



Teacher Training ACADEMY

PREGNANCY YOGA
POSTNATAL YOGA
ANTENATAL EDUCATION
BUSINESS MENTORING
TEACHERS COMMUNITY



EMPOWERING & INSPIRING WOMEN THROUGHOUT
PREGNANCY, BIRTH AND MOTHERHOOD

- SINCE 2007 -



TEACH ACTIVE & NOURISHING CLASSES

Perfect for pregnant or postnatal women to be healthy and prepare for birth and motherhood.



BUILD A COMMUNITY

Help women make friends and create that much needed support network for new mums to thrive.



LOVE WHAT YOU DO

Keep active and happy within yourself and enjoy a rewarding, flexi-hours career.

LushTums Pregnancy & Postnatal Yoga and Antenatal Education classes empower women to enjoy Pregnancy, give Birth and enter Motherhood with confidence.

Since 2007 we have worked with thousands of women on their journey to motherhood and beyond, helping them have more positive experiences at this transformative time.

Our aim is to grow our team of LushTums teachers and bring powerful education about positive birth and conscious parenting to families everywhere.

We train people from all walks of life, from all over the world, to become expert teachers in this field.

Our trainings are in-depth and comprehensive, so even those with no previous yoga or pregnancy experience can benefit from our decades of experience; and within 3 months be ready to launch their very own classes.

We can help you create a new career, enjoy a better work/life balance and be your own boss, whilst continuing to receive on-going support as part of our growing Teachers Community.

STEP-BY-STEP SUPPORT



1

TRAINING

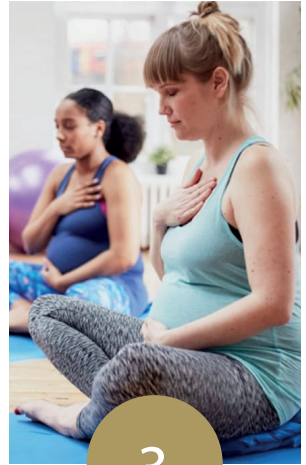
Our in-depth training enables you to respond to students individual needs, with confidence and expertise.



2

QUALIFICATION

Accredited for excellence by FEDANT; the UK's leading body for Antenatal Education, Midwifery & Birth Work.



3

BUSINESS

Receive support, mentoring and strategies to help you launch in your area and grow with success and confidence.





Our team of highly experienced and gifted Senior Teachers, each with over 20 years teaching experience, set our trainings apart.

We take an in-depth look at not only yoga but our changing physiology, the process of birth, our own experiences, motherhood and society, in order to understand why the work we do is so important. Not only for mothers, but also for future generations.

You will learn how to teach asana (postures), pranayama (breathing), meditation and yoga nidra (relaxation) practices. We don't just give you a few sequences to repeat but teach you how to really use all the components to create your own bespoke classes, responding to the women in front of you, class by class, week by week.

Find out about and benefit from the history and philosophy of yoga; why it is not just for the mat, but for all areas of life.

Those who complete the training to a standard of excellence will be invited to join our Teachers Community and receive ongoing support and inspiration.

We are all different, with unique talents, but have a shared purpose and passion for the work we do. As a supportive community of teachers, we collaborate to work together and help each other.

You will also be able to use LushTums brand and marketing materials if you wish; including social media posts, blogs, podcasts and videos; helping you be recognised as an expert and promote your own classes.



If you are new to running your own business or working in this field, we know it can feel like a big leap and as such you might need some help as you launch and grow.

All newly qualified teachers are invited to join free online Group Business Coaching session with our Founder, Clare Maddalena. We share business strategies to help you set up with confidence and ease.

Additional 1-2-1s with Clare are low cost and designed to keep you on track; avoid costly mistakes, be best placed to fill your classes and receive an income from the work you do, sooner. Enabling you to go on to fulfil all of your business and life-style dreams.

Business Support & Mentoring:



TEACHERS
COMMUNITY

Join our WhatsApp group and receive on-going support.



1-2-1 BUSINESS
MENTORING

Achieve your goals and stay on track as you launch and grow.



BEST PRACTICE
GUIDANCE

Help with customer relations, booking systems and marketing strategies.

“I love how unique and comprehensive the courses have been from asana to philosophy, to anatomy and fascia and so much more. This has provided a wealth of knowledge. ”

—
SASHA, LONDON

“I’ve completed many trainings over the years, but there is nothing like LushTums. It’s just amazing. ”

—
KATE, HAYWARDS HEATH



EXPECTED EARNINGS

<<YOUR RETURN>>

Teach Pregnancy Yoga and/or Postnatal Yoga (Mum & Baby and Women's Yoga classes) to earn approximately:

- £1600 per month teaching 2 classes a week
- £3,200 per month teaching 4 classes a week
- £6,400 per month teaching 8 classes a week

This is based on you having 15 students in each class, paying £12-15 each = earning £180 - £225 per 1.25hr class*

Teach Antenatal Education Courses (Prepare for Birth & Baby) to earn approximately:

- £700 - £2,000 per course

This is based on between 4 and 8 couples attending, each paying between £175 - £250 per couple.

* You need to take into account general business expenses such as yearly insurance, website & email hosting and room hire fees.

TRAINING FEES

<< YOUR INVESTMENT >>

Complete trainings over 3 months include access to extensive library of online resources, contact days, support, assessments and certification.

Pregnancy Yoga Teacher Training	£1,800
Postnatal Yoga Teacher Training	£2,000
Antenatal Educator Teacher Training	£1,800

Discounts available for payments in full. We are NatWest Business Loan approved. Payment plans are also available.

Optional Monthly Fees includes Full Location page on LushTums website & your own LushTums email address.	£25 & £8
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Launch & Grow 1-2-1 Mentoring With Clare Maddalena. Discounted for LushTums teachers.	60 mins for £75
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Join us! Next steps:

1

To start your journey email us at hello@lushtums.co.uk with any questions or to book a discovery call.

2

Or book into one of our trainings by completing your application form over on the website. www.lushtums.co.uk/apply-to-train

