



Bath Meditation

Joyful Aqua Yoga

Sally Lomas

- An introduction to Aqua yoga breathing
- A focus to the benefits of water meditations
- Body awareness and buoyancy
- Feeling the sensations in creating ripples and waves
- Relaxation and stress release
- An easy transition from bath to pool

Listen > <https://bit.ly/2LcJDI0>



Cautions

- Take care with any slippery surfaces
- Make sure the water is not too hot
- Be aware of your own comfort and health issues
- If you are likely to fall asleep set a gentle timer
- Stay calm and take your time

In preparation I suggest you:

- Choose a quiet time when you will not be disturbed
- Run a warm deep bath with your choice of salts or oils
- Make sure the room is a comfortable temperature
- Have a warm towel or robe ready for when you finish

The Meditation

- Enter the bath carefully and find a comfortable position
- Be aware that all movements can be easefully adapted at any time
- You can keep your eyes open or gently close if you wish
- Play the guided meditation when you are ready
- Listen carefully to the instructions and enjoy



Pregnancy and Birth

Beautifully designed sequences to nurture women through their pregnancy and help prepare for a joyful birth experience. Women are encouraged to connect with their baby and tap into their own intuition through easeful practices.

You will learn:

- Specifically designed moves suitable for pregnant women
- Adaptations for the different trimesters of pregnancy
- Breathing techniques for pregnancy and birth
- The benefits of the practices and how to integrate a perfect balance
- How to develop your own personal style of teaching
- Self-awareness and exploration of the water for yourself.

Postnatal Renewal

A nurturing programme to support women after the birth of their baby from the early weeks throughout the first year. Reconnecting with the inner self, gaining strength and confidence during this amazing and challenging time.

You will learn:

- How to support women at this sensitive and ever-changing time
- Safe and beneficial movements to realign and stabilise the pelvis
- A focus to regaining pelvic floor strength
- Breathing to tone and also for relaxation
- Exploration of teaching techniques and creating a nurturing atmosphere
- How to structure your classes and the positivity of flexibility

General Wellbeing

Movements and breathing to create an overall balance of energy release and relaxation. We are not addressing specific ailments or injuries rather a practice to support women of all ages both emotionally and physically through flowing, strengthening sequences and deep relaxation.

You will learn:

- How to create a welcoming and nourishing environment, a haven for everyone
- A series of flowing sequences that can be adapted for each woman's needs
- How to use the water for optimum benefit and enjoyment
- The benefits both physical and emotional
- Communication and adaptation to realise your full potential as a teacher
- Your own personal experience of aqua yoga, a connection to your own inner world

Joyful Aqua Yoga

Programmes can be created for individual companies and swim schools whilst maintaining high standards and consistency. The courses will give you the knowledge and confidence needed to run your own classes. When deemed safe for everyone, Sally is very willing to travel to you. There is also the opportunity to have some of the theory pre-recorded and live online with fewer practical sessions in person.

The courses we offer – Aqua Yoga for:

- Pregnancy and birth
- Postnatal renewal
- General well-being for all women

These courses are open to everyone who has a love of water and a desire to support women through their life journey. You must be able to swim, to submerge happily and be ready to open your heart to a gentle personal journey of exploration as well as learning all the moves and theory that will set you up to teach.

Please do get in touch to discuss your needs and to receive sample programmes and more detailed information and costs. Book your “meet the tutor” email: sally@joyfulnurture.com