

Baby Yoga Teacher Training Programme

(for Qualified Baby Massage Teachers)

Touch-Learn International Ltd has been teaching health professionals and complementary therapists in positive touch for almost a decade and our principal programme is the highly successful Infant Massage Teacher Training Programme. To support the continuing professional development of Infant Massage Teachers and enhance the services and skills they offer to parents, Touch-Learn International has developed a number of workshops to complement their Infant Massage Programme.

Baby Yoga Programme

This two-day Baby Yoga workshop is the first, gentle step towards exercising with babies and is the perfect programme to complement baby massage classes offering something for parents as well as babies.

The workshop covers baby yoga exercises, breathing and stretching exercises for parents, benefits, cues and contra-indicators, health and safety, incorporating baby yoga classes adaptations for special needs. The workshop is very much practical-based with supporting materials, including relevant anatomy and physiology.

Course Structure

- **Tutor Contact:**

Practical workshops and theoretical sessions

- **Self-Directed Study:**

Students have 10 weeks for the completion of practice teaching sessions and self-reflection

- **Course Timings:**

9.30am to 4.30pm

Baby Yoga Teacher Programme

The workshop involves practical and theoretical study and summative assessment of skills learnt.

You will learn about:

- The transition from baby massage to baby yoga
- The origins of yoga and some cultural influences
- A parent and baby yoga routine offering 5 weeks of classes, including:
- How to teach simple yoga breathing exercises to promote relaxation
- Gentle postnatal stretches for parents
- Combined exercises for parent and baby
- Suitable, dynamic yoga exercises for babies
- Yoga sequences to prevent and alleviate babies' common ailments (colic, crying, poor sleep)
- Adaptations to exercises to support an inclusive, non-discriminatory teaching approach
- Supporting parent-infant interaction and empowering parents when teaching baby yoga
- Related anatomy and physiology
- Infant development; relevant to the application of yoga for babies
- Contra-indications and cautions for yoga
- Teaching practice
- Guidelines for managing effective and enjoyable classes in Baby Yoga
- Teaching practice and tutor evaluation
- Summative assessment and certification (within 12 weeks)

Resources

All students will be supplied with:

- A comprehensive theoretical handbook: *'Baby Yoga: The Definitive Guide for Teachers'*
- The Touch-Learn Yoga exercise handbook
- Access to Teaching resources via a private members area on our Website
- Canvass carrying bag for resources
- Assessment process booklet
- On-going support beyond completion of the programme
- Quarterly newsletter
- Certificate and badge

Admission Criteria

To study for the Touch-Learn International Baby Yoga Certificate you must be a qualified Infant Massage Teacher, with the necessary skills to facilitate parenting classes professionally, ethically and safely.

(Touch-Learn advise attendance on an infant massage programme with a minimum of 4 days teaching as a acceptable standard.)

Each Student Will Need to bring the Following:

- Demonstration Doll: A 60cm doll with a soft bodied middle, flexible arms and legs
- Book: Infant Massage: The Definitive Guide for Teaching Parents
- Mat: A yoga mat

Accreditations



Complementary Therapists Association (CThA)

Cost of the Programme for In-house Training

The cost of the 2-day workshop is **£375** per person.

Procuring In-house Training

We deliver in-house trainings for a minimum of six students and a maximum of 15. This training is delivered at your own training venue, on two consecutive days with dates convenient for your colleagues. Please contact Jo Briley to discuss dates or for more details:

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