trainee teachers. It may also be an option for midwives & health professionals who have a strong personal yoga practice. There is NO assessment.

## CERTIFICATION

You will be given a certificate of attendance which will count towards the Sandstone 500 certification.

The Sandstone 500 Certificate is a mark of excellence in Yoga Teacher Training. If you already have 1 200 hour certificate (from any accrediting body) you can mix & match from our range of CPDs to an additional 300 hours & achieve certification of the Sandstone 500. There is no time limit when you embark on this exciting journey with us. We endeavour to bring you the highest quality training from a range of accrediting bodies & our offering will be greatly widened over the coming years.

## HOW TO PAY?

- Online via Mindbody with the Sutton Coldfield & Bearwood studio  
N.B. you will need to create a login for one of these studios if you do not have one already.

<https://clients.mindbodyonline.com/classic/ws?studioid=463947&stype=-8&TG=52&VT=3035&View=day&Loc=0&Trn=100000015>

- You can pay by cash or card in the Sutton Coldfield & Bearwood studio, in person or over the phone.

## FREQUENTLY ASKED QUESTIONS

### ***Does this count as further training for CPD requirements?***

This course is run and taught by Michelle Nicklin. As a Senior Yoga Teacher with Yoga Alliance Professionals UK, your training hours can be used for CPD/further training recognition. Please check with your governing body (YAP, BWY, IYN etc) for their requirements.

### ***What happens if I need to cancel after booking?***

Once you have booked your place it will not be refundable or exchangeable.

If you have any further questions, or would like to speak to Louise then please don't hesitate to give us a call.

We very much look forward to seeing you here and starting your Sandstone Yoga & Pilates journey with us!

*Louise*



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