

**Baby Yoga
Instructor**
LESSON 5 – SETTING THE SCENE

1

Learning Outcomes

By the end of this session, you will understand :

- How to set the room up for a baby yoga class
- The importance of music
- What equipment you will need



2

Room Size

- How many mats do you need to fit in the room?
 - Parent/Carer needs space to be able to take part
- What is a safe ratio?
- How much space do you need to have around you?
- How much space does the instructor need?
- A circle set up always works well for a group <10



3

Access

- Will clients have prams?
 - Babies will be on the floor so we don't want dirty wheels on the same space
- Will they need baby change facilities?
 - We want to encourage using facilities as oppose to changing on the massage mat
- Will they need easy parking?

4

Baby Yoga Room

- Clean
- Warm in temperature
- Babies/Parents/Carers will get warm as they exercise so it doesn't need to be too warm!
- Lighting
 - Babies will be lying supine for lots of the poses so facing up at the ceiling
 - Avoid distractions such as twinkling lights



5

Aroma

- As a newborn, your baby has a highly sensitive sense of smell.
- Though they can't yet recognise you by sight, they will know you by your natural scent and that's what they will most want to smell.
- They will also be drawn to the scent of your breastmilk.
- These smells are connected to his basic need for comfort and food.
- Avoid strong smelling scents/diffusers to avoid over stimulation

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Music

- It aids interaction between parent and baby
- Songs and rhymes engage different parts of the brain with singing and movement
- It encourages fun times in the sessions
- It creates repetitiveness of sounds and movement of mouth which is good for language and speech development
- It teaches parents nursery rhymes and positive ways of interacting with baby
- It makes the movement fun and more interesting for babies
- It can re-engage babies who may have disengaged from the class
- Songs and rhymes teach language for actions, for example, 'touching your nose' encourages the learning of the body part
- Parents and children can continue to enjoy the songs from when they're a baby, to being a toddler and beyond

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Singing to your baby

- The act of singing to your child emotionally settles you, and there is this thing called synchronicity, where your baby and you end up in the same emotional space.
- Mother-infant singing is also associated with greater increases in positive affect and greater decreases in negative affect as well as greater decreases in both psychological and biological markers of anxiety.



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Equipment

- Demonstration doll
- Exercise Mat / Towel
 - Will you provide for the group?
- Cushion
 - Will you provide for the group?
- Music
- Yoga Handouts



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