



Teach with us.

**Worldwide professional and accredited training in
baby/child massage, yoga and birth education.
www.blossomandberry.com**



Train with us.

Professional and flexible training to give you the best start teaching and in business.

Introduction

BLOSSOM & BERRY

Blossom & Berry offers the widest range of baby massage/baby yoga courses, classes and sessions in the UK. Our courses are always relaxed, supportive and fun. Becoming an instructor gives you the opportunity to run your own business and have successful career. Our courses are designed to help you build up a practice supporting expectant parents throughout pregnancy and the early years of parenting as well as introduce the benefits of massage and yoga to babies and children.



We offer certificated and accredited training, a licensing program and CPD courses to develop your practice and classes.

WHY CHOOSE BLOSSOM & BERRY?

Recent teachers comments;

“Gayle is passionate about what she does and an inspiring teacher. I can’t wait to get started.” KJ

“The training has filled me with confidence about my new business and I can’t wait to get going. I know that I can build a successful practice with the incredible knowledge I have learnt...thank you Gayle” HK

“The training was the best course I have ever been on. Can’t wait to get going! I feel so positive...can’t wait to start” DF

“The Learn, Stretch & Play course is a great resource and I can offer my parents new classes which means more support for them and more opportunities to teach.” BN

“I want to get started on my new business. Gayle has given me the support and confidence I need to get my business started. I am so glad I have the support of Blossom & Berry starting my new role as a baby massage instructor.” HG



ABOUT US

We pride ourselves on supporting children and parents using a holistic approach making sure that the first years of family life can be as good as they can be. We focus on the importance of touch, early bonding, communication and play between parent and child. We also help to support early child development with all our classes.

We offer the complete training package from ante natal baby confidence classes, baby massage to baby yoga to more general sensory play and massage classes for older babies, specialist sessions for one to one teaching and yoga and massage for children. We are always working on new ideas to provide parents and babies with what they want and need.

We don't just help by providing massage and yoga training but provide a business support package which will help you succeed after qualification. Gayle Berry has a successful and busy practice in Colchester, Essex and Blossom & Berry continues to grow from strength to strength recently working alongside Pampers, Nurofen for Children, Mother & Baby Magazine and the NCT.

Take advantage of our excellent reputation and experience running baby massage courses. Our packages will help you expand your business, succeed in retaining clients and help you build a practice.

PROFESSIONAL ACCREDITATION



Westminster Indemnity Ltd
World leaders in Professional Indemnity insurance

Professional accreditation by the Federation of Holistic Therapists and the Complementary Therapists Health Association for in person and group training for baby massage and yoga. Online learning is accredited by the International Institute for Complementary Therapists and all courses are recognised by Blossom & Berry and our professional insurance company Westminster Professional Indemnity Insurance.

THERE ARE SO MANY REASONS TO TRAIN WITH US;

1. Courses are designed and taught by Gayle Berry, expert and author on baby massage. Gayle founded Blossom & Berry ten years ago and has developed Blossom & Berry to be successful in many different areas from parenting classes, pregnancy massage to baby massage/yoga classes and individual sessions for parents. Gayle has been a lecturer for over ten years and has taught hundreds of learners. Gayle has undertaken formal teacher training and has a PGCE in Teaching Adults. To see Gayle presenting on baby massage follow this link <http://www.youtube.com/watch?v=IxCLmMeW5Q8>
2. Your business is our business so we want you to succeed and only provide quality teaching and resources.
3. We offer not just a Baby Massage/Yoga Instructor's qualification but CPD courses designed to expand your business and keep your clients as well as courses to support women in pregnancy through massage and birth education.
4. Learning is interactive with resources provided by email and online. Most courses includes mini lectures and films online and we try to include real class footage of sessions to give you an idea of what it is like to teach. We have over 50 videos online to support you. If you require additional resources, we will try to produce them for you.
5. We provide you with handouts for your classes. Documents include risk assessment, handouts for parents, and booking forms. We also provide social media images.
6. Blossom & Berry gives your business a head start as we give your branded materials for your business and down to earth, tried and tested business advice. Our program lets you start your business straight away saving time and money on branding and adverts.
7. We are flexible, affordable and supportive. We offer a bursary scheme for students with financial hardship. You can train with us even if you have trained with another course provider.



8. We run a number of support groups for new parents in the UK and donate 10% of our profits to our charitable project, “The Little Blossoms Project” which teaches baby and child massage and first aid to women in poverty in Malawi. We also support local birthing clinics with post natal care packs and fund a foster care program for children in severe poverty. We visit every year to offer free training to orphanage and medical staff and we run a volunteer program where you can come and teach baby massage to local women and in orphanages. We fundraise throughout the year for our projects. This is a very important aspect of Blossom & Berry’s work. We believe in giving back and providing vital education to enable babies around the world to have the best start in life. 10% of your enrolment fee helps women and babies in Malawi through the provision of training, health/foster care and medical supplies. For more information, click on this link <http://www.blossomandberry.com/little-blossom-project/>

Here are two links to short films on our work in Malawi:

September 2014

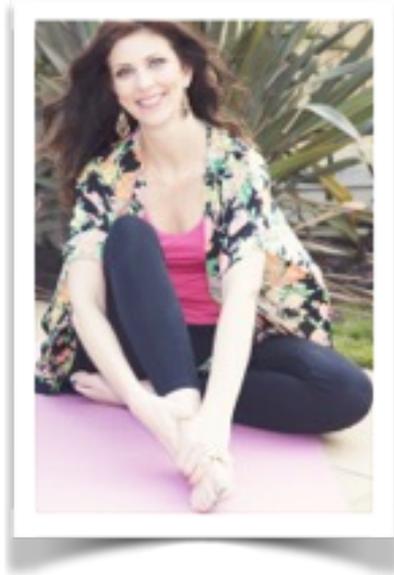
<https://vimeo.com/107803840>

May 2014

<http://vimeo.com/95280919>



ABOUT YOUR TUTOR & FOUNDER: GAYLE BERRY



International Lecturer & Expert on Baby Massage & Yoga

Founder of Blossom & Berry, BA, Dip. Law, PGCE, IAIM, Birthlight, Dip Hypno, Clinical Hypnotherapist, Life Coach ITEC Massage, Author, Pregnancy and Post Natal Yoga Teacher, Children's Yoga Teacher, CPMT teacher and therapist.

Blossom & Berry was founded by Gayle Berry in 2002. Gayle trained as a solicitor but after experiencing the benefits of baby massage with her baby, she retrained and became a baby massage instructor. Gayle's enthusiasm for working with parents, babies and children led to her training in baby yoga, pregnancy massage and aromatherapy. Gayle is also a qualified life coach and specialises in working with parents and is a clinical hypnotherapist. She also has three children who have inspired her to train to teach massage and yoga to infants and children of all ages.

Gayle has worked with a number of organisations such as Pampers, Nurofen for Children, Colief and New World Music to create resources and provide information on baby massage and yoga. She has written articles and has provided advice on baby massage and yoga for Mother & Baby Magazine and Practical Parenting Magazine. Gayle was also the lead speaker for Nurofen for Children's Mum's School at the Baby Show at the NEC and London's Earls Court.

Gayle is always keen to volunteer to spread the benefits of massage and positive touch and has provided massage treatments for patients at St Helena's Hospice. Blossom & Berry also supports voluntary initiatives such as the Fairy Godmother's Club which provides post natal support for new parents. Gayle is also teaching at the first baby massage and yoga retreat for mothers and babies in Italy with mum and baby experiences.

Gayle created Blossom & Berry's unique baby massage and yoga courses combining massage, movement and music to increase the enjoyment of massage/yoga sessions and aid baby's development through a complete sensory experience. Gayle's expert knowledge led to her publishing her book "**Baby Massage-Expert Know-how at your fingertips**" which has sold copies across the world. Gayle has also won and been nominated for a number of awards and was recently highly commended as Business Parent of the Year 2014 by mumsandworking.com.



WHO IS A BLOSSOM & BERRY INSTRUCTOR/TEACHER?

Someone who enjoys working with parents and children and has natural enthusiasm for teaching. You should be a warm and friendly person who can offer support to others. You must be aware of the benefits of running your own business and be motivated to achieve your full potential. It ideally suits someone looking for a part time opportunity wanting flexibility and control over their working hours.

We now have teachers all over the world. Blossom & Berry believe in working co-operatively to reach as many parents and babies as possible. Teachers are encouraged to give back to the community where possible and to reach for the stars!





Foundation Level Courses.

Baby Massage, Baby Yoga, Combined Diplomas.





Our courses and programs

WHAT IS BABY/CHILD MASSAGE AND YOGA ?

Massage is a wonderful and special gift that parents can share with their babies. Baby massage is an ancient art used in many diverse cultures to help with a variety of physical and emotional needs and to promote relaxation. Babies crave skin contact. Touch is a baby's most developed sense at birth and through it a parent/carer can communicate love, security and trust to a baby immediately. Everyone has the ability to touch and massage another. Baby massage is simply a method that helps to reinforce the natural power of touch.

Baby massage allows parents to understand their babies subtle non verbal language and develop their ability to listen to their baby through the creation of a special intimate time together. When a baby is massaged, the foundations of trust and security are laid down which can help build a happy and confident relationship.

Specific benefits for parents and babies include:

Baby massage can help relieve wind, colic, constipation, teething and much more

Baby Massage may help create and develop the bond between parents and babies.

Baby Massage provides relaxation for parent and baby.

Baby Massage stimulates and supports a baby's physical, emotional and social development

Baby Yoga introduces parents and babies to gentle stretches to help release tension from the body and relax the mind. Classes combine yoga movements, music and massage to create a class designed to support babies development and help parents feel confident handling their babies.

Baby Massage and yoga are great fun to learn and a brilliant way to bring parents and babies together in a supportive environment.

We also offer courses to help support parents before birth with our Blossom & Berry Baby Confidence Classes, pregnancy massage plus courses to work with older children with our Story Stretch and Positive Touch courses.

We have foundation courses in baby massage and yoga and also post graduate and CPD courses which you can study with us regardless of who you initially trained with.

Why learn baby massage with Blossom & Berry?

- 1 Relief**
Baby massage can help relieve a variety of health issues for babies such as colic, dry skin, teething pain and nasal congestion.
- 2 Relaxation**
Baby massage releases relaxation hormones which activate the body's relaxation responses.
- 3 Stimulation**
Baby massage boosts circulation to the tissues of the body and stimulates all baby's body systems.
- 4 Bonding**
Baby massage uses touch, the release of oxytocin, eye contact, singing and smell to help nurture bonding.

For more information on classes & training visit www.blossomandberry.com

FOUNDATION/ENTRY LEVEL COURSES



BABY MASSAGE INSTRUCTOR PROFESSIONAL DIPLOMA

Course Manual covering the following modules;

INTRODUCTION, ETHICS AND PROFESSIONALISM

HISTORY AND BENEFITS OF BABY MASSAGE AND THEORIES OF ATTACHMENT.

ANATOMY AND PHYSIOLOGY OF THE INFANT

LEARNING THE BABY MASSAGE ROUTINE.

HOW TO TEACH AND FACILITATE GROUPS

MARKETING AND BUSINESS

Course materials include our teaching manual and online mini lectures on subjects covered on the course. We also include footage of real classes as well as a film of the whole massage routine.

PLUS

Use of Blossom & Berry brand, marketing materials, webpage on our main website, help and support to start your business. Professional handouts for classes and lesson plans.

This course is accredited by the FHT, CTHA and IICT for in person training and the IICT for distance training.

ENTRY REQUIREMENTS FOR BABY MASSAGE

A basic knowledge of human biology (GCSE/O level preferred but not essential.)

An interest in working with parents and babies.

An understanding of the benefits of massage.

A good command of the language in which you will be teaching and excellent communication skills.

A positive and motivated attitude to study and business.

BABY YOGA INSTRUCTOR PROFESSIONAL DIPLOMA

Course Manual covering the following modules;

INTRODUCTION, ETHICS AND PROFESSIONALISM (exemption for Blossom & Berry baby massage instructors).

HISTORY AND BENEFITS OF BABY YOGA AND THEORIES OF ATTACHMENT.

LEARNING THE BABY YOGA ROUTINE.

HOW TO TEACH AND FACILITATE GROUPS (exemption for Blossom & Berry baby massage instructors).

MARKETING AND BUSINESS (exemption for Blossom & Berry baby massage instructors).

Course materials include our teaching manual and mini lectures online on subjects covered on the course.

PLUS

Use of Blossom & Berry brand, marketing materials, webpage on our main website, help and support to start your business. Professional handouts for classes and lesson plans.

This course is accredited by the FHT and IICT for in person training and the IICT for distance training.

ENTRY REQUIREMENTS FOR BABY YOGA

A qualification in baby massage or yoga teacher training.

BABY MASSAGE & YOGA INSTRUCTOR COMBINED PROFESSIONAL DIPLOMA

This Diploma combines our baby massage and baby yoga diplomas and covers everything you need to know about being a Blossom & Berry Baby Massage and Yoga Teacher. It is an ideal qualification for those wishing to study both of our diplomas. This diploma is excellent value as you can save over £70.00 on the total cost of the courses when studied separately. The baby massage routine is covered first and then the baby yoga movements. You will have to complete case studies for both the baby massage and baby yoga elements of the course.

BABY MASSAGE & CALMING CONSULTANT

This course covers the same material as our Baby Massage Instructor Diploma although it is aimed at teaching individuals rather than groups. It is a great course for maternity nurses or anyone who wants to offer one to one sessions.

INTEGRATED DIPLOMA IN BABY MASSAGE, BABY YOGA & PARENT SUPPORT: A UNIQUE QUALIFICATION IN BABY MASSAGE, BABY YOGA AND PARENT SUPPORT BY BLOSSOM & BERRY

“We are very excited to offer this qualification as it will enable students interested in the importance of touch, relaxation and positive interaction and attachment to develop a deep knowledge and understanding of the issues which underpin emotional health from infancy to adulthood”

Gayle Berry, founder of Blossom & Berry

This diploma is a first of its kind in the UK and unique to Blossom & Berry. It is designed to enable you to learn the complete range of skills to establish a full practice offering massage, yoga and holistic services from pregnancy and throughout the early years of parenting and childhood. All the classes are designed and taught by Gayle Berry who has been teaching and

running a successfully holistic practice aimed at providing support during pregnancy, birth and infancy.

Blossom & Berry are very excited to be able to offer this qualification as we feel it offers students the opportunity to develop an in-depth and deep understanding of issues around the emotional/physical development of infants, responsive baby care, parenting skills, attachment theory and the science of relaxation. Each area of the course builds knowledge in these areas and helps to create a greater understanding of the long term significance of positive touch and responsive parenting for individuals.

The diploma is designed for people wishing to develop a holistic practice dedicated to the wellbeing of parents and babies using massage, yoga and positive thinking. It is the perfect way to give you the confidence you need to offer a fully integrated range of classes and services to allow your business to grow successfully. It is also a cost effective way to start your practice as the Diploma incorporates six different teaching qualifications which you can use to expand your business.

What does it involve?

The diploma takes a year to complete and incorporates our main very popular courses. As part of the Diploma you will study a number of different disciplines to allow you to teach a variety of different courses. These include qualifications in;

Baby Massage

Baby Yoga

Baby Confidence Classes For Parents

Soothe, Settle & Sleep Expert Sessions For Colic

Learn, Stretch & Play Classes for Older Babies and Toddlers

How to study the Diploma?

The Diploma can be studied in person at various times by attending workshops throughout the year and/or by distance learning. All courses are supplemented by films and videos online. You will need to ask written questions and complete a case study.

What will I achieve at the end of the course?

A Diploma in Baby Massage, Baby Yoga & Parent Support which is recognised by Westminster Indemnity Insurance for professional practice. The Baby Massage and Baby Yoga aspects of the diploma are also accredited by the IICT and the baby massage in person elements by the Federation of Holistic Therapists & the CTHA.

STORY STRETCH CHILDREN'S YOGA INSTRUCTOR PROFESSIONAL DIPLOMA

Course Manual covering the following modules;

INTRODUCTION, ETHICS AND PROFESSIONALISM

ANATOMY, PHYSIOLOGY, SENSORY INTEGRATION

HISTORY AND BENEFITS OF YOGA AND THEORIES OF ATTACHMENT.

LEARNING THE STORY STRETCH ROUTINE.

HOW TO TEACH GROUPS

MARKETING AND BUSINESS

Course materials include our teaching manual and online mini lectures on subjects covered on the course.

PLUS

Use of Blossom & Berry brand, marketing materials, webpage on our main website, help and support to start your business. Professional handouts for classes and 6 week lesson plans.

After you have completed all six written modules for the course and completed your case study (teaching a session of yoga to a group of children or parent and child), you must submit your work to Blossom & Berry for marking.

Once all materials are sent back to us, we can issue your professional diploma. This diploma is accredited by the IICT

ENTRY REQUIREMENTS FOR STORY STRETCH YOGA CLASSES

A qualification in baby massage/yoga or a childcare qualification is preferred but not essential.

MESSAGE ADVENTURES COURSE

This course combines stories, massage and lots of imagination to help children access the benefits of positive touch and relaxation. Lessons are designed to be undertaken with parents and children together or with children in a childcare/educational setting. Massage is undertaken over clothes with no oil. The strokes are simple and easy to teach and remember. Research conducted on massage in schools showed that children who participated in a massage program had good concentration levels and achieved improved SAT results (St Michael's Catholic School Study 2009). We welcome enquiries from parents, teachers, nursery staff and childminders wishing to incorporate yoga and massage within an educational setting.

A typical Massage Adventure Class will include an introduction to the strokes, a story to inspire the creation of massage routines and the opportunity to practice the strokes and learn the benefits of massage. The course promotes the importance of using touch to create secure and happy relationships, the health benefits of massage and being creative.

The Course Manual Covers The Following;

INTRODUCTION, ETHICS AND PROFESSIONALISM

ANATOMY & PHYSIOLOGY

BENEFITS OF MASSAGE FOR CHILDREN

LEARNING THE MASSAGE STROKES

HOW TO STRUCTURE SESSIONS, EXAMPLES OF STORIES, LESSON PLAN.

HOW TO TEACH SMALL GROUPS

MARKETING AND BUSINESS

Course materials include our teaching manual and online mini lectures on subjects covered on the course.

PLUS

Use of Blossom & Berry brand, marketing materials, webpage on our main website, help and support to start your business. Professional handouts for classes and 6 week lesson plans.

To gain your qualification you must complete the written answers in the course handbook and teach a children's massage session to a parent and child or group of children. Once the written module is completed successfully, the case study completed, and evaluation forms sent back to us, we can issue your professional diploma.



Continuous Professional Development

Toddler Courses, Music & Massage,
Children's Massage & Yoga.



CPD AND PRACTICE BUILDING COURSES FOR BABY MASSAGE INSTRUCTORS AND BABY YOGA TEACHERS, MASSAGE THERAPISTS.

LEARN, STRETCH & PLAY INSTRUCTOR-MASSAGE, MOVEMENT & MUSIC-(SUITABLE FOR BABIES FROM 6 MONTHS TO PRE SCHOOL)

EXTEND YOUR SERVICES, KEEP YOUR CLIENTS AND BOOST YOUR PRACTICE

Learn, Stretch & Play classes are suitable for older babies using elements of massage, touch, stretching, songs and sensory play. They are great to offer to existing baby massage clients and older babies wishing to learn. This is a great low cost opportunity to expand your baby massage practice and benefit from Blossom & Berry's quality materials.

This package includes a distance learning training booklet on working with older babies or toddlers, weekly class plans for a 6 week course plus ideas for further classes, sensory play handouts for parents and a webpage from our site with your details. The package comes with footage of the classes and mini lectures. You must have any baby massage instructor's diploma to do this course.

PLUS

Use of Blossom & Berry brand, marketing materials, webpage on our main website, help and support to start your business.

THERE IS NO EXAM OR CASE STUDIES FOR THIS COURSE SO YOU CAN GET STARTED IMMEDIATELY.

SOOTHE, SETTLE & SLEEP PROGRAM INSTRUCTOR

Teach this specialist baby massage session for colicky or unsettled babies written by Gayle Berry. It is a great way to expand your practice. The program uses massage, movement/yoga, aromatherapy, and settling techniques to help soothe unsettled babies.

You will be able to use unlimited copies of program with your clients. The Program is supplied as a PDF which you can print as a basis for your sessions. This program is straight forward to teach and is in great demand by parents. Gayle is able to talk you through any areas of the program you may be unsure of. The Program is supplied with online footage to help you learn techniques. You must have any baby massage instructor's diploma to do this course.

PLUS

Use of Blossom & Berry brand, marketing materials, webpage on our main website, help and support to start your business.

THERE IS NO EXAM OR CASE STUDIES FOR THIS COURSE SO YOU CAN GET STARTED IMMEDIATELY.

BLOSSOM & BERRY BABY CONFIDENCE CLASSES

Teach this unique course designed for “parents to be” which covers a five minute baby massage routine suitable for new borns, advice and techniques to help with wind, colic and unsettled babies, pregnancy relaxation plus general information on calming and connecting with baby. It is a great way to expand your practice.

The course is straight forward to teach and is in great demand by parents and will help enhance your general knowledge and understanding of what babies want and need. It will also enable you to teach simple relaxation techniques during pregnancy.

You must have a baby massage instructor’s diploma to do this course.

PLUS

Course materials include our teaching manual and online footage of mini lectures and class footage on subjects covered on the course.

Use of Blossom & Berry brand, marketing materials, teaching plans webpage on our main website, help and support to start your business.

THERE IS NO EXAM OR CASE STUDIES FOR THIS COURSE SO YOU CAN GET STARTED IMMEDIATELY.

STORY STRETCH CHILDREN’S YOGA INSTRUCTOR PROFESSIONAL DIPLOMA

(See previous description of course page 15)

MASSAGE ADVENTURES CHILDREN’S MASSAGE COURSE

(See previous description of the course on page 16)

ALREADY QUALIFIED AS A BABY MASSAGE & YOGA TEACHER?

You can join us even if you have trained with another course provider. We provide a learning package to ensure high quality baby massage teaching and to help expand your classes using our branding.

WITH BOTH THESE PROGRAMS YOU RECEIVE;

Blossom & Berry teaching handbook, use of Blossom & Berry brand, marketing materials, webpage on our main website, help and support to start your business. Professional handouts for classes and teaching plans and access to our online footage of films.



Massage Courses

Pregnancy Massage, Hand & Foot Massage.



PROFESSIONAL MASSAGE TRAINING

Blossom & Berry has two different types of professional massage therapist training course to enable our teachers and other students to promote the benefits of massage to clients.

Our pregnancy massage course is for fully qualified massage therapists with an existing massage qualification such as ITEC, VTCT, FHT. It is a CPD course to give therapists confidence in working with pregnant women. It is taught by Gayle Berry who has been a pregnancy massage therapist for over ten years.

Our mini massage treatment course can be taken by anyone with an interest in massage wishing to offer mini massage treatments to clients. It is not necessary to have a previous massage qualification to undertake this course, just an interest in massage and a science qualification to level three. This course offers a perfect way to offer massage to parents within your practice.

Both courses are recognised by Westminster Professional Indemnity Insurance enabling you to gain insurance to practice massage professionally.

Blossom & Berry Pregnancy Massage Training Course

(1 day training-CPD)

This one day course is designed to give massage therapists the confidence to massage clients during pregnancy and to actively promote “pregnancy massage” as a treatment. The course is accredited and recognised by Blossom & Berry, Westminster Indemnity Insurance and HICT and focuses on providing a holistic massage aimed at helping relieve many of the common minor ailments of pregnancy.

The course covers;

A basic overview of anatomy and physiology in pregnancy.

Advice and guidance on contraindications.

Precautions and test recommended before commencing massage.

Oils used during pregnancy.

Different positions for massaging pregnant clients.

Massage techniques to help relieve common ailments experienced in pregnancy.

The course includes a comprehensive teaching manual, consultation form and after course support.

ENTRY REQUIREMENTS

A recognised qualification in massage or body work.

You will need to bring a partner to practice massage on during the day.

Blossom & Berry Professional Relaxation Mini Massage Treatment Training Course; Hands & Feet

(1 Day Course)

We offer mini massage training to individuals and instructors who would like to offer parents mini massage treatments as part of any relaxation element of a class or session such as our “Baby & Mummy/Daddy Massage sessions” or pamper afternoons. This training course does NOT require you to be a massage therapist. This is great way to offer relaxation to your clients and develop your knowledge and interest in massage.

This course will teach you how to deliver a professional mini treatment on the hands or feet. The mini massage treatments are around 15 minutes and focus on relaxation, boosting circulation and eliminating waste products. The treatments are idea to combine with baby massage and yoga sessions or as stand alone relaxing mini treatments.

The course covers;

Professionalism and ethics.

A basic overview of anatomy, physiology and massage.

Advice and guidance on contraindications to massage

Oils for massage.

Equipment and creating the right environment for massage.

Massage techniques for the hands and feet.

Aftercare advice.

The course includes a comprehensive teaching manual and consultation form.

ENTRY REQUIREMENTS

An interest in massage.

Science (Level 2/3)

How do our training programs work?

We will train you to become a professional baby/child massage/yoga instructor or massage therapist. Our in person and group baby massage and baby yoga courses are accredited by the Federation of Holistic Therapists and all our courses are recognised by Westminster Indemnity Insurance who will insure you for professional practice. We also have additional accreditation for some courses from the CTHA and the IICT. Please see course descriptions for details.

You can choose how to learn with us either individually, in a group or online learning.

We are not offering a baby massage franchise. We offer high quality training and you are free to teach under your own brand name. Our CPD courses are also recognised by insurance companies as a continuation of teaching infant massage.

What you receive;

DURING AND ON COMPLETION OF BABY MASSAGE/YOGA TRAINING

1. Course materials on your course including a module on marketing tips and business set up, access to online films, class footage and lectures and lesson plans where appropriate.
2. A web page for your local classes and information about you and your practice. This can be updated by Blossom & Berry.
3. Support from Blossom & Berry with marketing materials including booking forms and handouts.
4. Trade discount to sell Blossom & Berry products through your classes.

ON GOING MONTHLY BASIS

1. Support from Blossom & Berry
2. Opportunity to sell new product lines for discounted prices.

WHAT ISN'T INCLUDED

Materials to set up your classes such as mats etc.

The cost of amending and preparing local/national adverts.

Marketing materials other than standards adverts.

Oils and Guides-These can be bought at trade prices (approx. 60% of retail)

Baby Massage doll.

Insurance costs or CRB cost.

An exclusive licence to practice in a specific area.

WHAT ABOUT THE AREA I CAN WORK IN AS A FULL BLOSSOM & BERRY INSTRUCTOR?

You can teach or practice wherever you wish. There are no exclusive areas.

WHAT CAN I EARN?

For each class expect to earn £30.00-£60.00 per session. You can teach as many classes as you wish. You also have the opportunity to provide private sessions and sell Blossom & Berry products. Blossom & Berry runs an average of 4 sessions a week plus product sales and private sessions. This opportunity works very well on a part time basis.

WHAT WILL MY WEBPAGE LOOK LIKE?

If you follow this link you will see an example of a teacher's page.

<http://www.blossomandberry.com/kathryn-marshall-south-london-battersea-wimbledon/>

SELLING PRODUCTS

You can buy an introductory sales package to promote sales of products in your classes at a special price. This includes;

Blossom & Berry Baby Massage Body Suit

Night Night, First Smiles, Being Mum Oils

Baby massage CD

Laminated Guide

This package costs £28.00 plus postage and will get you started with products.



IS IT EXPENSIVE TO TRAIN WITH YOU?

Joining Blossom & Berry is not expensive and we aim to help others to start running successful businesses throughout the UK. Our programs are based on practical and commercial experience. For a small investment you can grow your own business and achieve success. Take advantage of our experience and knowledge working with parents and babies and join us.

COSTS

There are significant discounts for group in house training for charities, children's centres and other organisations.

DISTANCE LEARNING COSTS

Baby Massage Instructor Training and Licensing Program-£375.00

Baby Yoga Instructor Training and Licensing Program-£300.00

Baby Massage & Yoga Combined Diploma-£610.00

Baby Massage & Calming Consultant-£300.00

Learn, Stretch & Play Training and Licensing Program -£140.00 (CPD course available to any qualified instructor).

Soothe, Settle and Sleep Training and Licensing Program- £100.00 (CPD course available to any qualified instructor).

Story Stretch Children's Yoga Professional Instructor-£145.00

Massage Adventures Children's Massage Course-£55.00

Baby Confidence Classes-£125.00 (CPD course available to any qualified instructor)

Integrated Diploma in Baby Massage, Baby Yoga & Parent Support-£900.00

If you study Story Stretch & Massage Adventures together the combined cost is £180.00

SKYPE DISTANCE LEARNING (TWO DAYS)

Baby Massage Instructor Training and Licensing Program-£475.00

Baby Yoga Instructor Training and Licensing Program-£475.00

Baby Massage & Yoga Combined Diploma- £750.00

Integrated Diploma in Baby Massage, Baby Yoga & Parent Support-Please contact us for more details.

ONE TO ONE TRAINING WITH GAYLE BERRY (IN COLCHESTER, ESSEX).

Baby Massage Instructor Training and Licensing Program (2 days) £475.00

Baby Yoga Instructor Training and Licensing Program (2 days) £475.00

Baby Massage & Yoga Combined Diploma (4 days) £750.00

Integrated Diploma in Baby Massage, Baby Yoga & Parent Support-£1100.00

Pregnancy Massage Workshop-£90.00

Mini Massage Treatment Courses (no massage qualification needed) £90.00.

ONE TO ONE TRAINING IN YOUR HOME WITH GAYLE BERRY

Baby Massage Instructor Training and Licensing Program (2 days) from £700.00

Baby Yoga Instructor Training and Licensing Program (2 days) from £700.00

Integrated Diploma in Baby Massage, Baby Yoga & Parent Support-from £1600.00

Pregnancy Massage Workshop-from £160.00

Mini Massage Treatment Courses (no massage qualification needed) from £160.00

GROUP TRAINING

Baby Massage Instructor Training and Licensing Program (2 days) £425.00

Baby Yoga Instructor Training and Licensing Program (2 days) £425.00

Baby Massage & Yoga Combined Diploma (4 days) £695.00.

Integrated Diploma in Baby Massage, Baby Yoga & Parent Support-£1000.00

Pregnancy Massage Workshop-£90.00

Mini Massage Treatment Courses (no massage qualification needed) £90.00

LICENSING PROGRAM ONLY (FOR EXISTING QUALIFIED INSTRUCTORS WISHING TO JOIN BLOSSOM & BERRY).

Baby Massage Instructor Licensing Program (distance training) £250.00

Baby Yoga Baby Licensing Program (distance training) £150.00

ARE THERE ANY ONGOING FEES?

We want you to keep the profits of your hard work so there is no licence fee payable to Blossom & Berry.

IS IT CHEAPER TO SET MY OWN BRAND FOR MY BUSINESS?

No. A professional website, logo, adverts and branding can cost from £2500 for a basic package to £10,000 plus. By joining Blossom & Berry you will also have the benefit of a national marketing campaign and the dedication of the Blossom & Berry team to make your business go from strength to strength.

You are free to teach under your own banner with our program but some people prefer to be part of a professional organisation which has the benefit of a larger marketing budget and which will provide support. We are investing time and money into promoting Blossom & Berry to make it succeed.

ARE THERE ANY ADDITIONAL COSTS?

You will need to pay for your professional indemnity insurance. The cost varies but will be between £80-£150.00. You will also need to buy a baby massage demonstration doll and some mats to work on (approx. £100.00 in total).

WHAT ABOUT INSURANCE?



Westminster Indemnity Ltd

World leaders in Professional Indemnity insurance

Blossom & Berry courses are recognised by Westminster Indemnity Insurance a leader in holistic insurance provision. We recommend Westminster for insuring all your holistic therapies. Applications are quick, simple and easy and all done online. [Click here for more details](#)



What happens now?

If you would like to join us, please do the following;

Ask yourself the following questions;

1. Do I want to work with parents and babies?
2. Do I understand the benefits and disadvantages of running my own business? Decide if you have the motivation and dedication to succeed in your business. Blossom & Berry can give you support but only you can achieve the success you deserve in your practice. Your success will be down to your hard work and passion.
3. Do you have a venue in mind to teach?
4. Have you looked at other services in your area? It is a good idea to look at this before you start but there are always mums and babies looking for classes.
5. Have you been to a baby massage/yoga class to see what is involved?
6. What are your reasons for starting your business-financial, family, hobby?

If you are still interested then please;

1. Email us stating your interest and the area you would like to teach. Request an application form or enrol online here.

(If you need a DBS check, we can sponsor you through this process. All certificates are dependent upon having a DBS check/references.)

2. Fill out the application form, read the terms and conditions of study and return the information to us with a copy of your DBS check or request a DBS check.
3. Send your payment via BACS, Paypal or by cheque.
4. Once all the paperwork is received we will send you details of how to access our course materials online.
5. Begin your study!

Please note that you are able to use our logo to show that you are accredited by Blossom & Berry but you cannot trade under the name Blossom & Berry in any form or register Blossom & Berry as a business name or company or create separate websites with domain names associated with Blossom & Berry (e.g. blossomandberrymanchester.com or blossomandberryscotland.com). This is to avoid confusion as to who operates the main organisation of Blossom & Berry and to prevent creation of "territories" which are not given under the Blossom & Berry licence.

FREQUENTLY ASKED QUESTIONS

THESE QUESTIONS RELATE MAINLY TO THE BABY MASSAGE AND YOGA DISTANCE LEARNING DIPLOMA.

WHAT IS REQUIRED AS PART OF THE DISTANCE LEARNING PROGRAM?

BABY MASSAGE AND YOGA DIPLOMAS

You will be required to study the modules, watch the films and do further reading. At the end of each module there are some short answer questions which you will need to answer and send to Blossom & Berry by email for marking. Once the module has been submitted and marked you can move onto the next module. There is no time limit on how quickly you study the modules but you must complete the whole course within 12 months of enrolment.

When you have completed the last module on your course you will be required to organise and teach a baby massage or yoga course to a group of 3 or more parents. You will need to write up these teaching sessions and send evaluations from the parents as evidence.

Once all modules and case studies are completed and marked then you will receive your diploma and can begin to practice as a professional Blossom & Berry Baby Massage or Yoga Instructor.

HOW WILL I STUDY THE COURSE?

When you access a Module, please print it off and/or have the online version open on your computer as we have sent up links from the modules to various websites on the internet for further research and for visual learning.

You should also watch the mini lectures online relevant to each module to help expand your knowledge.

Please do read into your subject and buy some of the suggested books on the reading list. Some of the questions from each module will require you to research your subject in more detail than just provided in the notes.

WHAT ARE THE BENEFITS OF HOME LEARNING?

You can learn at your own pace allowing flexibility. Instead of intensive teaching you will have time to absorb the information and form your own opinions. The cost of training is also reduced as you do not have to travel or stay away from home.

Our Skype option brings the best of in person training and distance learning together.

WILL I MISS OUT ON PROFESSIONAL TUITION LEARNING AT HOME?

No, Gayle has designed the course materials to be in depth. The course also provides online footage and summary lessons if you prefer a more visual style of learning. Courses come with footage of teaching actual classes, one to one private sessions and routines.

Our Skype option allows you to access Gayle's highly recommended teaching style in your own home at a time which works for you. Skype can be booked by the hour and costs £30.00 per hour.

If you would like to book a private study day with Gayle to reinforce your knowledge of any aspect of the course this is possible at the cost of £150.00.

WHAT IF I DON'T WANT TO BECOME A FULL BLOSSOM & BERRY INSTRUCTOR?

We also offer a variety of CPD courses to help you expand your practice.

WHY DO I NEED A DBS?

Blossom & Berry wants to make sure that all babies and children are taught in a safe and appropriate environment. When you enrol on the course you can apply for a DBS check if you do not have one already. If the check reveals anything which Blossom & Berry find inappropriate in relation to teaching babies, you will be asked to leave the course and 50% of your course fee will be refunded to you. By enrolling on the course and agreeing to our terms and conditions you agree to this arrangement.

WHAT IF I AM NOT HAPPY WITH BLOSSOM & BERRY?

If you have a complaint regarding Blossom & Berry or the course material. Please contact us and we will try to rectify the situation.

DO I NEED TO DO MUCH READING ON THE COURSE?

Yes! The more you read into the subject the more fascinating it becomes. There are many informative books on the subject of infant massage/yoga. Please keep reading into the subject. We can supply you with a reading list. Most books can be ordered from the library.

HOW DO I GET AND SUBMIT MY WORK?

Each module can be downloaded from our online learning platform. Details are sent on enrolment. At the end of each module there are a set of questions which you need to email back to Blossom & Berry to the address;

info@blossomandberry.com

On the email you should state your name and your module title and date.

We will acknowledge receipt of the email and mark and return it to you between 7-14 days later. If you have not answered a question correctly we will contact you and ask you to resubmit the question again. You will need to obtain 80% on each module question paper. We do not seek to fail anyone on the course but give the opportunity for students to study for questions again.

DO I NEED TO DO CASE STUDIES?

You will be required to teach a group of 3 plus parents a baby massage/yoga course over a period of 4 weeks. Other courses have different requirements. You will need to submit evaluation forms from your parents and complete a self reflective entry on your teaching experience. We will supply you with your evaluation forms to distribute to parents. The case studies must be completed or you will not receive your qualification. We can provide you with the relevant handouts for your clients.

WHAT LEARNING SUPPORT IS THERE?

If you have any questions regarding the course or case studies you can email Blossom & Berry at gayle@blossomandberry.com or give her a call on 0795862693. Learners can resubmit module answers up to three times. If 80% is not achieved after the third attempt the module will be marked as a fail and it will not be possible to issue a diploma.

WHAT HAPPENS WHEN I COMPLETE THE COURSE?

Once you have submitted all the question papers from the modules and case studies we will issue your diploma which will enable you to get professional indemnity insurance and set up your practice. The whole diploma must be completed within 12 months. If there is an issue with this please contact Gayle in advance of the deadline.

WHEN CAN I START MY COURSE?

Once you have filled out the enrolment and application form and sent this back to us with your course fee, you can access the modules online. You can enrol at anytime during the year except when the office is closed for holidays.

IS THE QUALIFICATION RECOGNISED?

Yes, our Baby Massage Diploma in-person training is recognised by The Federation of Holistic Therapists, the IICT and the CTHA, Baby Yoga Diploma in-person training by FHT & IICT and our distance training courses are recognised by IICT. All our courses are insured by Westminster Professional Indemnity Insurance enabling you to practice as a professional instructor on completion of the diplomas.

HOW IS MY WORK ASSESSED?

Your work is assessed/marked after each module is submitted. You are required to achieve 80% in your question papers. If you do not achieve 80%, your paper will be returned to you and you will have another opportunity to resubmit the question paper.

IN WHAT FORM ARE THE ASSESSMENTS?

They consist of short answer questions with some longer answer questions.

WHAT HAPPENS IF I AM STRUGGLING WITH THE COURSE MATERIAL?

You can contact us by phone or email and we will endeavour to help you as much as possible. We want you to pass your diploma so will support you as much as possible.

HOW DO I PAY?

You can pay by cheque made payable to Blossom & Berry, by Paypal or by BACS.

HOW LONG DO I HAVE TO COMPLETE MY COURSE?

You have one year to complete the course.

WHAT IF I FAIL THE DIPLOMA?

We have never had anyone fail the diploma. If you do not receive 80% in your answer papers we will return it to you for resubmission so that you have the best opportunity to succeed. You must organise your case studies in advance so that you can complete your teaching practice. We cannot provide parents for you to teach. You must complete your case studies or you cannot pass. Most people start by teaching friends and family.

ON AVERAGE HOW LONG DOES A COURSE TAKE TO STUDY?

You should be able to complete most courses in around four months.

Testimonials

"Thank you for such an inspiring manual. I received it this morning and haven't put it down...I can't wait to get started." Janice

"This course has been so inspirational - we are so enthused-we want to get started! Thank you, thank you!"

"Gayle is a fantastic and passionate teacher. What a wonderful experience the course has been. I have loved every minute.

"I've learnt so much, thank you for your inspiration and enthusiasm. I can't wait to get out there and teach what you have taught me"

Gayle is a wonderful tutor, I have attended two of her classes and booked for a third. Not only is she an enthusiastic teacher but her courses are fun and you leave motivated to build your own business. I can't wait to start teaching! Thanks Gayle.

"The course is well designed and full of information. I feel so inspired to teach others the knowledge I have gained from the course. I have loved studying and found all the course materials to be useful. I have been able to study for a new career without the problems of childcare. Can't wait to get my new business up and running" Suzie

"Fantastic teaching. We covered so much in a short time. You make learning such fun. Thank you, Thank you". Claire.

"You are the MOST BRILLIANT teacher and person as well that I've ever listened to and learnt from. Your approach is fabulous, great mix of knowledge and NLP as well. The course has made me feel so good about myself, my future and helping other people" THANK YOU!!!! K

"I am so excited about starting my classes after learning from you. I feel so confident about what I am doing and more importantly, my ability to do it. I feel so happy that I have had this opportunity to learn from you and can't wait to take your other courses too." Michelle.

"Gayle, you are a true inspiration!Your energy and vitality is amazing. You have made this course interesting and informative" Zoe

"This was the most amazing moment of my life getting out of my daily routine to learn a whole new world of knowledge and meeting a teacher like Gayle who made me feel supported, warm

and secure whilst learning. Her smile and understanding nature gave me lots of encouragement towards building my future stronger and full of confidence." Maria

"I was unsure where to train but after speaking with you on the phone, I decided that Blossom & Berry is for me. There is no pressure on you whilst you study and you have been so supportive to me throughout. Thank so much" Jo

"Your course has enabled me to expand my practice and teach more classes. It has been great to keep my clients and offer them such special classes. Distance learning worked very well for me as there are no training providers close by." E

"The DVDs and course materials are excellent. I was a little worried about learning baby massage by distance learning but your DVDs really do cover everything. I am so pleased I have been able to get started training straight away." Louise.

"This has been a fantastic course, multi faceted, incredibly informative, enjoyable, constantly informative and inspiring...add to that your enthusiasm for your subject and magnetism, really I cannot express just how brilliant this has been, thank you and congratulations on creating such an amazing course! Susan.

