



100H Prenatal Yoga Teacher Training

ONLINE FORMAT

Our comprehensive training format provides you with the specialist skills, knowledge, and experience to teach yoga confidently and safely to parents-to-be through every stage of pregnancy.

Online Schedule

**Subject to change*

Self-Study & Videos

10–12 hours per week

Live Sessions

Every Wednesday, Saturday, & Sunday

8 hours per week

3 live sessions on Wednesdays:

5:30 PM PDT – 7:30 PM PDT/8:30 PM EDT – 10:30 PM EDT

6 live sessions on Saturdays & Sundays:

6 AM PDT – 9 AM PDT/9 AM EDT – 12 PM EDT

Further resources:

On-demand videos & resource library

