



REVOLUTION YOGA INSTITUTE
FOR YOGA STUDIES

YOGA ALLIANCE • PYT REGISTERED

PRENATAL YOGA TEACHER TRAINING

a sacred transition

INFO PACKET • 2026

ONLINE • SELF-PACED • ON DEMAND

HOLDING SPACE FOR MOTHERS

Pregnancy is not only a physical transformation. It is an emotional, energetic, psychological, and spiritual transition as well.

An on-demand immersion into prenatal yoga, conscious birth preparation, nervous system support, trauma-aware teaching, Ayurveda, and holistic care for pregnancy and postpartum.

Prenatal yoga offers practices that can support nervous system regulation, emotional resilience, embodiment, breath awareness, mobility and stability, connection to self and baby, and preparation for birth and postpartum.

This training explores prenatal yoga not simply as physical modification, but as a **deeply supportive and holistic approach to conscious motherhood and embodied care.**



Pregnancy asks us to soften, listen deeply, and learn to trust the wisdom of the body.

FORMAT

ON DEMAND • SELF-PACED

CERTIFICATION

YOGA ALLIANCE PYT REGISTERED

TUITION

\$199 • ONLINE

ACCESS

LIFETIME ACCESS

CONTINUING ED

YOGA ALLIANCE CE FOR RYT5

ENROLLMENT

OPEN YEAR-ROUND

FIVE PATHS INTO THE WORK

Appropriate both for yoga teachers and individuals interested in deepening their understanding of pregnancy, prenatal wellness, and conscious support practices.

i.

YOGA TEACHERS

Teachers seeking to safely and compassionately support pregnant and postpartum students.

ii.

BIRTH WORKERS + DOULAS

Professionals interested in integrating yoga, mindfulness, breathwork, and nervous system support into birth work.

iii.

WELLNESS PROFESSIONALS

Therapists, bodyworkers, healers, educators, and healthcare practitioners interested in holistic prenatal care.

iv.

EXPECTING + FUTURE MOTHERS

Individuals seeking deeper understanding of conscious pregnancy, birth preparation, and postpartum support.

v.

DEDICATED PRACTITIONERS

Students interested in women's wellness, embodiment, Ayurveda, motherhood support, and trauma-aware care.

Yoga for one of life's greatest transitions.



WHAT YOU WILL STUDY

Nine integrated modules. Anatomy, philosophy, trauma-informed teaching, Ayurveda, postpartum, and methodology, woven together with care.

01

FOUNDATIONS OF PRENATAL YOGA

Understanding the physical, emotional, energetic, and psychological changes that occur throughout pregnancy.

02

TRIMESTER-BASED PRACTICE + MODIFICATIONS

Safe and supportive modifications, sequencing, contraindications, and practices appropriate for each trimester.

03

BREATHWORK + BIRTH PREPARATION

Breath awareness, nervous system regulation, meditation, mindfulness, and supportive practices for labor preparation and emotional resilience.

04

ANATOMY + PELVIC SUPPORT

Prenatal anatomy, pelvic floor understanding, postural changes, core awareness, and functional support practices.

05

TRAUMA-AWARE + INCLUSIVE TEACHING

Creating emotionally safe, inclusive, consent-based environments for pregnant students with diverse experiences and birth journeys.

06

AYURVEDA + CONSCIOUS MOTHERHOOD

Introduction to Ayurvedic approaches for pregnancy, postpartum nourishment, grounding, seasonal care, and nervous system support.

07

MEDITATION + EMOTIONAL SUPPORT

Mindfulness practices, emotional regulation, self-awareness, and grounding techniques to support both teachers and students during pregnancy.

08

POSTPARTUM FOUNDATIONS

Introduction to postpartum recovery, nervous system support, emotional transitions, and rebuilding practices after birth.

09

TEACHING METHODOLOGY

Prenatal sequencing, language, prop usage, energetic pacing, class structure, and compassionate facilitation.



BEYOND PHYSICAL MODIFICATION

Prenatal yoga is often reduced to simply modifying poses during pregnancy. Our approach is far more holistic.

Students are encouraged to approach prenatal yoga not only through anatomy and sequencing, but through presence, listening, and deep respect for the intelligence of the body and the individuality of each pregnancy journey.

This training recognizes pregnancy as a profound life transition requiring emotional support, nervous system awareness, compassionate space holding, and community care.

EMOTIONAL SUPPORT

**NERVOUS SYSTEM
AWARENESS**

**COMPASSIONATE
SPACE HOLDING**

EMBODIMENT

INFORMED TEACHING

MINDFULNESS

COMMUNITY CARE

ON-DEMAND LEARNING

LEARN AT YOUR OWN PACE

Offered entirely on demand. Revisit material as often as needed while integrating the teachings gradually into both personal understanding and teaching practice.



RECORDED LECTURES

each lesson at your pace

GUIDED PRACTICES

prenatal classes to take yourself

SEQUENCING DEMOS

trimester-by-trimester designs

POSTURE MODIFICATIONS

visual breakdowns for every body

MEDITATION PRACTICES

for you and your students

DOWNLOADABLES

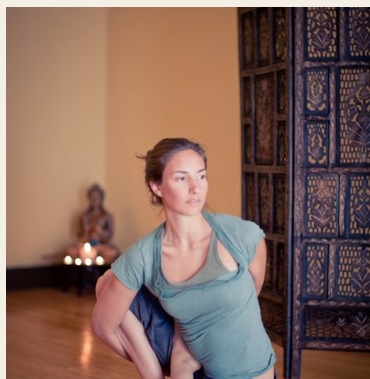
manuals, scripts, intake forms

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.

- Prenatal Certified Yoga Teacher (R-PYT)
- Ayurveda Postpartum Doula Certification (2018)
- Ayurvedic Health Consultant, studied under Naina Mairbali
- 500-Hour YTT, Sadhana Yoga (Sondra Loring + Raghunath Cappel)
- 200-Hour Vinyasa Teacher Certification, Sonic Yoga (2007)

STUDENT EXPERIENCES • IN THEIR OWN WORDS

“

This training changed the way I support and understand motherhood. I was a postpartum doula already. This gave me tools I didn't know I was missing.

GRADUATE • PRENATAL YTT, 2024

“

I learned how powerful yoga can be during pregnancy and postpartum. The trauma-aware module reshaped how I hold space for every student now, not just pregnant ones.

GRADUATE • PRENATAL 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.revolutionyogaspaces.com/products/prenatal-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

Yoga Alliance PYT (Prenatal Yoga Teacher) Registered. Registering as a PYT with Yoga Alliance requires a 200-hour certification; anyone is welcome to take the training for personal study. RYT's receive Yoga Alliance continuing education credits upon completion.

COMMON QUESTIONS

DO I NEED TEACHING EXPERIENCE?

No. While many of our students are existing yoga teachers, the training is designed to be approachable for dedicated practitioners, doulas, wellness professionals, and birth workers without yoga teaching experience.

IS THIS TRAINING ONLINE ONLY?

Yes. The Prenatal YTT is currently offered fully on demand, self-paced from anywhere in the world. This format allows you to integrate the material at your own rhythm.

IS THIS YOGA ALLIANCE ELIGIBLE?

Yes. This is a Yoga Alliance registered Prenatal Yoga Teacher (PYT) program. RYT's receive Yoga Alliance continuing education credits upon completion.

CAN I TAKE THIS WHILE PREGNANT?

Yes. Many students do. Working through the material while experiencing the practices yourself is often a powerful integration.

If you have any health concerns, please consult your healthcare provider first and reach out to us so we can discuss any adjustments.

DO I NEED A 200-HOUR CERTIFICATION?

To register the certificate with Yoga Alliance as a PYT, yes, a 200hr is required. To take the training for personal study or to add to your wellness practice, no, anyone is welcome.

IS POSTPARTUM SUPPORT INCLUDED?

Yes. Module 08 covers postpartum foundations: recovery, nervous system support, emotional transitions, and rebuilding practices after birth. Postpartum is treated as part of the continuum, not an afterthought.

CAN DOULAS OR WELLNESS PROFESSIONALS JOIN?

Absolutely. Many of our students are doulas, midwives, therapists, lactation consultants, bodyworkers, and birth workers integrating prenatal yoga and mindfulness into their practice.



08 • ENROLL + CONTACT

HOLD SPACE FOR MOTHERS

This training is an invitation to hold space with greater compassion, awareness, and wisdom for one of life's most profound transitions.

ON-DEMAND ENROLLMENT

**ENROLL TODAY -
BEGIN TODAY**

[shop.revolutionyogaspace.com/
products/prenatal-yoga-teacher-training-online](https://shop.revolutionyogaspace.com/products/prenatal-yoga-teacher-training-online)

EMAIL

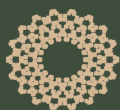
revolutionyoga@gmail.com

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