

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

Starts April 1 - Ends June 4

## Required Hours - At Gilbert Yoga: 60

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

## Required Hours of Doula Training : 20

Doula Training Dates: TBD

## Additional Required Hours: 5

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.

### 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:** Mary Peralta 480-221-4033

## Ready to enroll?

1. **Register / Pay enrollment fee** online or at Gilbert Yoga.
2. **Text or email Mary** to set up a meeting: [GMPeralta@msn.com](mailto:GMPeralta@msn.com)
3. **Get your books (required text)**  
*Yoga Mama Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth*  
By Margo Shapiro Bachman, L.Ac., DOM and Vasant Lad, BAMS, MA Sc.
4. **Arrive on April 1, 2023** for our first session!

# Gilbert Yoga College

## Prenatal Yoga Teacher Training: Spring 2023

April 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

May 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				

June 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		