



Baby Yoga Information

What is baby yoga?

Baby yoga is based on traditional yoga movements which have been used to help improve health and wellbeing. It takes much from the practice of yoga incorporating aspects of breathing, stretching and relaxation. Baby yoga sessions also include massage and songs to relax and captivate baby's attention and to increase the fun. There will also be gentle yoga inspired stretches for you.

Baby yoga uses various poses and positions to promote baby's general health and support baby development. They can help to increase a baby's flexibility, provide beneficial stretching, improve muscle tone and co ordination. Baby yoga also provides tummy time and active play in the form of rolls, swings and dips which help to develop baby's sense of balance and body awareness.

Remember yoga is non competitive. It is for everyone. There is no goal, just participation.

Benefits for you and your baby

For Parents

Special time with your baby;
Gentle stretching to encourage
the body to heal after pregnancy
and boost wellbeing;
Learn breathing and relaxation
techniques for use at home;
Learn soothing and calming
techniques for your baby;
Learn more about your baby
and encourage communication
between you;
Make friends and feel
supported.





For baby

Help relieve colic and help unsettled babies relax;

Meet early developmental needs of the baby through touch, movement, sight and sound;

Develop flexibility, encourage postural control and increase body awareness.

Help your baby get to know you and build up a relationship of trust and confidence;

Provide time together;

May help improve feeding, sleeping and settling patterns.

GUIDELINES FOR SAFE PRACTICE

Naturally nurturing little ones



Some reminders for safe and enjoyable baby yoga practice at home.

Remember to keep all dynamic movements like swings and drops smooth and close to your body when your baby is young – work kneeling with cushions or over a bed until you are confident that your holds are secure.

Avoid big swings and drops until your baby is 12-16 weeks old – you can still enjoy the sensations as a micro movement, using your body to support the baby.

Ensure you give your baby adequate head support, by placing your hands carefully for rolling, swinging etc.

Avoid any shaking or jerky movements – let the sensations be smooth and supported.

Remember to check your own posture and balance before commencing yoga – Make sure you prepare yourself with some deep breathing. Try to keep your body in alignment.

Avoid activities that strain your back. Bend your legs to lift safely. Support yourself in a comfortable position for massage or yoga sessions. If you have any pain in your body, stop and make sure you give your body a chance to recover.

Move at the pace suited to your baby's mood. Expect this to differ from each day and do not expect to follow the same sequence of activities for every session.

Do not over excite your baby as his concentration span is still quite limited and his nervous system developing.

Avoid activities that your baby does not enjoy. Return to an old favourite if he/ she is distressed and re-introduce a new idea when he is in a more receptive mood. Always take the lead from your baby and observe his responses to different poses even if other babies are enjoying an activity.

Try to incorporate music, movement and dance into your sessions.

Avoid doing yoga if you are not in the mood. Regular practice when the moment is right is far more effective than trying to force a baby to join in.

Try to involve other family members in your sessions from time to time. Make the yoga part of your every day handling of your baby. Older children will love to join in with the session and can benefit from the sessions too.

Avoid doing yoga immediately after a feed. It is best to wait 40 minutes to help digestion.

BLOSSOM & BERRY BABY MASSAGE AND YOGA SONG SHEET

IF YOU ARE READY FOR A MASSAGE RUB YOUR HANDS

IF YOU ARE READY FOR A MASSAGE RUB YOUR HANDS (RUB YOUR HANDS)

IF YOU ARE READY FOR A MASSAGE RUB YOUR HANDS (RUB YOUR HANDS)

IF YOU WANT TO HAVE SOME FUN (RUB YOUR HANDS)

WITH YOUR REALLY WONDERFUL MUM (RUB YOUR HANDS)

IF YOU'RE READY FOR A MASSAGE RUB YOUR HANDS (RUB YOUR HANDS)

Benefit-A fun way to ask permission to massage

BODY MASSAGE

MR SUN SONG

MR SUN, SUN, MR GOLDEN SUN (Arms wide like the sun)

PLEASE SHINE DOWN ON ME (Stroke down baby's body)

MR SUN, SUN, MR GOLDEN SUN (Arms wide like the sun)

HIDE BEHIND A TREE (Peek a Boo)

THESE LITTLE CHILDREN ARE ASKING YOU (Pointing at baby)

TO PLEASE COME OUT SO THEY CAN PLAY WITH YOU (Pointing at baby)

MR SUN, SUN, MR GOLDEN SUN (Arms wide like the sun)

PLEASE SHINE DOWN ON ME (Stroke down baby's body)

Benefit-Relaxation for mum and baby

FACIAL MASSAGE

CHEEK CHIN

CHEEK CHIN (STROKE CHEEK CHIN)

CHEEK CHIN (STROKE CHEEK CHIN)

CHEEK CHIN (STROKE CHEEK CHIN)

NOSE

CHEEK CHIN (STROKE CHEEK CHIN)

CHEEK CHIN (STROKE CHEEK CHIN)

CHEEK CHIN (STROKE CHEEK CHIN)

TOES

ARM MASSAGE

TRAIN

CHOO CHOO TRAIN RUNNING DOWN THE TRACK (MASSAGE FROM WRIST TO SHOULDER)

CHOO CHOO TRAIN CHUGGING CHUGGING BACK (MASSAGE FROM TOP OF SHOULDER TO WRIST)

LEG AND FOOT

FEET

MASSAGE THE FOOT ALL OVER

THIS LITTLE PIGGY WENT TO MARKET (ROTATE TOES)

LEG MASSAGE

Use a special toy to get baby to lie down

INCY WINCY SPIDER

Incy wincy spider climbed up the water spout (Massage from ankle to thigh)

Down came the rain and washed the spider out (Massage from thigh to ankle)

Out came the sun and dried up all the rain (Draw sun on tummy or back)

Then Incy Wincy spider climbed up the spout again (Massage from ankle to thigh)

JELLY ON A PLATE

Jelly on a plate (Roll the leg from thigh to ankle)

Jelly on a plate

Wibble Wobble

Wibble Wobble

Jelly on a plate

TUMMY MASSAGE

BENEFITS- All these movements and strokes are great for boosting digestion, eliminating wind, reducing constipation.

ROUND AND ROUND THE TUMMY WE GO

ROUND AND ROUND THE TUMMY WE GO (Circular clockwise movements on the tummy)

NOT TOO FAST NOT TOO SLOW (Circular clockwise movements on the tummy)

ROUND AND ROUND THE TUMMY WE GO (Circular clockwise movements on the tummy)

ARM TO ARM (Stroke arm to arm)

HEAD TO TOE (Stroke from head to toe)

LAP GAMES AND SONGS

UP AND DOWN

Sit baby on the knees. Hold him firmly under the armpits. Follow the movements and lifts below.

UP AND DOWN (lift)

UP AND DOWN (lift)

SIDE TO SIDE

SIDE TO SIDE

FORWARDS AND BACKWARDS

FORWARDS AND BACKWARDS

AND HERE WE GO AGAIN (bounce on knee)

UP AND DOWN (lift)

UP AND DOWN (lift)

SIDE TO SIDE

SIDE TO SIDE

AND ROUND AND ROUND (move round and round)

AND ROUND AND ROUND

AND NOW IT'S TIME TO STOP (stop)

ZOOM ZOOM ZOOM

ZOOM ZOOM ZOOM (BOUNCE BABY ON KNEE)

WE'RE GOING TO THE MOON

**ZOOM, ZOOM, ZOOM
WE'RE GOING TO THE MOON.**

**IF YOU WANT TO TAKE A TRIP,
CLIMB ABOARD MY ROCKET SHIP.**

**ZOOM, ZOOM, ZOOM
WE'RE GOING TO THE MOON.**

**5, 4, 3, 2, 1,
BLAST OFF!
(LIFT CHILD UP GENTLY IN THE AIR)**

HIP AND LEG SEQUENCE

OPEN CLOSE THEM

OPEN CLOSE THEM (OPEN AND CLOSE LEGS)

OPEN CLOSE THEM (OPEN AND CLOSE LEGS)

DON'T GET IN A MUDDLE (ROLY POLY)

OPEN CLOSE THEM OPEN CLOSE THEM (OPEN AND CLOSE LEGS)

GIVE YOURSELF A CUDDLE (HALF LOTUS)

HEY DOWN DIDDLY DUM

HEY DOWN DIDDLY DUM (Knees to the chest)

HEY DOWN DIDDLY DUM (Knees to the chest)

HEY DOWN DIDDLY (Knees to the chest)

HEY DOWN DIDDLY (Knees to the chest)

I'VE GOT A WONDERFUL MUM (Kiss baby on the face)

ROLY POLY

ROLY POLY UP (Lift legs towards head)

ROLY POLY DOWN (Bring legs towards floor)

ROLY POLY IN (Bring knees to chest)

ROLY POLY OUT (Bring legs together)

AND ROLY POLY VERY SLOWLY (Slowly roll legs around each other)

ROLY POLY ROLY POLY ROLY POLY (Roll them quickly)

WIND THE BOBBIN UP

WIND THE BOBBIN UP (ROLL LEGS)

WIND THE BOBBIN UP (ROLL LEGS)

PULL PULL (LIFT UP SLIGHTLY)

CLAP CLAP CLAP (FEET CLAP)

WIND IT BACK AGAIN (ROLL LEGS)

WIND IT BACK AGAIN (ROLL LEGS)

PULL PULL (LIFT UP SLIGHTLY)

CLAP CLAP CLAP (FEET CLAP)

POINT TO THE CELLING (FEET POINT)

POINT TO THE FLOOR

POINT TO THE WINDOW

POINT TO THE DOOR

CLAP YOUR FEET TOGETHER 1, 2, 3

PLACE YOUR HANDS UPON YOUR KNEES

BALANCES

MY BONNIE LIES OVER THE OCEAN

MY BONNIE LIES OVER THE SEA

MY BONNIE LIES OVER THE OCEAN

SO BRING BACK MY BONNIE TO ME

BRING BACK

BRING BACK

OH BRING BACK MY BONNIE TO ME TO ME

BRING BACK

BRING BACK

OH BRING BACK MY BONNIE TO ME

PRONE WORK

**THE WHEELS ON THE BUS GO ROUND AND ROUND
ROUND AND ROUND
ROUND AND ROUND
THE WHEELS ON THE BUS GO ROUND AND ROUND
ALL DAY LONG**

SWINGS

FIVE LITTLE DUCKS

**FIVE LITTLE DUCKS WENT SWIMMING ONE DAY
OVER THE HILL AND FAR AWAY
THE MUMMY DUCK SAID “QUACK QUACK QUACK QUACK”
BUT ONLY FOUR LITTLE DUCKS CAME BACK
FOUR LITTLE.....
THREE LITTLE.....
TWO LITTLE
ONE LITTLE.....
.....ALL THE DUCKS CAME SWIMMING BACK**

ZOOM ZOOM ZOOM

**ZOOM, ZOOM, ZOOM
WE'RE GOING TO THE MOON.**

**ZOOM, ZOOM, ZOOM
WE'RE GOING TO THE MOON.**

**IF YOU WANT TO TAKE A TRIP,
CLIMB ABOARD MY ROCKET SHIP.**

**ZOOM, ZOOM, ZOOM
WE'RE GOING TO THE MOON.**

**5, 4, 3, 2, 1,
BLAST OFF!
(LIFT BABY GENTLY IN THE AIR)**

WHAT SHALL WE DO WITH THE CHEEKY BABY

WHAT SHALL WE DO WITH THE CHEEKY BABY

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WHAT SHALL WE DO WITH THE CHEEKY BABY

EARLY IN THE MORNING

HOORAY AND UP SHE RISES

HOORAY AND UP SHE RISES

HOORAY AND UP SHE RISES

EARLY IN THE MORNING

BLOSSOM & BERRY YOGA INSPIRED MOVEMENTS

LEG/HIP MOVEMENTS

KNEES TO CHEST-Happy and you know it....

KNEES TO SIDE TO SIDE- Happy and you know it.....

ROUND AND ROUND- Here we go round the mulberry bush.....

HALF LOTUS

FULL LOTUS

ROLY POLY-Roly Poly Up.....

BUTTERFLY

OPEN AND CLOSE HIPS- Open Close Them.....

FIRST FOOTSTEPS

LEG STRETCH AND RELEASE

MINI PLOUGH/KISSING TOES- Hey Down diddly dum/Grand old duke

ARMS

CIRCLE STRETCHES-Twinkle Twinkle

OPEN STRETCHES & BINDING-Open Close Them

ROLLING ARMS- Roly Poly

LIFT STRETCH

BINDING

DIAGONALS

BINDING

DIAGONAL STRETCH

BRAIN OPPOSITE CIRCLES-Wheels on the bus

ON THE FLOOR

FIRST FLIER-Zoom Zoom Zoom

AEROPLANE-Horsey Horsey don't you stop

SEAT DIPS- Saw Saw Majory Daw

WAVE MOVEMENTS

BALANCES

SEE SAW- Bonnie Lies over the ocean/Row Row the boat

SITTING BALANCE

STANDING BALANCE

PRONE POSITIONS ON FLOOR

SAUSAGE ROLL-Wheels on the bus

MINI COBRA

INDIAN BOUNCING

HOLDS

CRADLE HOLD

SAFETY HOLD FORWARD

SAFETY HOLD PRONE

BUNDLE HOLD

FIREMAN'S HOLD

TIGER IN THE TREE

SWINGS

FORWARD SWING (See Swinging songs)

MINI DIPS AND LIFTS

DIPS



OVER HEAD LIFT

LIFTING SONGS-ZOOM ZOOM ZOOM, UP AND DOWN

WALKS

LUNGE WALK, TIPTOE WALK, LIFT AND WALK, CROSS WALKING

