

SANKOFA YOGA

85-Hour Sankofa Yoga Teacher Training



Sankofa Yoga led by Dr. Tamisha J. Ponder is a Vinyasa-Hatha based school that teaches a method that balances instruction, engagement, alignment, breath, and fluid movement. The Sankofa Yoga Prenatal Teacher Training Program encourages yoga as a lifestyle, a theory, and a practice. Our approach to prenatal asana practice is rooted in the Vinyasa and Hatha yoga tradition and inspired by Yin, Restorative, and Iyengar.

Sankofa Yoga's 85-hour Prenatal Yoga Teacher Training Program (PYT) provides trainees with the tools to develop a sense of one's personal power, overcome self-limitation, resource community and return to the source. Our approach to perinatal instruction reflects philosophy, accessibility, community, and is designed to reach the masses to bring prenatal yoga, mindfulness, and perinatal education to all. We encourage balance; thus, after completion of this course students will be able to lead various types of prenatal yoga classes.

This training will give trainees the most up to date and evidence-based resources on pregnancy to help empower future teachers to create accessible and well-informed classes. Students will also learn a variety of topics including pelvic floor health, reproductive health, and reproductive justice, with particular emphasis on maternal health. You will walk away with more understanding of how prenatal yoga and prenatal meditation compliments other holistic health modalities during pregnancy as well as the physiology of childbirth, labor positions, and more. You will learn how this incredible practice can make a big difference during pregnancy, labor, and postpartum.

In addition to monthly training sessions, students are also required to commit to a daily practice, complete homework assignments, and attend yoga classes with senior teachers at Sankofa Yoga; there are no additional fees. Our program has been designed to exceed the 85-hour Teacher Training program standards for registration with Yoga Alliance. Upon completion of this course, students will be eligible to apply for registration with Yoga Alliance to become a Registered Prenatal Yoga Teacher (RPYT).

Q: Who is this training for?

This training program serves as an excellent course for yoga teachers who are looking to become comfortable leading pregnant students in their classes (group or private), and skilled in instructing prenatal yoga classes appropriate for all trimesters. Upon successful completion of this course, you will be certified in teaching prenatal yoga. If you have completed a yoga teacher training (YTT) or are currently enrolled in a YTT and looking to support birthing persons through a yoga practice, this is the training for you!

Q: I'm not a yoga teacher. May I take this training?

At this time, Sankofa Yoga's PYT program only accepts students who have completed a YTT or currently enrolled in a YTT; *however*, an exception may be made for

- A) select students who have a strong yoga practice (a consistent weekly practice spanning at least a year), possess a baseline understanding of yogic principles and/or experience with instructing asana.

- B) If you do not have a consistent yoga practice, but willing to cultivate one before enrolling in our training, we offer a comprehensive *PYT Bridge Program* where students (often birth workers or doulas) who are not yet yoga teachers and/or looking to establish a consistent yoga practice, can establish an instructional yoga regimen under the guidance of a yoga school. The *PYT Bridge Program* is a 45-day program consisting of: 1) completion of our self-paced Yoga for Beginners course; 2) commitment to growing a yoga practice (*whereas studio membership at Sankofa Yoga will be offered at a discounted rate to help cultivate your practice*); and 3) yoga teacher mentorship with our senior teacher.

If you believe you fall within any of these scope, please request an interview with our program director at info@sankofayogacenter.com or 240-786-7182 to see if you qualify!

COURSE SCHEDULE & DATES

The training course is taught in three **in-studio** intensive weekends over the course of two months. This format supports students having time to integrate the material, meet with birthing persons, complete homework assignments, and prepare for assigned practice teaching sessions.

1. June 26-29, 2025

- Thursday 6:00 pm - 9:00 pm (*virtual*)
- Friday 9:00 am – 5:00 pm
- Saturday 8:30 am – 6:00 pm
- Sunday 8:30 am – 6:00 pm

2. July 24-27, 2025

- Thursday 6:00 pm – 9:00 pm (*virtual*)
- Friday 6:00 pm – 9:00 pm (*virtual*)
- Saturday 8:30 am – 6:00 pm
- Sunday 8:30 am – 6:00 pm

3. August 28-31, 2025

- Thursday 6:00 pm – 9:00 pm (*virtual*)
- Friday 6:00 pm – 9:00 pm (*virtual*)
- Saturday 8:30 am – 6:00 pm
- Sunday 8:30 am – 6:00 pm

IN-STUDIO PARTICIPATION

All training sessions will be held in-person at our studio (*unless noted otherwise*), 302 Main Street, Laurel, MD, if health and safety conditions permit. We are in accordance with Prince George's County Executive Orders. In the event we must pivot, livestream/online learning will be set in place via Zoom. We employ a 'screens-on' policy while participating via Zoom.

TUITION & REGISTRATION

The cohort will be limited to 10 students. The cost of our 85-hour Teacher Training is **\$1,200**.

Applicants will be required to submit an information form and pay the non-refundable \$300 deposit to gain entry into the 85hr Sankofa Yoga Teacher Training Program.

An early bird discount is available for those paying in full at least one month prior to the start of training. Financial assistance and payment plans are available upon request.

PAYMENT PLAN OPTION:

Tuition of \$1,200 payable as follows:

- \$300 non-refundable deposit
- Followed by 3 equal monthly payments of \$300 due on the 15th of each month starting June 15, 2025: (**June 15, July 15 & August 15**).

TUITION & REFUND POLICY

Final invoices will be emailed three weeks before the start date of training. The deadline to pay in full is two weeks prior to the start date of training. Payment plan available if needed.

If applicant withdraws from the program after acceptance/deposit, but before the program starts, \$300 from the applicant's deposit amount will be retained by the program. However, such amount can be applied towards a future training program, if approved.

- If an applicant withdraws during the program, the applicant is still responsible for the remaining balance.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort but completed their full tuition payment, the applicant is responsible for the difference of tuition for the new training cohort.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort and did not complete full tuition payment, the applicant is responsible for paying the previous remaining balance and the forthcoming tuition amount.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full. Questions regarding tuition balance from a previous cohort, please contact marcus@sankofayogacenter.com

ATTENDANCE POLICY

We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training.

In the case of any **emergency absences**, please notify the program director immediately.

If a student has **planned absences** that conflict with attendance in the program, please contact the program director prior to enrollment to discuss options.

Options may include apprenticeship, a group study-session, use of our buddy system, etc. If the options discussed with the program director do not work with the student's schedule, students must

pay an additional cost for private make-up sessions with a teacher. Please discuss attendance concerns with the Program Director at info@sankofayogacenter.com or 240-786-7182 prior to enrolling.

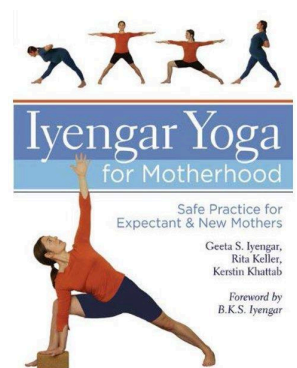
Each student is expected to be at each session 5 minutes before the start time to set up and so that the training may start on time. If the student is late more than 5 times, this will result in a deduction of 1 hour from their total contact hours.

A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the program director. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, gossip, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students.

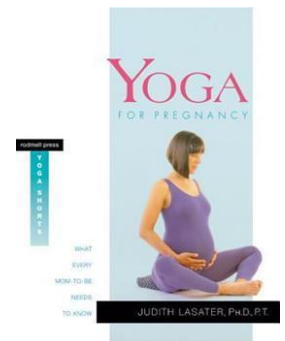
REQUIRED READING

1. ***Iyengar Yoga for Motherhood: Safe Practice for Expectant & New Mothers*** by Geeta S. Iyengar, Rita Keller and Kerstin Khattab
2. ***Yoga for Pregnancy, Birth and Beyond*** by Françoise Barbira Freedman
3. ***Yoga Mama & Yoga Baby*** by Margo Bachman
4. ***Birthing from Within*** by Pam England
5. ***Ina May's Guide to Childbirth*** by Ina May Gaskin



Suggested Textbooks

- *Yoga for Pregnancy* by Sandra Jordan
- *Preparing for Birth with Yoga* by Janet Balaskas
- *Yoga: A Gem for Women* by Geeta Iyengar
- *Yoga for Pregnancy: What every Mom-to-Be Needs to Know* by Judith Hanson Lasater
- *Bountiful, Beautiful, Blissful* by Gurmukh Kaur Khalsa
- *Joyful Birth: A Spiritual Path to Motherhood* by Susan Piver
- *Female Pelvis* by Blandine Calaise Germain
- *Sacred Pregnancy* by Anni Daulter
- *Aromatherapy & Massage for Mother & Baby* by Allison England
- *Birth in Awareness* by Gabrielle Earls
- *Hypnobirthing* by Siobhan Miller
- *Magical Beginnings, Enchanted Lives: A Holistic Guide to Pregnancy and Childbirth* by Deepak Chopra



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85-hour Prenatal Yoga Teacher Training | Certification Requirements

In addition to attending all training sessions, there are few other certification requirements:

CHECKLIST

Written hOMework/Distance Assignment

5 Assignments

Students are required to complete hOMework assignments/journal entries based on their readings from the assigned texts and discussions with birthing persons.

Home Practice Logs

7 Entries *(located in the back of manual)*

Over the course, students will create and practice short Prenatal Yoga sequences ranging from 10-15 minutes to be able to complete in their final 60-minute community class.

Yoga Classes

5 Classes *(located in the back of manual)*

Students are required to attend 5 yoga classes (that are prenatal-friendly) throughout the course. Classes are included in tuition if taken in-studio or online at Sankofa.

Prenatal Meditation & Breathwork Classes

10 Entries *(located in the back of manual)*

Students are required to practice 10 meditation or breathwork sessions centered around pregnancy. Here they will chart the intention, how long it lasted, and what they observed after meditation.

Prenatal Yoga Class Observation Form

4 Classes *(sent via Google Form)*

Students are required to observe/attend 4 Prenatal Yoga Classes and journal their observations surrounding method and instruction. Classes can be at another studio, online/YouTube or included in tuition if taken in-studio or online at Sankofa.

FINAL EXAM

Practice Teaching

4 Sessions Minimum *(Feedback sent via Google Form)*

Students will conduct 4 sessions of practice teaching.

Written Exam

Complete and pass a written examination demonstrating a general understanding of course material.

QUESTIONS?

Contact us:

Email: info@sankofayogacenter.com

Phone: 240-786-7182