

ZOOM  Open Sky

# Essential Prenatal & Postpartum 2020



*Carla Anselm, ERYT 500 has been a student of yoga for over a decade. She began her training in 2001 at Shatki Yoga Center in New York City. Continuing her training within the Iyengar tradition, Carla completed François Raoult's Essential Teacher Training and Advanced Teacher Training at Open Sky Yoga Center in 2007. In 2009, she was certified as an Advanced Restorative Yoga Teacher by Judith Lasater. Carla is also an experienced doula and prenatal yoga teacher. Filled with curiosity and the call to live her yoga practice with an authentic voice, Carla continues her studies with both François Raoult and Dr. Douglas Brooks.*

**20hr Online Workshop**  
Continuing Education for teachers & interested students

with **Carla Anselm** ERYT 500, Doula

**November 28-29 and December 12-13, 2020**

The Open Sky Essential Prenatal and Postpartum Yoga Teacher Training offers already certified yoga teachers the opportunity to learn how to 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 20 hour course makes one eligible for Open Sky certification with the completion of an additional case study and creative homework assignments. A book list will be sent upon acceptance into the program.



**November 28-29 and December 12-13, 2020**  
**Saturday & Sunday 12:30-3:30, 4:30-6:30**

**\$ 324** No discounts.

*(Includes handouts and home work 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](http://www.openskyyoga.com) to reserve your space.