

Bliss Baby

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Certificate of Completion

This is to certify that

Maria Esther Cortavitararte

has completed:

Prenatal and Postnatal Yoga Teacher Training

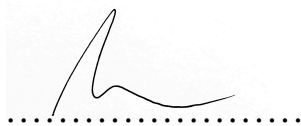
Total Course Hours: 92 Hours

(Online training consisting of 1 contact hour, 91 non-contact hours)

Course Content:

- Prenatal Yoga – suitable and contraindicated poses, groups of poses and sequencing, postural alignment, postures for back pain and other complaints, restorative yoga and working with props, pranayama for pregnancy, active birth poses, setting up a prenatal class, stages of labour, case-studies
- Postnatal Yoga and Mums n Bubs Yoga: suitable and contraindicated poses, groups of poses and sequencing, baby engagement, the sensitivities of the new mother, conducting and setting up a mums n bubs class, case studies practical exercises.

Signed



Ana Davis, Director & Founder of Bliss Baby Yoga, Byron Bay

Date

21/06/2016

