



# The Baby Yoga Experience

## Learning Experience

During the Little Lotus Baby Yoga Course you will learn through practise & experience. We will cover;

- Relaxation breathing and stretching techniques for parents
- Dry massage for baby
- How to ease wind, colic and constipation through Baby Yoga
- What cues your baby is giving you and what these mean
- Baby Yoga sequences focusing on the hip, leg, arms, chest, shoulder & arms.
- Learn Baby Yoga techniques to aid tummy time
- Learn diagonal sequences to aid bilateral coordination and crawling
- Baby holds
- Mini dips, lifts & Swings
- Mum & baby floor exercises

## Support

During the course please feel free to contact me with any questions or queries relating to baby yoga.

## Baby Yoga Guide

After each session you will receive an information guide about what we have covered. This will help you to carry on with your practise at home. Please only practice moves you feel confident with at home and seek further advise at the next session if you need.

## Access to Little Lotus Mums Club

Signing up to a Little Lotus Baby course means that you are able to join the Little Lotus Mums Club. Giving you access to a private Facebook support group and you will receive invites to sign up to Mummy and Baby coffee morning sessions at the Little Lotus Studio (coming soon).