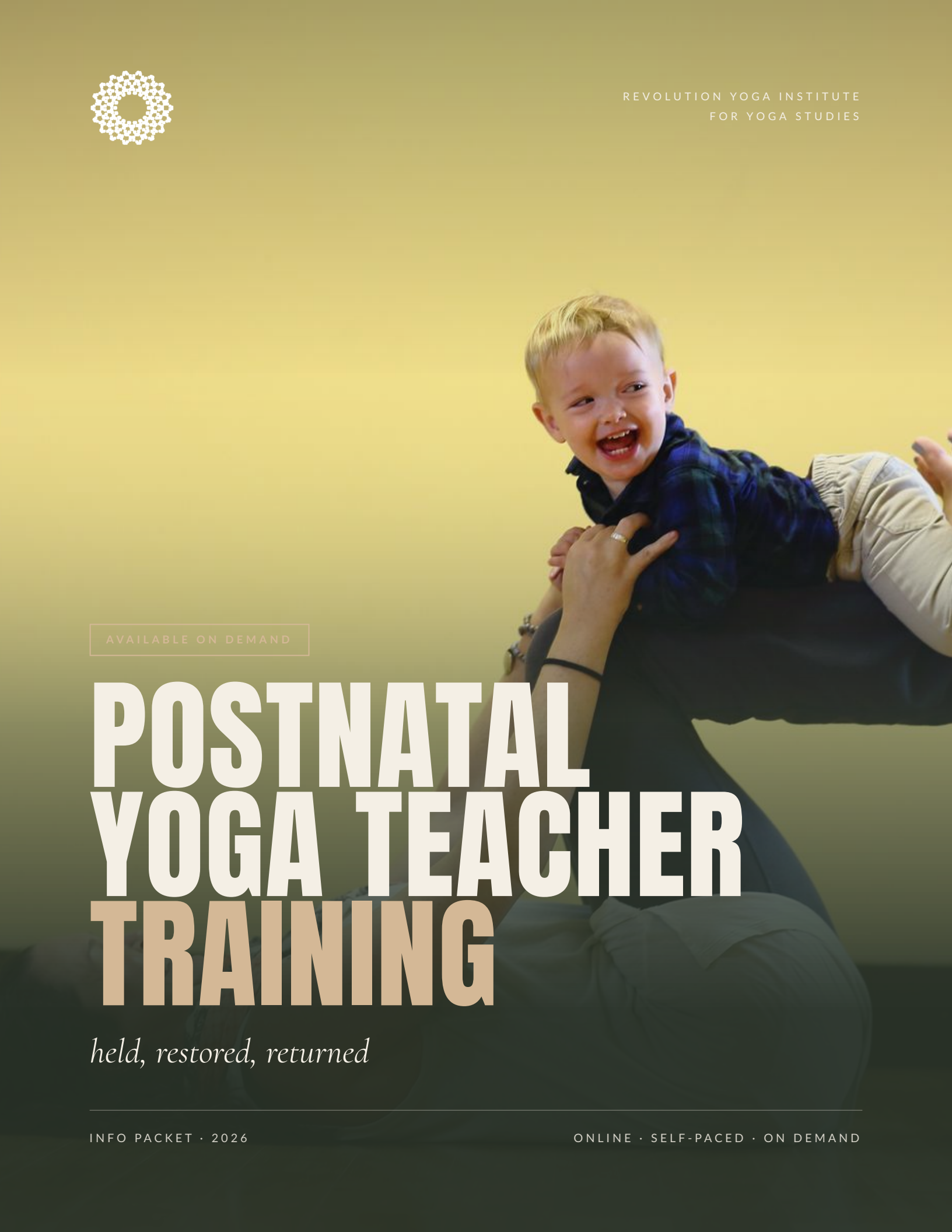
REVOLUTION YOGA INSTITUTE
FOR YOGA STUDIES



AVAILABLE ON DEMAND

POSTNATAL YOGA TEACHER TRAINING

held, restored, returned

INFO PACKET · 2026

ONLINE · SELF-PACED · ON DEMAND

HONORING THE POSTPARTUM JOURNEY

The postpartum period is one of the most profound transitions in a person's life.

It is a time of healing, rebuilding, emotional adjustment, identity transformation, nervous system recovery, and deep physical change.

Postnatal yoga offers practices that may support pelvic floor recovery, core rehabilitation, nervous system regulation, emotional resilience, stress reduction, mother-baby bonding, mindful recovery, and community support.

This training explores postnatal yoga not simply as exercise, but as a **deeply supportive and holistic approach to caring for mothers during the fourth trimester and beyond.**

Postpartum healing deserves support, softness, community, and time.

FORMAT
ON DEMAND · SELF-PACED

ACCESS
LIFETIME ACCESS

CERTIFICATION
POSTNATAL YOGA TEACHER CERTIFICATION

CONTINUING ED
YOGA ALLIANCE CE FOR RYTS

TUITION
$199 · ONLINE

ENROLLMENT
OPEN YEAR-ROUND

WHO IS THIS TRAINING FOR

For yoga teachers, wellness professionals, birth workers, and individuals interested in supporting postpartum healing and recovery.

i.

YOGA TEACHERS

Teachers seeking to safely and compassionately support postpartum students and new mothers.

ii.

BIRTH WORKERS + DOULAS

Professionals interested in integrating yoga, mindfulness, and nervous system support into postpartum care.

iii.

WELLNESS PROFESSIONALS

Therapists, bodyworkers, educators, and holistic practitioners supporting mothers and families.

iv.

MOTHERS + CAREGIVERS

Individuals wanting to deepen their understanding of postpartum healing and conscious recovery.

v.

DEDICATED PRACTITIONERS

Students interested in women's wellness, Ayurveda, nervous system healing, and compassionate care practices.

Honoring the fourth trimester and beyond.

TRAINING CURRICULUM

Ten integrated modules, from anatomy to community building, with the fourth trimester at the center.

01

FOUNDATIONS OF POSTNATAL YOGA

Understanding the physical, emotional, energetic, and psychological transitions of the postpartum period.

02

POSTPARTUM ANATOMY + RECOVERY

Pelvic floor rehabilitation, core recovery, diastasis recti awareness, posture changes, functional movement, and recovery after vaginal and cesarean birth.

03

BREATHWORK + NERVOUS SYSTEM

Mindfulness, breath awareness, meditation, and grounding practices that support emotional regulation and postpartum healing.

04

MOTHER + BABY YOGA

Gentle movement and bonding practices that support connection, communication, relaxation, and healthy infant development.

05

INFANT MASSAGE + BABY YOGA

Introduction to infant massage, baby yoga techniques, and developmental support practices for babies through crawling age.

06

RESTORATIVE + THERAPEUTIC YOGA

Supportive restorative methodologies for exhaustion, nervous system recovery, grounding, and healing.

07

TRAUMA-AWARE + INCLUSIVE TEACHING

Creating emotionally safe and compassionate spaces for postpartum students with diverse birth and recovery experiences.

08

AYURVEDA + POSTPARTUM NOURISHMENT

Introduction to Ayurvedic postpartum care, nourishment, grounding routines, nervous system support, and conscious recovery.

09

COMMUNITY + EMOTIONAL SUPPORT

Understanding the role of Sangha, emotional support, and connection in postpartum wellness and recovery.

10

TEACHING METHODOLOGY

Sequencing, cueing, pacing, prop usage, class atmosphere, and compassionate facilitation for postpartum students and mother-baby classes.

BEYOND PHYSICAL RECOVERY

Postnatal yoga is often reduced to simply rebuilding the body after childbirth. Our approach is much deeper. This training recognizes postpartum recovery as physical, emotional, energetic, psychological, relational, and spiritual.

Students are encouraged to support mothers through compassion, listening, nervous system awareness, emotional support, community care, mindfulness, and embodied healing.

The emphasis is on sustainable recovery and deeply supportive teaching, rather than pressure to "bounce back."

COMPASSION	**LISTENING**	**NERVOUS SYSTEM AWARENESS**
COMMUNITY CARE	**MINDFULNESS**	**EMBODIED HEALING**

ON-DEMAND LEARNING

LEARN AT YOUR OWN PACE

Move through the material with flexibility, spaciousness, and integration. Revisit material as often as needed while gradually integrating the teachings into both personal understanding and professional application.

RECORDED LECTURES
each module at your pace

GUIDED PRACTICES
postnatal classes to take yourself

SEQUENCING INSTRUCTION
templates for full-length classes

POSTURE MODIFICATIONS
recovery-stage breakdowns

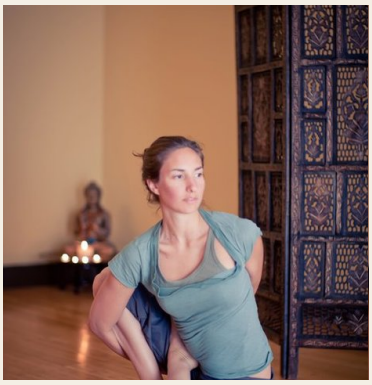
MEDITATION PRACTICES
nervous system + emotional support

DOWNLOADABLES
manuals, scripts, intake forms

SELF-STUDY
reflection + integration prompts

TEACHERS WHO LIVE IT

Revolution Yoga's teacher trainings are guided by founder and director Amanda DiGiovanna, lead teacher trainer at Revolution Yoga, whose own study spans yoga, philosophy, and Ayurveda.



LEAD TEACHER TRAINER

AMANDA DIGIOVANNA

Founder / Director · Revolution Yoga

Amanda began her personal yoga practice over 28 years ago. She holds a BA in Psychology from the University at Albany, graduated Sonic Yoga's 200-Hour Vinyasa Teacher Certification in 2007, and in 2009 Revolution was born. She weaves yoga, philosophy, and Ayurveda, yoga's sister science, into her teaching.

- Ayurveda Postpartum Doula Certification (2018)
- Prenatal Certified Yoga Teacher (R-PYT)
- Restorative Yoga and Yoga Nidra Training with Evangeline Houlihan
- Ayurvedic Health Consultant, studied under Naina Mairbali
- 500-Hour YTT, Sadhana Yoga (Sondra Loring + Raghunath Cappo)

STUDENT EXPERIENCES · IN THEIR OWN WORDS

> *This training completely changed how I understand postpartum healing. I work with new mothers daily. I had no idea how much I was missing about the emotional and energetic layers.*

GRADUATE · POSTNATAL YTT, 2024

> *I learned how deeply yoga can support mothers emotionally and physically. The infant massage module became one of my favorite things to teach.*

GRADUATE · POSTNATAL YTT, 2025

INVESTING IN YOUR PATH

$199

Online · Self-Paced
Lifetime access

FORMAT

ON DEMAND · SELF-PACED

Self-guided online, from anywhere.

START

SAME DAY YOU ENROLL

Open year-round. Begin the same day you enroll.

ACCESS

LIFETIME ACCESS

Lifetime access to all modules and updates. Your pace, no deadline.

01 ENROLL ONLINE

Enroll at **shop.revolutionyogaspace.com/products/postnatal-yoga-teacher-training-online.**

02 CHECK YOUR EMAIL

Access details arrive by email right after purchase.

03 LEARN IN GOOGLE CLASSROOM

Self-paced in Google Classroom. Includes modules, demonstrations, manual, guided practices, scripts, and downloadable resources.

04 YOUR CERTIFICATION

Postnatal Yoga Teacher Certification on completion. Yoga Alliance CE credits available for current RYTs.

07 · ENROLL + CONTACT

HOLD MOTHERS WITH MORE CARE

An invitation to support postpartum recovery with greater compassion, awareness, wisdom, and care, honoring the profound transition into motherhood with presence and support.

ON-DEMAND ENROLLMENT

ENROLL TODAY · BEGIN TODAY

shop.revolutionyogaspace.com/products/postnatal-yoga-teacher-training-online

EMAIL

revolutionyoga@gmail.com

CALL

516.619.6421

HOW ACCESS WORKS

Self-paced in Google Classroom. Access details arrive by email right after purchase.

Revolution Yoga Institute for Yoga Studies · Rockville Centre, NY