

# Baby and Me Yoga

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This is a yoga class is designed for moms or a responsible care provider to share with infants up to one year of age. This class includes yoga for babies, including gentle stretches, songs and playful movements, as well as anusara-inspired postnatal yoga for moms. Modifications for moms who have had surgical birth or who need a more gentle practice for any reason are offered.

## Benefits for Mom:

- Increase strength, energy and endurance
- Stabilize strength in pelvic floor and abdominals
- Learn yoga techniques to calm and delight baby
- Bond with your baby
- Network with other new moms
- Reduce anxiety, stress, and tension; especially held in shoulders, back and neck
- Learn breathing techniques to calm you and baby.

## Benefits for Baby:

- Promote better sleep
- Improve digestion
- Stimulate neuromuscular development
- Boost the immune system
- Cultivate self-esteem and positive body image
- Increase body awareness
- Strengthen bond with mom/ care provider
- Reduce anxiety and outside stimulus

Please bring a receiving blanket as your baby's yoga mat and any changing and feeding supplies you will need for baby. Yoga mats for mom as well as any other props are available at the studio, but please feel free to bring your own.

This is a breastfeeding supportive environment. We support all mothers, no matter how you choose to feed your baby, in feeding baby on demand.