

Gilbert Yoga Prenatal Yoga Teacher Training (85 hrs) Spring 2023

Starts January 21 - Ends March 12

Required Hours - At Gilbert Yoga: 48

4 Weekends: Saturdays 12-6PM, Sundays 12-6 PM

Required Hours of Doula Training : 20

Doula Training Dates: February 16-17, 2023 (Thursday and Friday)

Additional Required Hours: 17

1. Daily practice, logged hours: we will discuss details in class.
2. Observations (at GY or other studios): Have teachers sign observation form.
3. Practicums: starts during training, up until 30 days after.
 - Students are required to teach classes, with a minimum of 4 adult, non-family students in each class.
 - Have students fill out feedback forms at the end of class & return them to you immediately.
 - Take a batch pic of these forms & send to me.

Note:

1. All required classes, observations, practicums, home practice log must be completed & turned in within 30 days after our last group session.
2. Apart from the required classes/hours listed above, it is suggested that you attend at least 10 public classes (10 class passes are provided to you at the beginning of the term at no extra charge).

Contact for Questions: Julie Hoffman 480-229-5878

Ready to enroll?

1. **Register / Pay enrollment fee** online or at Gilbert Yoga.
2. **Text or email Julie** to set up a meeting: julie@juliehoffmanwellness.com
3. **Get your books (recommended texts)**
 - Yoga Mama Yoga Baby - By Margo Shapiro Bachman
 - Pregnancy Health Yoga – By Tara Lee and Mary Attwood
 - The Birth Partner – By Penny Simpkin
4. **Arrive on January 21, 2023** for our first session!

Gilbert Yoga Prenatal Yoga Teacher Training: Summer 2022

January 2023

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2023

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2023

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					