

# Prenatal Yoga Teacher Training Now Offered In California

*August 20, 2015*

August 20, 2015 - PRESSADVANTAGE -

Prenatal Yoga Academy is proud to announce that they now offer prenatal yoga teacher training in Palo Alto and Nevada City, California. Full details are available through the academy's website at <http://prenatalyogateacher.com/prenatal-yoga-teacher-training/>. The training is offered by Nicole DeAvilla, ERYT500, RPYT, RCYT, and is designed not just to create highly competent yoga teachers, but to also help the teachers develop thriving businesses.

Nicole DeAvilla from Prenatal Yoga Academy says, "Yoga is a way of life and has so many health benefits. Never is being healthy so important as during and just after pregnancy. My prenatal yoga teacher training, therefore, delivers a truly important service. I wanted to make sure that people not only become the best teachers, but that they also know how to create a growing business out of it."

DeAvilla helped write the Yoga Alliance standards for the training of prenatal yoga teachers. Faculty member Mastra Raj founded the very first yoga prenatal program at Stanford University. Together, they have pioneered the field of prenatal yoga. They are also both authors of a number of acclaimed books on the subject.

Class sizes for the prenatal yoga teacher training are small. This allows DeAvilla to give each student personal attention. Details about upcoming programs in Palo Alto and Nevada City can be found on <http://prenatalyogateacher.com>. In these classes, students will learn about the anatomy and physiology for prenatal conditions, the latest in scientific research, yoga remedies for common discomforts and complaints, and more. Furthermore, the class plans can be modified to suit private clients and groups. The classes also address the spiritual, emotional and psychological issues that pregnant women can experience.

"A strong focus of our classes is also on how to develop a prenatal yoga business," adds DeAvilla. "We will show people how they can get referrals and thereby offer their community the classes they need."

DeAvilla and Raj also encourage everyone to follow them on Facebook through

[https://www.facebook.com/pages/Prenatal-Yoga-Academy/149843111846091?tab=page\\_info&view](https://www.facebook.com/pages/Prenatal-Yoga-Academy/149843111846091?tab=page_info&view).

This also offers an opportunity for people to discuss what they have learned in class and how successful they have become.

###

For more information about Prenatal Yoga Academy, contact the company here: Prenatal Yoga Academy Nicole DeAvilla 415-613-8586 [Nicole@YogaProfessionalAcademy.com](mailto:Nicole@YogaProfessionalAcademy.com)

## **Prenatal Yoga Academy**

Website: <http://prenatalyogateacher.com>

Email: [Nicole@YogaProfessionalAcademy.com](mailto:Nicole@YogaProfessionalAcademy.com)

Phone: 415-613-8586

*Powered by [PressAdvantage.com](http://PressAdvantage.com)*