

**Baby Yoga
Instructor**
LESSON 1 – HISTORY OF BABY YOGA

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Objectives

By the end of this session you will understand:

- What is baby yoga?
- This history of baby yoga
- Which yoga we base our practice on
- How baby yoga works
- The three key considerations

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What is it?

- It is not yoga in its traditional sense.
- Series of movements to promote general health & wellbeing.
- Practised with songs to encourage rhythm and communication.
- Opportunity to practise "touch"
- No experience needed
- Natural for babies - Why?



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History of Baby Yoga

- The exact origins of baby yoga are not certain.
- Certainly it has been practiced in India for hundreds of years, but it is not clear whether it began as a separate discipline to adult yoga or whether it originated from instinctive movements which mothers practiced with their babies after birth.
- Today, even in the West, yoga is not just practiced and available for adults. The routines and postures have become adapted for young children and babies.

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Hatha Yoga

- Baby Yoga is based on Hatha Yoga principles.
 - Ha = Sun
 - Tha = Moon
- It is based on postures and breathing techniques.



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How does it work?

- It is an interactive routine performed with baby and parent/carer
- Carer helps baby into carefully developed movements
- These may include
 - Gentle stretching of limbs
 - Encouragement of baby to imitate mothers breathing pattern

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Babies are natural yogi's

- Prefer to breathe through the nose
- Only concerned with the present moment
- Love unconditionally
- Practice non-violence
- Practice poses are part of development

Helen Garabedian



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Key Considerations

- Babies must be minimum of 8 weeks
- C- Section mums may need to wait a little longer
- Never overstretch babies joints/muscles

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