

# **Gilbert Yoga - Prenatal Yoga Teacher Training**

**March 30<sup>th</sup> & 31<sup>st</sup>**, 2021 from 8am-6pm CST **\*Virtual\***

Students will attend Anna Rodney's CAPPa Labor Doula Training

**April 3<sup>rd</sup> & 4<sup>th</sup>** – 12pm -6pm @ Gilbert Yoga

**April 10<sup>th</sup> & 11<sup>th</sup>** – 12pm -6pm @ Gilbert Yoga

**April 17<sup>th</sup> & 18<sup>th</sup>** – 12pm -6pm @ Gilbert Yoga

\*Every student will receive a binder with material that will be covered in the training.

## **Items to bring with you:**

- Pen and Journal
- Water
- Snacks & meals

## **Books Recommended for PYTT**

- Yoga Mama Yoga Baby - By Margo Shapiro Bachman
- Pregnancy Health Yoga – By Tara Lee and Mary Attwood
- The Birth Partner – By Penny Simpkin