

# Mommy & Me

## Instructor Training

### Day Training

\*Private one-on-one / private group training is available



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There are 3 parts of this practical training to give you ideas and useful information on how to give Mommy and Me Yoga Class to your community:

### Part 1:

Yoga for new moms (post natal)

Pilates and Yoga exercises to help bring new mom back on her fitness, help recovering postpartum symptoms, and relaxing nursing moms. Provide you list of movements that help ease the body after c-sec, ease back pain and hips issues, and routine movements that strengthen core muscles. Also breathing practice to connect yourself, “me” time meditation, and ayurvedic postnatal care.

### Part 2:

Mommy & Me Yoga ( 8 months - 2 years old)

Pilates and Yoga exercises that mom can practice with baby. Explore poses that baby weight can enhance your practice, ways to handle or holding baby, benefits of play time, and how to play with confidence.

Mommy & Me can be a great community class that bring fun for active moms who like to tag her babies along, or turning a living room to be gym-with-babes 😊

Ps. dads are welcome!

### Part 3:

Baby Yoga ( Newborn - 7 months)

Baby yoga is series of movements that helps babies development their physical strength according to development milestones. Learn tips and technique of body adjustment and ways to play with babies.

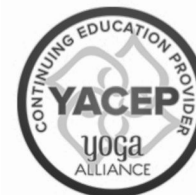
This course is suitable for parents, family, nurses, care-givers, yoga teachers, and movement therapists.

### Contact

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Our program is registered with Yoga Alliance, USA