**Syllabus**

**Complementary and Alternative Medicine for Mothers: Beginner Course**

**3-Week Course**

**Instructor: Brandy Farr**

Wife, mother of four, and veteran with 15 years of experience in coaching with a B.S. in Health and Wellness as well as certified in Personal Training, Health Coach, and Precision Nutrition coaching. Specializing in holistic approach to coaching healthy habits and lifestyle for women and mothers.

**Email**: Brandyfarrfitness@gmail.com

**Business webpage:** [www.brandyfarrwellness.com](http://www.brandyfarrwellness.com)

**General Information:**

**Location:** Community Center, Scottsboro, AL

**Class Schedule:** Tuesday @ 6:30 pm May 12th, 19th, & 26th

**Policies:**

There will be a lot of information, learning and fun. It is important to keep an open mind and respect others. Be courteous. And practice patience and understanding.

Once you are signed up for course, we expect participation and to be on time to all classes. In case of unplanned circumstances that all mothers/parents do, please be courteous and enter session quietly. We will do our best to catch you up.

**Course Description:**

This is a free course that is offered to the community to promote health and wellness for mothers. As a mother myself, I have learned and witnessed firsthand the importance of self-care. Mothers often have the important role of raising our children, being role models for our children and others, support and care for other family members, and many more roles and responsibilities. We often place our own needs on the back burner while caring selflessly for others and feeling guilty when we do take a little time for ourselves. However, I am sure you have heard of the saying “you can’t pour from an empty cup.” It is a very true statement. In order to provide our best selves for the ones we love and to offer our quality attention and energy, we need to care for ourselves. This means maintaining our health, stress levels, well-being, emotional health and spirituality. In times of stress, busy schedules, and life itself it is necessary to find simple and convenient ways to incorporate these things into our daily lives. This course is a beginner guide on complimentary and alternative medicine which include mindfulness, natural products, meditation techniques, yoga, and breathing techniques.

**Course Materials:**  Handouts of PowerPoints will be provided with each class.

* Notepad & pen/pencil
* Water
* Comfortable clothing

**Course Objective:**

* Understanding of what complimentary & alternative medicine is.
* Benefits
* Stress management techniques
* Understanding of mindfulness
* Meditation techniques
* Yoga basics & beginner sequence to incorporate at home

**Course Schedule:**

|  |  |  |
| --- | --- | --- |
| Week | Topics | Activities |
| Week 1 | Intro to complimentary & alternative medicine Natural Products | Group discussion |
| Week 2 | Mindfulness & Mind Body Techniques | Breathing techniquesMeditation techniques |
| Week 3 | Intro to Yoga | Yoga morning beginner sequenceYoga bedtime beginner sequence |

**Week 1 Schedule:**

**6:30-6:45** Introductions

**6:45-7:15** Intro to Complimentary & Alternative Medicine PowerPoint

* What is Complimentary & Alternative Medicine?

**7:15-7:30** Group Discussion

**7:30-7:55** Natural Products PowerPoint

* Vitamins, Herbs, and Nutritional Supplement Guide for Moms

**7:55-8:00** Q&A

**Week 2 Schedule:**

**6:30-7:30** Mindfulness & Mind Body Techniques

* What is Mindfulness? Benefits?
* Types
* Meditation
* Technique practices
* What is Meditation? Meditation may not be what you think?
* What are its benefits?
* Tips & Tricks on how to incorporate into a busy life schedule.

**7:30-7:40** Guided Meditation

**7:40-8:00** Q&A

**Week 3 Schedule:**

**6:30-7:00** Yoga PowerPoint part 1

* What are the Benefits of Yoga? Video
* Practice and handout
* What is yoga and its benefits?

**7:00-7:20** Yoga morning beginner sequence demo & practice

**7:20-7:40** Tips & Tricks on how to incorporate mind body techniques into a busy life schedule with handout.

**7:40-7:55** Yoga bedtime beginner sequence demo & practice

**7:55-8:00** Q&A