

Baby Yoga & Parent Relaxation FREE 3

This gentle yoga class is for parents who are new to yoga or returning after having a baby. You can bring your baby (from 6 weeks old until they start crawling).

- You will take part in simple yoga exercises while bonding with your baby.
- There will be a short relaxation session each week to help you unwind and practise at home.
- Please bring toys or books to keep your baby entertained when needed.
- You are responsible for your child at all times (1 parent to 1 baby).

Start Date: 11 January 2027
Start Time: 11:50
Lessons: 5
Weeks: 5
Hours: 5.00

If you are interested in developing your parent child bond or learning alongside your child, book onto one of our courses from the life skills: parenting skills offer.

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

What Will I Learn On This Course?

Learners will:

You will:

- Improve your flexibility, strength, balance, and posture
- Learn relaxation and mindfulness techniques
- Practise breathing exercises to support wellbeing

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

Is This Course Suitable For Me?

This course is suitable for:

- Parents with babies aged 6 weeks to crawling

Is There Anything Else I Need To Know About This Course?

- Some sessions may include short paperwork (e.g. health and safety forms)
- Wear loose, comfortable clothing (bare feet are best)
- Bring a yoga mat (mats may be available if needed)
- Bring a bottle of water

Health advice:

If you are pregnant, have a medical condition, or any concerns, please speak to your GP before joining.

Will There Be Additional Costs?

- The course is free if you meet eligibility criteria
- Please wait until the course is confirmed before buying anything

What Could I Go On To Do After This Course?

Your tutor can suggest other related courses, such as:

- Baby Yoga and Parent Relaxation
- Wellbeing: Postnatal Pilates Progression

Medway Adult Education works with local partners including MidKent College, Medway School of Arts and the University of Kent.

Course information is available in our centres, cafés and on Moodle.

For careers advice, contact the National Careers Service on 0800 100 900

For general enquiries, call 01634 338400

What Is The Attendance Policy?

Multiple sessions-

This course runs over multiple sessions.

- We recommend attending at least 90% of sessions
- If you have a planned absence, please tell your tutor in advance
- If you are ill or cannot attend, contact 01634 338400 so your tutor can be informed.

Health & Safety

Health and Safety Disclaimer

By taking part in this course, you understand that baby yoga involves movement and carries some risk.

You agree that:

- You will work within your own abilities
 - You will stop if anything feels uncomfortable
 - You will dress appropriately and protect work surfaces
 - You will follow health and safety guidance provided by the tutor
- Medway Adult Education is not responsible for personal injury or damage to personal property.
By attending the course, you confirm that you have read and understood this information.