

Baby Yoga



Thursday
10th December
11 am to 12 noon

The session is run by Maria who is a Paediatric Occupational Therapist trained in Baby/Toddler Yoga, Infant Massage and Baby Reflexology.

The session is suitable for babies from 10 weeks old

The baby yoga session will involve stretching, swinging and rolling while having lots of fun singing nursery rhymes to the movements. It incorporates elements of baby massage, reflexology and traditional yoga. Mums also get to do some gentle postnatal stretches and some relaxation time together with their babies.

A few benefits of Baby Yoga are:

- Stimulates baby's senses
- Strengthens and improves baby's muscle tone
- Improving balance and co-ordination
- Regulates and strengthens baby's digestive system, this can possibly help with baby's colic, wind and constipation.
- Improves baby's blood flow
- Calming unsettled babies
- Can improve sleep

So find a cosy spot and wear some comfy clothes ready to relax and enjoy.