

Pre-Postnatal Holy Yoga Instructor Training Description & Requirements

Why take the IN-PERSON training?

In God's infinite wisdom and creativity, He created a woman's body to grow and nurture life. During pregnancy, delivery, and life postpartum, a woman's body endures numerous changes — both physically and emotionally. Yoga can support these changes in ways that prepare women for the birth of their baby and can support them throughout the early days of motherhood. However, practicing yoga during pregnancy, and even after, requires accommodations that honor the integrity and limitations of the female body.



Whether you have a heart for serving mothers, are a yoga instructor curious about how to help expecting women in your classes, or are looking to better your own practice during pregnancy, Holy Yoga's 20-hour, in-person Pre/Postnatal Training equips you with tools for navigating the delicate stages of

pregnancy, childbirth and motherhood with functional movement, spiritual guidance, and emotional support.

This Pre/Postnatal program is an in-person, 20-hour training that includes prerecorded video teachings, reading assignments, and a teaching practicum. You do not need to be a previously certified yoga instructor to participate.

Face to face connections through an in-person training gives you one more level of learning! Meeting four times to go over posture break downs, breath work, practice, and Bible study will enhance your certifying experience and give you the confidence you need to go out and share your knowledge and skills with your community.

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Cost is \$380 total, with a required deposit of \$200 to hold your spot.

Session One: Introductions, Anatomy & Physiology
Session Two: Props, Alignment, Poses
Session Three: Poses, Postures, Breath-work, Special Considerations
Session Four: Special Considerations, Sequencing

Holy Yoga Collective offers an online version of this training, but I am blessed to be able to teach this **in-person** version with all the perks of being in community with one another face to face.

The 4 sessions will be 3 hours long with breaks. Once you register, you will be emailed an invitation to your online-portal that allows you to see the sessions and to download or print your manual. It is full of additional videos and guidance as you go through certification.

You do NOT have to be a Holy Yoga Instructor or prior instructor to take this training.

“But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify to the gospel of the grace of God.” [Acts 20:24 | ESV]

This training continues to equip you for the work and calling God has placed on your life - to go out and make disciples of all the nations to know God and to make Him known.

About Your Instructor:

Doran Richards - Holy Yoga Licensed Instructor Trainer: Became a Holy Yoga Licensed Instructor Trainer in 2022. Doran received her first Holy Yoga certification in May 2015. She also has certifications in C-HYI 200 (formerly 225), C-HYI 500, C-HYI Pre/ Postnatal, C-HYI Trauma-Sensitive, C-HYI Leadership, C-HYI Touch, C- Yin 1, C-Yin 2. She has been a Certified Professional Midwife, licensed under the Board of Medicine, serving women and families in the Shenandoah Valley of Virginia since 2011 and as a birth worker since 2000.

She is the founder and owner of Blessing God's Way, LLC., which is a ministry for women of all ages. Her passion and calling is to minister to women, build community, and spread the gospel through resources that educate, inspire and celebrate God's design.

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What are the requirements?

You can expect to spend no fewer than 7-8 hours per session on home study. Please find your manual in the Materials tab of Session 1.

Below is an outline of how to meet the hourly requirements.

PRAYER/MEDITATION: 3 hours per session

Just as Holy Yoga is a discipline, prayer and meditation are privileges and spiritual disciplines you will practice as ministry leaders during your training. Throughout each week of your immersion, you will participate in soul care in one of the following ways:

SESSION REFLECTIONS: 1 hour per session

There will be an online session quiz for you to complete at the end of each session. These will be graded and are required to be completed before you can receive credit for the course.

JOURNALING: 1.5 hours per session

You are required to have three journaling sessions weekly. Use this time for Bible study and personal reflection.

READING: 1 hour per session; the only required book is the Bible

We request that you put aside as much “optional” reading as possible to focus on required reading and the Word of God. This training is more about heart-opening and healing than it is about head knowledge. While you will be presented with a lot of valuable information pertaining to discipleship and leadership, your primary intention should be to be led by your Lord into the deep places of your soul so He can prepare you for a healthy and whole life of service in Christ.

QUIZZES/ASSIGNMENTS: 1 hour per session

Each session has a quiz to complete, and there may be extra reading and homework assignments due.

LECTURE: 1.5 hours per session

You will need to watch the recorded lecture portion for each session and then take the quiz at the bottom of that page.

VIDEOS: 1 hour per session on average

Many sessions have videos that should be watched prior to the weekly class time. Please watch these videos before joining class. Refer to the training center for further instruction.

PRACTICUM: 4.5 hours

Acquire 4 hours of practicum training, which includes planning, assisting, leading, and adjusting Holy Yoga Pre/Postnatal classes. You will be required to teach three (3) community or private classes to a person or group of people who would benefit from a Holy Yoga Pre/Postnatal practice. On Session 4, you will submit a quiz based upon these practicums. You have 60 days after your last webinar to complete all the training requirements.

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Practicums are not to be started until you are at least three-quarters of the way through training. We want you to utilize what you have learned.

Practicum details as follows:

- Date
- Description of student population
- Class intention or theme w/ Scripture
- Class outline
- What went well
- What can be improved

Mission Statement

Holy Yoga® Global provides world-class yoga training where lives are transformed by the living God and equipped to take the gospel to the ends of the earth.

Vision Statement

Holy Yoga® seeks to establish Christ-centered wellness communities worldwide.

Statement of Faith

Holy Yoga® believes that there is only one God, who exists for all eternity in three persons: the Father, the Son and the Holy Spirit. God has revealed Himself to us both through His creation and Word, and He continues to reveal Himself to His people through the indwelling of the Holy Spirit. We believe that there is only one way to God, through His Son, Jesus Christ, and that God made forgiveness and redemption available to all who accept Jesus Christ as their personal Lord and Savior. Also, that those who are His will be made known by their love for God and for all people. Finally, we stand on the Bible as absolute truth, being the divinely authored and authoritative Word of God and complete in its current canonical form.

Pray and consider training...

As a Holy Yoga student, you commit to all aspects of the training. You will eat, drink, and breathe Holy Yoga, because you have been led by the Holy Spirit to become an instructor. These following weeks will challenge you and condition you. If not, we encourage you to search your heart and to ask God for clarity. Holy Yoga does not claim to have the ultimate way to commune with God, but we are a team of men and women who have formed this ministry for His utmost glory, believing that a Holy Yoga practice is a powerful way to worship God, grow close to Him in, and mature in faith. Everything is tried and examined. We have developed this training program through the Holy Spirit's guidance, and we believe it is meant to both push you to your edge and bring you to your knees, in order that you may be fully yoked to Christ.



It will feel wonderful and sometimes blissfully difficult, but God has led you here. Let your yes be yes as you proceed into Holy Yoga instructor training. We will be with you every step of the way. Welcome to Holy Yoga.