



How to become a Licensed Bliss Baby Yoga Course Facilitator: Notes on Eligibility & Facilitator Training Process

Thank you for expressing your interest in becoming a Licensed Bliss Baby Yoga Course Facilitator. Please read on for details about the process for becoming a licensed facilitator.

Please note – our **minimum requirements** for Bliss Baby Yoga licensed facilitators are as follows. Please **ensure you meet these requirements before proceeding** with the steps outlined below.

- **Yoga Alliance Registration: E-RYT 200 or E-RYT 500, and YACEP** (*or willing and currently meet the requirements to register with these designations*)
Experienced Registered Yoga Teacher, with either 200 hrs or 500 hrs of training minimum. To register as E-RYT with Yoga Alliance you need to have taught at least 1,000 hours since graduating from a Registered Yoga School (RYS®), and that graduation must have been at least two years ago. Those who are registered as E-RYT are then eligible to register as Yoga Alliance Continuing Education Providers (YACEP).
- **RPYT** (Registered Prenatal Yoga Teacher), is **preferred but not essential** for those wanting to facilitate our Prenatal Yoga Teacher Training courses
- **Teaching Experience:** At least **100 hours** of teaching **in the specialised area of yoga** that you wish to facilitate (prenatal / postnatal / restorative etc.).
Eg. to begin the process of becoming a Bliss Baby Yoga Prenatal Yoga Teacher Training Course Facilitator, you must have taught at least 100 hours of specialised prenatal yoga classes. These hours do not include teaching general yoga classes.

If you don't meet the requirements to be a Licensed Bliss Baby Yoga Course Facilitator, but would like to **host one of our licensed facilitators** to offer a Bliss Baby Yoga course at your studio / in your city or region, please contact us: info@blissbabyyoga.com

What is a Licensed Bliss Baby Yoga Course Facilitator?

Becoming a Bliss Baby Yoga Licensed Course Facilitator enables you to teach our copyrighted Bliss Baby Yoga licensed courses, within certain pre-arranged cities / regions. It is the responsibility of the Licensed Course Facilitator to source / provide a venue for the courses they facilitate, including making financial arrangements with studios / venues (if you don't have your own studio to use), as well as managing marketing, enrolments etc. Please see below for further details about the responsibilities of both Bliss Baby Yoga PTY LTD and Licensed Facilitators.

Step 1: Complete our Bliss Baby Yoga teacher training

Enrol in and attend the relevant in-person Bliss Baby Yoga Training that you are interested in being licensed to teach. (If you wish to teach our Restorative Yoga courses, please note that we require you have completed **both** our Level 1 and Level 2 Restorative Yoga teacher training).

Note, you will need to enrol as a full-fee paying student of the course you are observing.

If there are no in-person trainings in your region, please ensure you have completed the online version of the particular training with us. And, in that event, we will need to consider, on a case-by-case basis whether we are comfortable with you training to be a facilitator for this course.

We appreciate that you may have extensive experience or training (from other organisations) in this specialised area (eg: prenatal/ postnatal/ fertility/ restorative yoga), but by attending one of our Bliss Baby Yoga trainings this ensures that you get a clear idea of our unique Bliss Baby Yoga content and approach and can then teach consistently according to our 'brand'.

Step 2: Introductory interview

Book your **introductory 30 minute video call interview session** with a Bliss Baby Yoga Director, Ana Davis or Nadine O'Mara.

This is a 'getting to know you' chat in which we will discuss your qualifications and why you'd like to be a Bliss Baby Yoga Course Facilitator.

From this chat we'll be able to assess whether you are a good fit to potentially become one of our Licensee teachers and therefore if you're ready to progress to Step 3 of the training and mentoring process (see below).

From this chat, you'll also get more of a feel for the Bliss Baby Yoga teaching philosophy and Ana / Nadine will explain the Facilitator Training process.

There is no cost for this introductory chat.

Note, you're welcome to book this chat before Step 1 if you prefer.

Step 3: Mentoring & Facilitator Training

STAGE ONE

- Book a **1.5 hour Introductory Session Mentoring Session** with Ana Davis (or one of our Senior Bliss Baby Yoga Facilitators).
- Record a **45 minute video of yourself teaching a sample session** based on the guidelines provided to you in the introductory mentoring session.
- Email this video session to us for review before your 1.5 hour Introductory Mentoring Session. In this mentoring session, Ana (or staff) will then provide feedback on your video and will have clearer idea on your strengths and weaknesses which will help inform your Stage Two 1-2 Day Online Mentoring Facilitator Training.

The cost for Stage One is \$200 AUD + GST. This covers our time mentoring you and reviewing and providing feedback on your sample teaching session

- If your sample teaching video is deemed acceptable to our teaching standards—ie: that it covers the content competently and in an interesting and engaging way—you will be deemed eligible to move to the final stage: stage two.

STAGE TWO

- Book your **1-2 day online mentoring facilitator training** with Ana Davis (or one of our Senior Bliss Baby Yoga Facilitators). Note, the duration of this second round of mentoring training depends on the course you are learning to facilitate and also the speed at which you are able to take on board the information we provide you.

The cost for Stage Two is dependent on how many hours it takes for you to learn the relevant Bliss Baby Yoga Course curriculum and teaching methodology. The hourly rate for this mentor facilitator training is \$65 AUD plus GST. And as mentioned the duration of the training time on stage two will take anywhere from 8-16 hours (1-2 full days) depending on the course content to be covered and your learning speed.

Step 4: Licensee Agreement

Congratulations! You are now a licensed Bliss Baby Yoga Teacher Trainer (in a designated course – eg: Prenatal / Postnatal / Restorative / Women's Yoga).

We will send you a Licensee Agreement to sign and you can get started in organising and teaching your first Bliss Baby Yoga Course. We will support you with everything you need to teach the course—everything from marketing branding to course timetables, session plans and course manuals (please read below for more details of what Bliss Baby Yoga provides you as a Licensed Course Facilitator).

Note, that your initial license will be 'probationary'. The continuance of your license will depend upon the success of the first licensee course that you run. We require that you send us the feedback forms from the first course you do as a Bliss Baby Yoga Licensee. The feedback you receive from your students needs to be deemed by us as satisfactory for us to be able to renew your license for ongoing training courses.

Of course we recognise that this is a skill that you will grow and improve in. But we do need you to start at a basic level of competence as the Bliss Baby Yoga reputation and brand is at stake.

Outline of Bliss Baby Yoga PTY LTD and Licensee Facilitator Agreement inclusions

Bliss Baby Yoga PTY LTD Director Ana Davis provides the pre-approved Licensee with permission to deliver copyrighted Bliss Baby Yoga courses on an agreed course-by-course basis. Bliss Baby Yoga reserves the right to withdraw this permission with 4 weeks written notice or immediately if any of the agreements are broken by the Licensee.

These agreements would be:

- You agree not to copy any of the teaching materials (session / curriculum plans, timetables, handouts and manuals) for separate or additional use outside of the agreed licensee-course. All of these course materials shall only be provided by Bliss Baby Yoga to you, as requested, and as paid for by you in a pre-approved, licensee course, so this negates the necessity for you to copy any of the materials.

- As you will be teaching a course under the Bliss Baby Yoga umbrella, you agree to honour the curriculum, timetables and teaching methods presented to you by Bliss Baby Yoga and you agree to only vary any content, curriculum or timetables with Bliss Baby Yoga's express permission.
- If you wish to provide your own additional printed materials/ handouts to students of the course(s) for which you are licensed, you will need to have this additional material approved by Bliss Baby Yoga.
- You agree to maintain current registration with Yoga Alliance to the standard required by Bliss Baby Yoga—minimum E-RYT 200 hr standard, RPYT (if applicable), and YACEP.
- You agree to maintain and show evidence of your current professional indemnity insurance (and public liability insurance – where relevant) that is applicable to the country in which you will be offering the licensed Bliss Baby Yoga course.
- If you wish to create your own additional workshops or training, they must be pre-approved by Bliss Baby Yoga if they are being marketed under the Bliss Baby Yoga brand name.
- You agree not to teach any additional Bliss Baby Yoga or your own prenatal / postnatal / restorative / women's yoga teacher training for the period of the licensing agreement in the area that you have been licensed or any other area—domestically or internationally—without Bliss Baby Yoga's written approval.
- You agree to pay a per-student, per-course licensee fee to Bliss Baby Yoga PTY LTD, as outlined in your Licensee Agreement, along with associated costs for providing course materials etc.

Once approved, the Licensee will receive all relevant template documents from Bliss Baby Yoga.

What does a Licensee receive?

After completing the Facilitator Training and being approved as a Licensee for your designated course, you will be provided with the following relevant resources for that course:

- **Detailed Course Timetable/ Session Plan templates** (digital – editable format – that you are responsible for updating any changes to content and timing and session order in accordance with the specific course and venue requirements, etc)
- **Comprehensive Course Manuals and any additional student handouts** (printed, based on student numbers provided by Course Facilitator—provided by Bliss Baby Yoga Head Office)
- **Student Feedback Form template** (digital—you are responsible for updating questions and relevant content according to venue and different course requirements)
- **Student Information Form Template** (digital—where relevant)
- **Certificate Template** (digital only—you are responsible for inserting date, student details - etc - and printing the required certificates for your course)
- **A marketing kit:** Bliss Baby Yoga logo and any relevant images for marketing

Bliss Baby Yoga will also provide the following marketing support, covered within your licensee fee:

- Bliss Baby Yoga will promote your course on our website course calendar page (that would link through to yours or the studio's website for all enquiries, bookings and payments). This means that you get to leverage off our specialised brand-reputation and website SEO ratings.
- Bliss Baby Yoga will do one Facebook (and Instagram Post) for each course you are licensed for, and will also mention the course date and location in our newsletters/email-blasts (where relevant and possible in terms of timing). You will also be permitted to do 1–2 posts on our Bliss Baby Yoga Facebook Group per course - this means that you get to leverage off our large, established, niche database of previous and prospective students, through the Bliss Baby Yoga social networking lists and within our website database.

What courses can I be licensed to teach?

Courses offered under the Bliss Baby Yoga Licensee Agreement are: -

- 22 hour Prenatal Yoga Teacher Training Intensive (3 days)
- 22 hour Postnatal & Mums n Bubs Yoga Teacher training Intensive (3 days)
- 24 hour Shakti Women's Yoga Teacher Training
- 11.5 hour Level 1 Restorative Yoga Teacher Training Intensive (2 days)
- 9 hour Level 2 Restorative Yoga Teacher Training Intensive (1 day)

What are the Licensee responsibilities?

As a Licensee you will be responsible for the following:

- You will be responsible for all liaison with the hosting studio/venue in regards to the course promotion and operation of the licensed course.
- You will be responsible for payment of all studio hire fees or studio profit-share fees.
- To ensure consistency, fairness, and courses not competing with one another, you will be responsible for liaising with our team of other licensees to ensure your course pricing (full price and early-bird discounts) is consistent with our other licensee-run courses.
- Either you or the relevant studio will be responsible for taking all course bookings and payments, fielding all student enquiries, and all correspondence with course registrants (pre and post-course emails, sending certificates etc).
- You will be responsible for booking and paying for all course travel expenses—flights, accommodation, transfers, petrol. And other course incidental costs and organisation (eg: additional photocopying and printing, provision of teaching resources such as whiteboard markers, butchers paper, instructional charts, demonstration items, provision of Powerpoint presentations and projector, flowers for altar, etc, etc).

Please email us at: info@blissbabyyoga.com if you have any further questions about the Facilitator Training process.