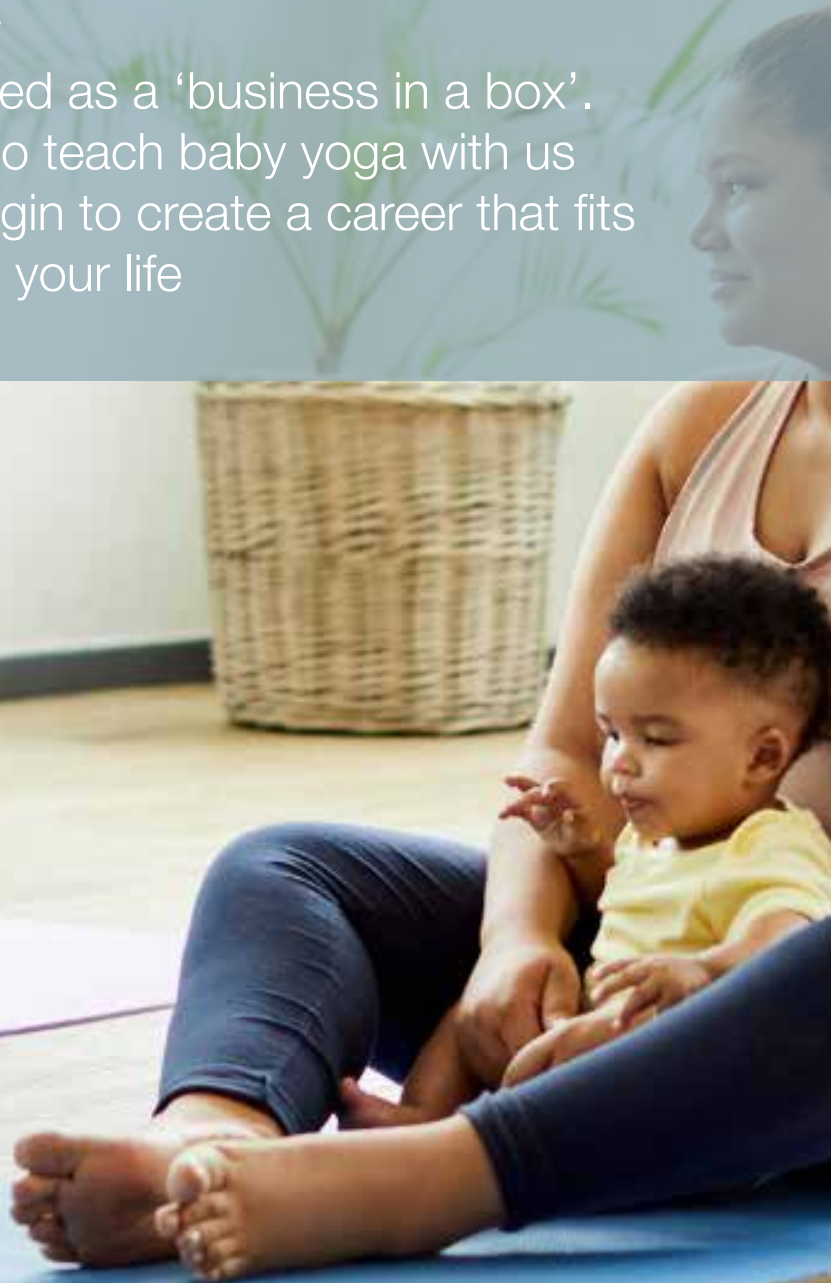
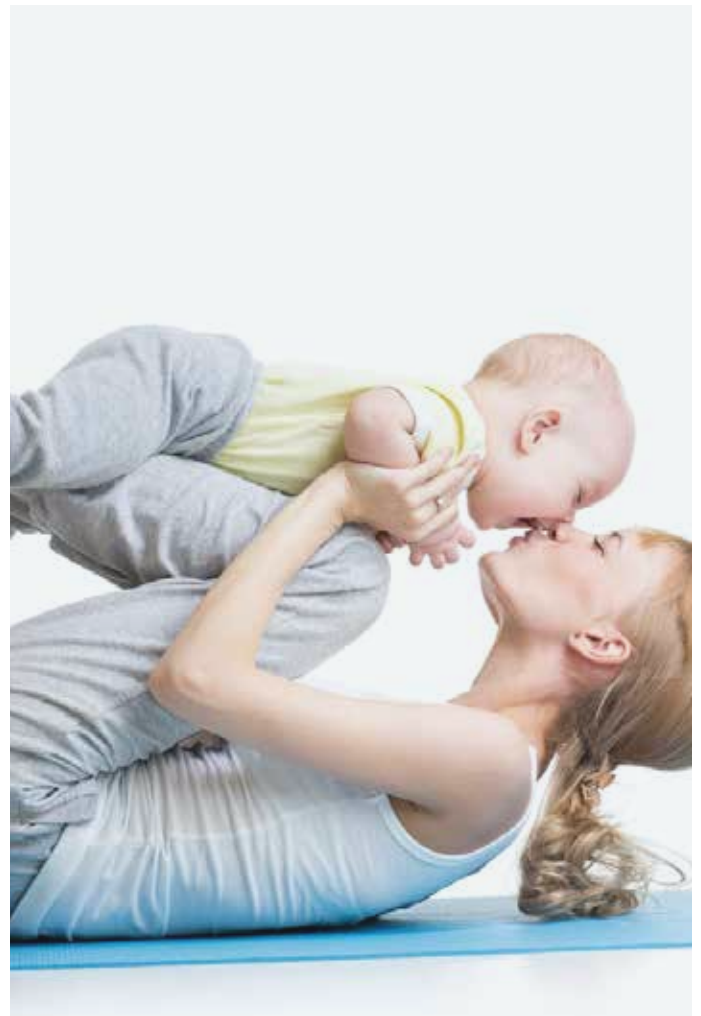




Baby Yoga Diploma

Designed as a 'business in a box'.
Learn to teach baby yoga with us
and begin to create a career that fits
around your life





Congratulations

On taking your first step on your
baby yoga instructor journey.

Settled Petals Baby Yoga Instructor Diploma is a fully accredited baby yoga training programme. It has been carefully crafted by Susan Wallace, an expert in infant sleep, potty training, baby yoga & baby massage.

Inspired by her own baby yoga classes, Susan set out to develop a diploma course that would help to empower others to start a new career and lifestyle they will adore.

The course is intended to be completed online but Susan will support you along the way when you need assistance.

Study with us

Designed to be a 'business in a box'. You will learn how to run your own Baby Yoga classes. Our carefully crafted sessions contain elements of parent calming techniques (mindfulness, relaxation and breathing), parent stretches, baby moves (to promote development, ease constipation and aid sleep), baby massage and parent & baby bonding. You can complete the course in your own time, with ongoing support as required. Previous yoga experience is not required.

Yoga Syllabus

- What is baby yoga?
- Benefits of baby yoga
- Minding mum
- Considerations
- Ideal environment
- Full instruction on how to run a Baby Yoga class (including elements of parent calming techniques, stretches for parents, baby massage, parent & baby bonding and baby moves)
- Baby yoga in special circumstances

Business Syllabus

- Group and 1:1 session plans
- How to run a class
- How to deliver the techniques
- Picking a suitable venue
- Pricing your class
- Ways to advertise
- Licenses required (eg music licenses)
- What safeguards to take
- Managing personal details
- Equipment needed
- How to gain insurance
- Custom parents handouts provided (so they can practice at home)
- Registering parents details & helpful suggested templates
- Suggested wording for creating social media events
- Advice on how to receive payments

On completion of the course, you will be a fully trained baby yoga instructor and hold a Diploma in Baby Yoga. This Diploma course is accredited by FEDANT (Federation of Antenatal Educators). Then it's time to set the ball rolling on starting your exciting new lifestyle & business.





Online Learning

Our Online learning system is very simple to use and it is designed in a way that allows you to methodically work your way through the syllabus, going back over information at any time. We offer the added benefit that you can check in with Susan at any time via email if you need an extra little bit of help or guidance.

Pre-requisites

- A computer to complete assessments
- Either use of video and means to submit such, or access to video calls
- Use of a doll to complete the yoga sequences (weighted doll preferred)

Assessment

The course is assessed through the use of tests, final written assignment and submission of a short video completing a sample of the baby yoga routine (this can be arranged via video call if preferred).

If you require any support during the completion of this course or any of the assignments, please contact Susan who will be happy to help.

Facebook Group

Our Facebook group is primarily peer led to allow you to learn alongside other students. Susan will share helpful insights when the opportunity arises, within the Facebook group.

Special Support Needs

If you have any support needs, such as a learning difficulty or disability please contact Susan to confirm and discuss what specific support you require to complete the course.

Freedom and Flexibility

Helping you along the way to ditching the 9-5 and claiming back control of your life

Our course is perfect for busy parents who want to move their career in a direction that offers them flexibility to earn while spending more quality time with their children.

Susan's experience of running baby yoga classes has been a fulfilling journey that has added so much flexibility to her life. She is passionate about sharing this with other people who are aiming for a similar lifestyle (surrounded by adorable babies!).



Lets do this

If you think you might like to join the diploma, get in touch with Susan today for more information

Investment:

Baby Yoga **See website for prices**

Baby Yoga and Massage combined **See website for prices**

Yoga, Sleep and Massage **See website for prices**

Baby Yoga, Sleep, Potty and Massage **See website for prices**

Direct training price available upon request

Flexible payment options available upon request

We would love to hear from anyone who is considering joining our diploma course and would be only too happy to answer any questions you might have. Sign up today for instant access at settledpetals.com/baby-yoga-instructor or if you would like to get in touch, email Susan personally via susan@settledpetals.com



www.settledpetals.com
susan@settledpetals.com