

ZOOM  Open Sky

Essential Prenatal & Postpartum 2021



Carla Anselm

E-RYT 500, IYA 500, RPYT

has been a teacher of yoga for 2 decades. She began training in 2001 at Shakti Yoga Center in NYC then completed François Raoult's Essential and Advanced Yoga Teacher Training, Judith Lasater's Advanced Restorative Teacher Training and Elise Miller's Yoga for Scoliosis. Carla is an experienced Doula and teaches Prenatal and Postpartum Yoga. She is on the faculty of the Advanced Yoga Teacher Training in Brussels Belgium and Rochester, New York, as well as the Open Sky Yoga Therapy Teacher Training. With an authentic voice and filled with curiosity, Carla continues her yoga Journey.

10hr Online Workshop

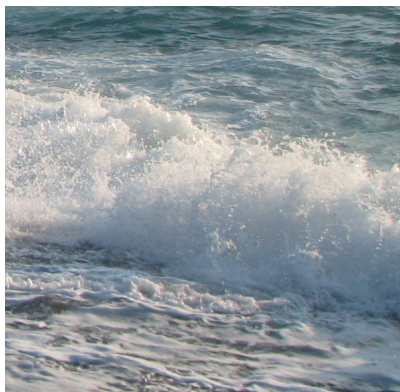
Continuing Education for teachers & interested students

with **Carla Anselm** ERYT 500, Doula

December 4-5, 2021

ONE EXTRA-ORDINARY WEEKEND

The Open Sky Essential Prenatal and Postpartum Yoga Teacher Training offers yoga teachers the opportunity to learn how to practice and safely guide pregnant students through each trimester of pregnancy including the postpartum period. Learn to adapt yoga practice to support, nourish and honor the journey of pregnancy, as well as the benefits of practice and the contra indications. Teachers will explore the anatomy and physiology of the birth process alongside yogic philosophy in order to safely welcome pregnant students into their classes with confidence. Through sounding, relaxation, pranayama and modified asana we engage techniques to harness the inner strength, focus and stability called for in childbirth and motherhood to promote health and well-being. The course is recognized for continuing education credit by Yoga Alliance and will include creative home work assignments. A book list will be sent upon acceptance into the program.



Saturday & Sunday
9am to 2pm EST

\$ 195 No discounts.

(Includes handouts and homework assignments for certification).

SESSION RECORDINGS will be sent to you if you miss part of the workshop or cannot attend in person.

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Please, pre-register online @ www.openskyyoga.com to reserve your space.