

## COURSE SUMMARY

### BWYQ Level 3 Technical Specialist in Adapting and Developing Postnatal Yoga for Mums and Babies (Award)

<b>Mindbody Wellness Tutor:</b>	Laura Bissell
<b>Course Number:</b>	PY2501
<b>E-Learning Theory Start Date:</b>	From 20 April 2026
<b>Practical Zoom Start-End Dates:</b>	16 May 2026 to 5 July 2026*
<b>Practical Zoom Times:</b>	Usually Sat & Sun 1-6 pm, once a month
<b>Final Class Assessment Period:</b>	15 July-31 October 2026
<b>Number of Credits/Hours:</b>	6 credits / 64 hours Total Qualification Time / 36 Guided Learning Hours 8 UCAS points
<b>Course &amp; Awarding Body Fees:</b>	Total to pay Mindbody Wellness Training Ltd: £670  £ 220 non-refundable deposit (£70 of this for awarding body) £ 150 a month standing order x 3 months 15/05/26 -15/07/26  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).
<b>Other Costs:</b>	£100 approximate - obtain HSE-approved First Aid at Work (including Pediatric First Aid for this 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.  £100-500 Venue Hire and Travel Costs for the 4-6 week course you need to set up for mums and babies as part of your training.  £103 BWY Teacher or Associate Teacher Membership Subs**

**Application Process:**

Use: [www.mindbodywellness.org.uk/forms-application](http://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: PY2501SURNAME [be sure to replace SURNAME with your own surname+first name initial if it's a common surname!]

For monthly payments set-up, use Standing Order Mandate

**Award of Qualification:**

BWYQ Level 3 Technical Specialist in Adapting and Developing Postnatal Yoga for Mums and Babies (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 a Postnatal 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](mailto:laura@mindbodywellness.org.uk)

Whatsapp: +44 7818 064861

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

Month	May	Jun	Jul	Set Up	Postnatal	Classes	and	ACT
Dates	16 <sup>th</sup> 17 <sup>th</sup>	13 <sup>th</sup> 14 <sup>th</sup>	4 <sup>th</sup> 5 <sup>th</sup>					
Times	1-6 pm	1-6 pm	1-6 pm	July through October 2026				

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.

**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 yoga course for mums and babies. The Assessor will come to observe and assess your skills for attainment of the BWYQ Level 3 Technical Specialist in Adapting and Developing Postnatal Yoga for Mums and Babies 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 women giving birth and their infants in many areas, especially in the Midlands and the North. There is an urgent need to deliver postnatal education, postpartum recovery, healthy eating advice, and wellbeing techniques to reduce the risk of depression so that women can better manage stress and bond with their babies. Employment opportunities for a Technical Specialist in Postnatal Yoga for Mums & Babies include local authorities, yoga centres, health clubs 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/61038684>

List of Qualifications approved for funding

**BWYQ Level 3 Technical Specialist in Adapting and Developing Postnatal Yoga Exercise for Mums and Babies (Award)**

**Awarding organisation:** British Wheel of Yoga Qualifications

**Qualification number:** 61038684

**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 / associate teacher membership includes 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