

Gilbert Yoga - Prenatal Yoga Teacher Training

April 6th & 7th, 2021 from 8am-6pm CST ***Virtual***

Students will attend Anna Rodney's CAPPAs Labor Doula Training

April 10th & 11th – 12pm -6pm @ Gilbert Yoga

April 17th & 18th – 12pm -6pm @ Gilbert Yoga

April 24th & 25th– 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