



Combined
Baby Massage & Baby Yoga
Instructor Diploma

Module 1 - Baby Massage Professionalism

Professionalism Baby Massage

Reading List & Study Guide

Bonus Courses - Mindset Magic & Love Creates Love

Safe Spaces - Equality, Diversity, Neuro Diversity,

Inclusion and How we Identify

Power Point Presentation

Module 2 - Anatomy & Physiology

Videos on Anatomy & Physiology

Module 3 - The Benefits of Baby Massage

Benefits of Baby Massage

Additional resources - attachment, social and emotional intelligence and bonding

Baby Massage Presentation Deck

Infant Mental Health Education

Research on Baby Massage & Brain Development

First 1001 Critical Days

Module Four - Baby Massage Practicalities & Routine

Videos to support learning Baby Massage Routine
Colic Routine
Teaching Plans
Oils & Safe Practice (Current Guidelines)
+ Mini Massage Masterclasses

Module Five - Successful Teaching Techniques

Holding Space for Parents
Teaching Techniques
Video examples of Teaching Baby Massage
Teaching babies with Additional Needs
How to Teach Online
+ Creative Masterclasses &
LIVE Monthly Teacher Training

BONUS - Self Love Module

Daily Love Activation
Nurtu-RINGS



Module Six - Marketing & Setting Up Your Buisness

Marketing

Vision and mindset

Taking action & planning

Four P's of Business

Networking

Starting up lean

Support & Mentorship

How Giving Back Is the Greatest Joy From Success

BONUS - Marketing Masterclass

BONUS - 5 Day Kickstart Your Parent & Baby Biz

Module Seven - Teaching Practice

Teaching Practice Documents

Workshop Templates/Plans

FREE Love Bubble Download

Module Eight - Baby Yoga Anatomy & Physiology

Welcome to Baby Yoga

"Beginning with Baby Yoga" - Anatomy & Physiology

Module Nine - Benefits of Baby Yoga

Benefits of Baby Yoga

Additional Videos on Attachment & Connection

What is Yoga?

Celebrating You!

Module 10 - Baby Yoga Routine

Baby Yoga Routine

Real Class Footage

Teaching Examples of Baby Yoga

Parent Stretches

Abdominal Separation & Diastasis

Extra Videos for Inspiration

Videos From Our Live Baby Yoga Training

Module 11 - Baby Yoga Successful Teaching Techniques

Teaching Techniques

Teaching Plans for your Classes

Easy Baby Yoga Plan

Full Powerpoint Presentation

Teaching Practice Documents

BONUS - Gayle's Marketing Knowledge Vault
BONUS - How to Make A Circle of Love Hoop
BONUS - How to boost visibility
BONUS - Online Course to Share with your Clients

When you study this course with us you will also have access to our Private Facebook Group "The Nurture Collective" a space for all our teachers to share their knowledge, ideas & expertise. In this space you are held, you are seen, you are heard, supported & nurtured.

