



The Benefits of Baby Yoga

Babies are natural yogis! They develop through yoga poses, which can aid in their gross and fine motor skills.

Yoga helps to improve sleeping patterns both in duration and frequency, as well as encourages sleeping through the night.

Yoga poses and stretches for infants aid in digestion, constipation, and relieve gas and colic.

Yoga promotes bonding between parents and babies.

Playful yoga songs and activities (and seeing other babies) help make the whole experience fun! Including tummy time!

Soothing techniques teach parents to help babies to calm themselves.

Increases body awareness, both for baby and parent.

Yoga is a great way for Moms to strengthen their bodies, calm their minds, feel relaxed, and get back in shape.

Yoga reduces stress for both parents and babies.

Baby Yoga creates balance between strength and flexibility in developing bodies, so they grow strong and maintain the flexibility they are born with.

Initiates social interaction in a non-competitive environment for both babies and new parents - it's a great way to meet other new Moms and Dads.

Healthy habits learned early in life become healthy habits later in life.

Babies love yoga!