

**Baby Yoga
Instructor**
LESSON 6 – THE SESSION

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Learning Outcomes

By the end of this session, you will understand :

- How to give visual cues to your baby
- The Core Breath
- The importance of asking permission
- The Yoga Holds



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Visual Cue

- Give the baby a visual cue to let them know the yoga is going to start
- This needs to be a physical action eg hands together in prayer position and saying "Namaste"



3

Ask Permission

- Ask your baby if s/he would like to do yoga. Use the language that you usually use with your baby, and use a key word each time, such as "yoga" or "namaste" to alert your baby to the plan.
- Then watch as your baby responds.
 - Does she look at you?
 - Does he reach out for your hands?
 - How does your baby's facial expressions, body posture, sounds change to indicate readiness or resistance? Is your baby saying "yes"? Or "no"?

4

Still Touch

- Still Touch is a great technique to use to introduce touch to a small baby or newborn.
- It is used in premature baby units.
- Touch over clothes will calm and soothe small babies and help them to regulate their body systems.
- It helps produce oxytocin which is beneficial for both the new parent and baby.
- Starting point after the visual cue / permission



5

The Core Breath

- While placing hands on baby for "Still Touch"
- We encourage parent/carers to begin relaxing the mind and body with the 'core breath'



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Yoga Holds

- Look of love
- See the world
- Cuddle
- Tummy Hold
- Seated Knee
- Under arm
- Standing
- Seated
- Rock a Bye
- Standing Fly

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Look of Love

- Traditional cuddle hold
- Lying gently in crook of arm
- Make eye contact

8

See the World

- This is a safety hold
- Baby's back against your tummy
- One hand under bottom
- Other hand across baby's chest/tummy

9

Cuddle

- This is like "Skin on Skin" position
- Baby is upright with chest resting on your chest

10

Tummy Hold

- This is like an upside down Look of Love
- Baby lies across your arm face down
- Other hand comes between legs onto tummy

11

Seated Knee

- Baby sits upright on your thigh
- Support baby fully front and back
- Cup baby's chin with finger and thumb
- Like a 'winding' position

12

Under Arm

- This is like the rugby ball hold
- Hold baby face down at your side, waist height

13

Standing

- This is like a hip carrying position
- Baby facing outwards on your hip
- Arm comes over baby's shoulder and under the bottom.

14

Seated

- Baby is upright facing outward
- Back supported by your body
- Hold onto baby's feet with one hand
- Other hand comes in front of baby

15

Rockabye

- From the Look of Love, lift baby up into arms
- One hand hold onto feet
- Rock baby side to side

16

Standing Fly

- Baby cradled in arms (Facing in/out depending on age)
- Wide stance for parent/carer
- Gently swing baby close to your body

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