

## Baby Yoga and parent relaxation

Whether you would like to learn new skills or to investigate the possibility of a new fitness career, MAE Community Learning courses can provide you with a stepping stone to progress

Yoga is a non-competitive form of exercise for the body and mind; you will be encouraged to find and stay within your own personal limits, progressing at your own pace.

This gentle yoga class is for parents who are new to yoga, or those returning to a practice after having a baby, suitable for babies over 6 weeks up to crawling. This workshop is suitable for parents along with their babies. Parents /carers are responsible for their babies at all times –there will be times when the child is not engaged in the Yoga activity and so please do bring along toys and books as you feel appropriate.

The last 30 minutes of this course will focus on parent guided relaxation to provide some techniques for parents to practice at home.

If you are pregnant, have heart problems or any serious medical condition or concerns, please check with your GP/nurse and discuss with your tutor, as classes are physically active.

The class is a wonderful way for parents to enjoy bonding with their babies through gentle exercise.

Yoga can help babies into better sleep, aid digestion, improve reflexes and their socialisation. It can also help with the parent's well-being.

Please note that the ratio of parent to baby is 1:1.

|             |               |
|-------------|---------------|
| Start Date: | 14 March 2025 |
| Start Time: | 11:15         |
| Lessons:    | 6             |
| Weeks:      | 6             |
| Hours:      | 9.00          |

### Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

### What will I learn on this course?

By the end of the course you should be able to:

- 1) Demonstrate a variety of yoga postures.
- 2) Develop a parent / baby connection.
- 3) Be able to socialise with other parents / carers.

### Is this course suitable for me?

Suitable for parents and their babies aged 6 weeks to crawling. One parent to one baby.

### Is there anything else I need to know about the course?

If you have health concerns, then please see your GP before enrolling.

You will need to wear loose comfortable clothing. It is better to practice in bare feet.

Learners should bring their own yoga mats (mats can be provided where this isn't possible).

If you are pregnant, have heart problems or any serious medical condition or concerns, please check with your GP/nurse and discuss with your tutor, as classes are physically active.

Please bring a bottle of water.

### What could I go on to do after this course?

Please speak to your tutor about our other wellbeing or family courses.

If you wish to explore your learning, work or career options, you can speak to a fully Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide -range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through with you individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400

### Attendance Policy

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 85%. If you do have a holiday booked during term time please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

### Health and Safety

By participating in the live class you accept that you understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a fitness activity and you will need to be suitably dressed. MAE is not responsible for damage to items in your house / home or person.

You will be required to complete a confidential health check form before your first class.

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