

COURSE SUMMARY

BWYQ Level 3 Technical Specialist in Adapting and Developing Antenatal Yoga Exercise (Award)

Mindbody Wellness Tutor: Laura Bissell

Course Number: AY2501

E-Learning Theory Start Date: From 15 December 2025 (whenever you are ready)

Practical Zoom Start-End Dates: 21 February through 19 April 2026

Practical Zoom Times: Usually Sat & Sun 1-6 pm, once a month

Final Class Assessment Period: May- Oct 2026

Number of Credits/Hours: 6 credits / 64 hours Total Qualification Time /
36 Guided Learning Hours 8 UCAS Points

Course & Awarding Body Fees: Total to pay Mindbody Wellness Training Ltd: £670

£ 220 non-refundable deposit (£70 of this for awarding body)

£ 150 a month direct debit x 3 months 15/02/26 -15/04/26

Fees cover tuition, assessment, internal quality assurance, BWYQ awarding organisation registration/external quality assurance and e-learning fees, and external Observation/Assessed Class Teaching

Refund Policy: All fees paid are non-refundable. In exceptional circumstances, it may be possible to transfer unused credit to a different Mindbody Wellness course (paying for any additional costs of the new course).

Other Costs:

£103 BWY Teacher or Associate Teacher Membership Subs** if your teaching membership/insurance has expired

£100 approximate - obtain HSE-approved First Aid at Work (including Pediatric First Aid if moving onto Postnatal Yoga for Mums & Babies) from a local provider if certificate has expired. This needs to be completed before you start teaching the public in 2026 as part of course – certificate copy is needed for portfolio.

£??? Travel costs at 45p a mile or train/taxi fare to be paid directly to any assessor who travels to your venue to do the observation and assessment of your final Assessed Class Teaching (this cost does not apply to remote assessment, for which an application needs to be submitted to the awarding organization BWYQ).

£50 approximate for textbooks and any equipment you need.

Venue Hire and Travel Costs for the 4-6 week course you need to set up for pregnant women as part of your training.

Application Process:

Apply here: www.mindbodywellness.org.uk/forms-application/

After receipt of the completed application form, Mindbody Wellness will check to ensure you meet the eligibility criteria and may get in touch to request further information.

Once offered a place on the course, you will need to secure your place by paying the non-refundable £220 deposit, which includes the registration and e-learning fees for the Awarding Organisation British Wheel of Yoga Qualifications (BWYQ).

Payment Methods:

£220 deposit should be sent by bank transfer to

Account Name: Mindbody Wellness Training Ltd

Sort Code: 60-83-71

Account Number: 78042685

Ref: AY2501SURNAME [be sure to replace SURNAME with your own surname+first name initial if it's a common surname!]

For monthly payments set-up, you will be sent a Standing Order Mandate to give to your bank (or to set up with online banking)

Award of Qualification:

BWYQ Level 3 Technical Specialist in Adapting and Developing Antenatal Yoga Exercise (Award)

Upon successful completion of all assessment criteria, sampling of the assessments and portfolios will go through both the internal and external quality assurance process.

BWYQ issues free digital certificates within 6-8 weeks of the certification request form completed by the assessor and the IQA once all requested samples have been received by EQA.

If you would like a hard copy certificate posted to you, please see Certificate Fees section on <https://bwyq.org.uk/info-fees/>

Please be assured that the knowledge, skills and behaviours of your qualification meet the occupational industry standards set by employers for the occupation of an Antenatal Yoga specialist teacher. Many of the skills, knowledge, behaviours are transferable to a range of academic and employment opportunities external to yoga.

Tutor Contact:

Email: laura@mindbodywellness.org.uk

Whatsapp: +44 7818 064861

*** Online Practical Zoom Course Dates with Tutor (subject to change)**

Month	Feb	Mar	Apr	Set Up Antenatal Classes and ACT
Dates	21 st 22 nd	21 st 22 nd	18 th 19 th	May-Oct 2026
Times	1-6 pm	1-6 pm	1-6 pm	

There may be other one-off sessions set up on Zoom with the tutor in between course dates. 80% attendance of course dates is required, but there will be a way to do make-up sessions.

Assessed Class Teaching (ACT) takes place after the Online Practical Zoom Course Dates with Tutor, when you have set up your specialist 4-6 week course for pregnant women. The Assessor will observe and assess your skills for attainment of the BWYQ Level 3 Technical Specialist in Adapting and Developing Antenatal Yoga Exercise qualification.

This is the final assessment for the qualification that provides evidence of your competence in meeting the occupational standards set by employers, as approved by IfATE/Skills England and the Department for Education.

Career Opportunities

The latest MBRRACE report and ONS statistics reveal health inequalities for pregnant women and newborns in many areas, especially in the Midlands and the North. There is an urgent need to deliver antenatal education and wellbeing techniques that empower birthing mothers so that the risks to the women and their newborn infants are reduced. Employment opportunities for a Technical Specialist in Adapting and Developing Antenatal Yoga Exercise include local authorities, yoga centres, health clubs, hospitals and third sector organisations.

Department for Education Approval for Level 3 Legal Entitlement on Find A Learning Aim (FALA)

<https://www.qualifications.education.gov.uk/Qualification/61038659>

List of Qualifications approved for funding

BWYQ Level 3 Technical Specialist in Adapting and Developing Antenatal Yoga Exercise (Award)

Awarding organisation: British Wheel of Yoga Qualifications
Qualification number: 61038659
Status: Approved
Qualification type: Technical Occupation Qualification
Subcategory: Additional Specialist
Sector subject area: Sport, leisure and recreation
Level: Level 3

Qualifications Offer	Funding Approval Start Date	Funding Approval End Date
Legal Entitlement L2/L3	01/08/2025	31/07/2028

****If your insurance has lapsed, the BWY annual teacher or associate teacher membership includes group insurance.**

For £103 (to 31 Dec 2025) per annum you get:

- comprehensive professional indemnity insurance (you will start teaching your course colleagues/members of the public while on the course)
- marketing resources to help you start out, including free videos on how to market yourself and procedures and policies that promote safe and equitable practice
- a TOTUM NUS card helping you save while you learn
- the ability to list your classes, retreats, workshops and complimentary services for free in our members directory once you are teaching
- access to numerous CPD opportunities, both online and in-person

Currently, the insurance policy covers:

Public/Products Liability

Insurer: Dale Underwriting Partners Ltd

Policy Number: SAL/2024/0000114

Limit of Indemnity: £10,000,000

Professional Indemnity

Cover Provided by: Dale Underwriting Partners Ltd

Policy Number: SAL/2024/0000114

Limit of Indemnity: £10,000,000

Insured Activities

Activities that are accepted and recognised by the British Wheel of Yoga.

Personal Accident

Cover provided by: Royal & Sun Alliance

Policy Number: PA04281970

Operative Time: Whilst an Insured Person is participating in any authorised and or recognised activity of the Insured anywhere in the world

Cover is extended to include direct travel to and from any authorised and or recognised activity of the Insured within Britain.

Policy Coverage £25,000 - Death

£50,000 - Loss of two or more limbs or eyes or one of each

£50,000 – Loss of one limb or one eye

£50,000 – Permanent and total loss of speech

£50,000 – Permanent Total Disablement

Special Extension up to £2,500 – Accidental Medical Expenses

up to £250 per week max £5,000 – Bereavement Counselling

up to £500 – Broken Bones

£50 per 24 hours up to 104 weeks – Coma Benefit