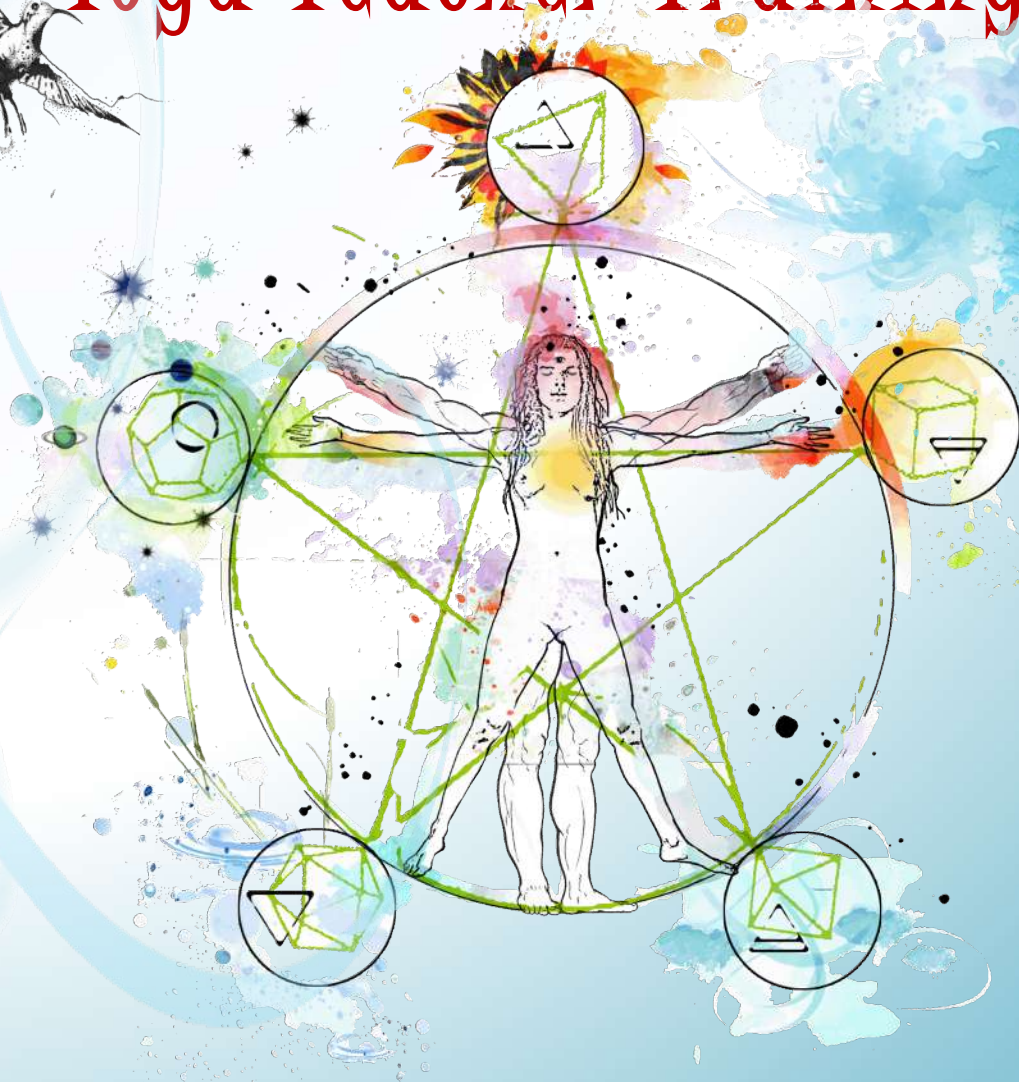


The 85hr Elemental Pregnancy Yoga Teacher Training



Pregnancy Yoga is becoming popular for its ability to help mothers and partners to turn inward to their intuitive and natural understanding of the magic of life bearing. As a Yoga teacher, being able to provide the kind of space that women are seeking to help them stay connected during pregnancy will endear you to many new yoga students. Often women who have never practiced before, make their way to yoga once they become pregnant. This course will help you serve the community in one of the most beautiful and important phases of health and wellbeing.

Bali
February 20th ~ 28th 2019





Subjects & Practicum

5 ELEMENT RITUALS FOR CREATION

PRE/POST NATAL ANATOMY AND PHYSIOLOGY

BUILDING MOON-PHASE YOGA RHYTHMS

THE SUBTLE-ENERGY BODY

CLASS STRUCTURES

THE TRIMESTERS

PRANAYAMA

ASANA

MUDRA

MANTRA

MEDITATION

PARTNER YOGA

THE SACRED YONI

BIRTH PHYSIOLOGY

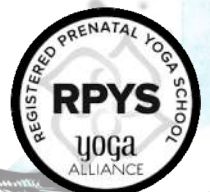
REPRODUCTIVE ANATOMY

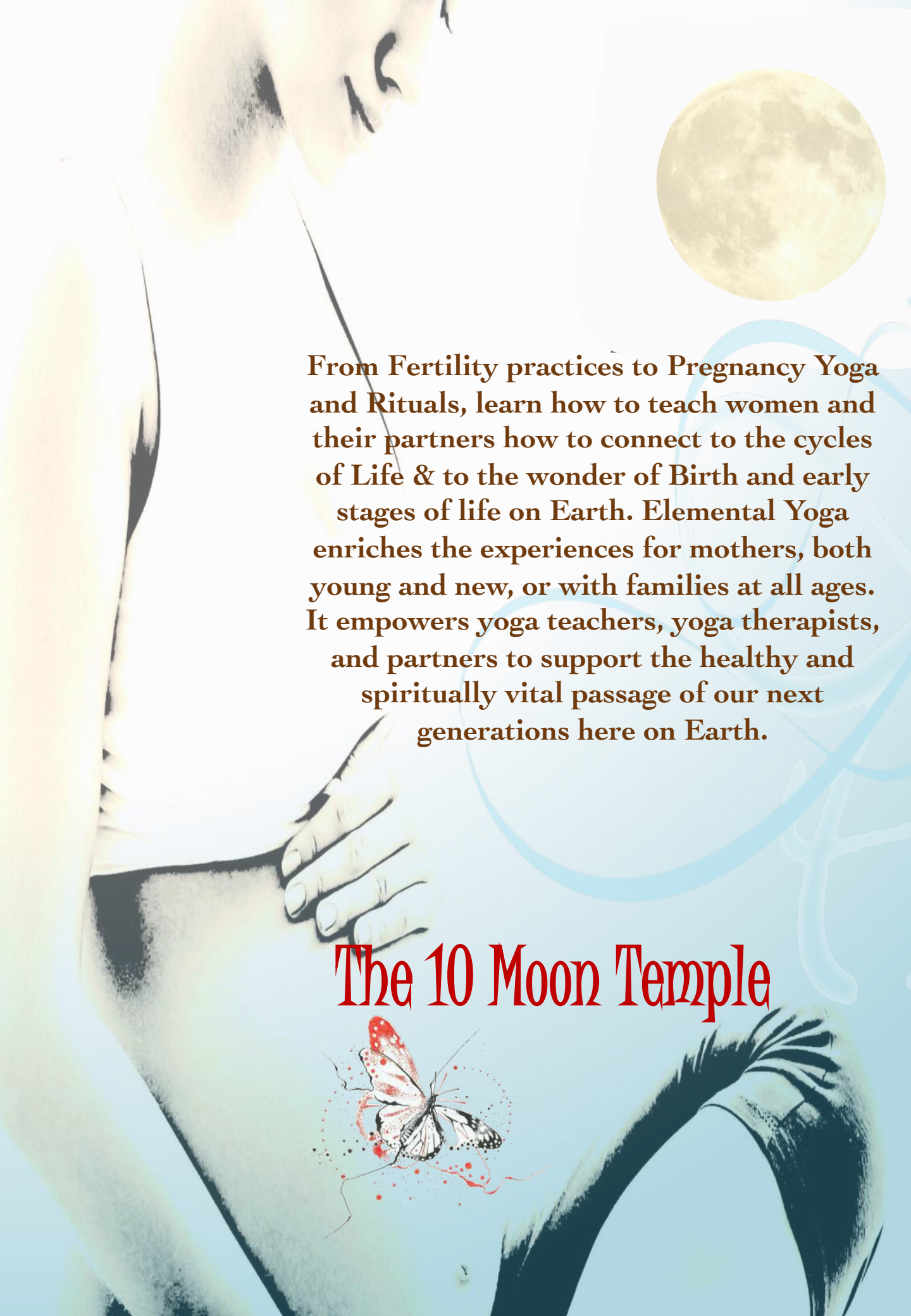
THE HORMONAL CURVES

5 ELEMENT RITUALS FOR FERTILITY

THE HOLISTIC MOON PHASE WOMEN'S CYCLE

ZEN SHIATSU FOR PREGNANCY



The background features a soft-focus image of a woman's profile on the left, with her hand resting on her pregnant belly. In the upper right corner, a large, glowing full moon is visible. The overall color palette is light and airy, with a pale blue and white background. A faint, stylized blue graphic of a woman's figure is visible in the background. At the bottom center, there is a small, detailed illustration of a butterfly with red and black wings, surrounded by small red and black dots.

From Fertility practices to Pregnancy Yoga and Rituals, learn how to teach women and their partners how to connect to the cycles of Life & to the wonder of Birth and early stages of life on Earth. Elemental Yoga enriches the experiences for mothers, both young and new, or with families at all ages. It empowers yoga teachers, yoga therapists, and partners to support the healthy and spiritually vital passage of our next generations here on Earth.

The 10 Moon Temple



A Lush Mountain Resort



The Elemental Pregnancy Yoga Teacher Training, is set in the Lush Norh Bali Hills. Held in privacy at exclusive Balinese Retreat Centre, we have easy access to the Beach, the Temples, the Jungles and the Waterfalls.

As one example of the special connections we are fortunate to have, we will be making a Ceremony at Melukat, where they perform a local purifying Water Ritual, in one of Bali's oldest Temples, and also in the warm tropical sea.

Bali herself is quite a force and we will be living in trees of the jungle hills, overlooking the Bali Sea, away from all the tourism of popular Bali, in a remote and sacred place.



Accommodation



The centre is an exclusive private retreat centre which offers high standard rooms in single and double occupancy. The centre has a great view of the ocean which is only minutes away by free shuttle.

It has a spring water swimming pool and is hidden in the jungle of North Bali's hills. The Shala is an half open space surrounded by trees and water and is set in a backdrop of birdsong and wind sounds.



*Our daily walk to the Shala was a walk through heaven on earth.
The most incredible place to do this kind of immersion!*
Siri Aarti, South Africa



The Food of our Foundation

Diet plays a fundamental role to balancing the Elements. All the meals are vegan/vegetarian and most of the ingredients are organic, with the Farm being able to grow the food we wish to eat, and bring it straight from the Earth to the Table. All meals are prepared by a Qualified Chef. The menu is designed to suit the energetic wave of the course, using each of the 5 Elements as a guideline for food preparation.



“Day by day I could feel the effects of clean food in my body. The practices were getting more challenged but I felt the food was supporting my process beautifully. It’s a rare opportunity to have such high quality diet delivered to you in every meal. I felt nourished, cared and I develop a deeper relationship with what I put in my body when it comes to food.” V.C - Australia

“The food was exceptional. The chef was so passionate about cooking for us that the food was a truly nourishing experience. Each meal helped me for the next practice, physically and mentally” Keith SL, Ireland



Summer Salt

INTERNATIONALLY ACCREDITED
PREGNANCY YOGA TEACHER



Summer Salt first connected to Yoga when she was 18 years old. As an avid surfer she found the connection to Nature's Elements and the forces of Yogic practices to feed her desire to grow into the Healing Arts. In that same year she completed her first Zen Shiatsu Training, after which she started treating people from her community.

In the last 4 years, she has completed over 800Hrs of Yoga studies in Elemental Yoga Therapy and works as a pregnancy Yoga Teacher in Amsterdam, where she is also currently exploring several forms of modern Dance.



Summer is an experienced Reiki channel, energy healer and a Nature Lover with a passion for spending time deep in the woods.

Her approach to Teaching pregnancy Yoga is unique and very timely, as its rituals form an experience for both Mother and Child that bind them together through the 10 Moon cycles of new life.



What the Students Say about The Elemental Pre-Natal Yoga Training

"This course was really a great experience and exceeded my expectations. As a woman taking the course, the way Summers ideas connected me into my body was really valuable to go through. The elements working with Pre-Natal Yoga was intuitive and really enriched my understanding, providing a reliable framework for how to care for someone going through their pregnancy.."

Emily, USA

"The Pre-Natal Yoga course was a surprising journey. I am grateful to have had this opportunity to study in this way and to learn more about the sacredness of Women and Womb. I feel more connected to this part of myself. I have learned a lot and look forward to empowering women and connecting them to their own inner feminine qualities.."

Claire, USA



"My experience in the Elemental Pre-Natal Yoga Course has been a way to discover myself in another perspective. It was a great mix of study concepts and indulging in the feminine energies, sharing feelings about woman's explorations and how to use Yoga in a way that supports life-bearing and ritual connection. It was very interesting the way Summer taught us, because I started to realize how strongly connected the Elements are with pregnancy and I can't imagine a Pre-Natal Course without them. ."

Laura, Spain

"Having spent my life balancing male and female energies within myself, coming to Summers Pregnancy Yoga let me know deeper how to work with Mother Earth's beautiful energies. Summers gentle spirit brings out the gentle and soft within you, making you feel safe and in good hands. I would without a doubt entrust Summer to teach my wife and child Elemental yoga. A Wonderful teacher. ."

Terje, Norway

Elemental Tantra

- ...to feel free to fully express the humanity of being,...
- ..to celebrate as worship, to dance as conversation, and to surrender control of the moment so that we can see and be seen by each other....
- ...to transcend emotions by finding the appropriate purpose of the feminine and masculine qualities in all things,...
- ...to recognize and explore the natural roles of each woman and man aligned with a common purpose,...
- ...to feel free to fully express the humanity of being,...
- ...to adore the life for its simple love,...
- ...to transcend though weaving light and sound with form,...

Elemental Yoga is a 5 Element Tantric Yoga path for creating self-developing balance in looking for sincere and sacred harmony. Once you have taken steps along the path to remembering your place in Nature, you may realize its not only the fastest way to real development, but really the most beautiful..

The course is held in the highest respect for diversity and differences and is offered as the individuals path to remembering your birthright :

To Belong in Nature.



WWW.ELEMENTAL-YOGA.COM

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