

Gilbert Yoga - Summer 2020 Prenatal Yoga Teacher Trainings (Virtual & In-Person)

30 hr CEU Program or 85 hr RPYT Program

This training is offered to 200hr / plus certified yoga teachers.

The 30 hr certification is a Continuing Education approved for credit with Yoga Alliance and provides information and experience to teach and safely lead a prenatal student in asana practice.

The 85 hr program is approved by Yoga Alliance, allowing you to gain your RPYT credentials from Yoga Alliance, should you choose. This training goes deeper into the anatomy, mental, emotional, and physiological journey of pregnancy and birth and prepares you to teach and empower women to prepare for labor and delivery through connection to Body, Breath, and Baby.

We will limit these trainings to 6 people; completed registration and registration fee is required to secure your spot. 'Contact hours' class time will be in person (safely distancing / safety measures in place) and also on zoom classroom video calls.

For further details and questions, please contact:

**Lanita England (Lead Teacher/ Director of Prenatal) @ 520-873-7307 /
ganeshyogagirl@gmail.com**

To register, please contact:

**Cassandra Bright (Founder of Gilbert Yoga) @ 480-225-1881 /
info@gilbertyoga.com**