



Baby Yoga Teaching Plans

FOUR WEEK BABY YOGA COURSE

The course can be expanded to five or six weeks by repeating some of the movements or teaching less movements each week. In addition, once you feel confident with the movements you can change the teaching order to reflect your individual teaching style. The following plans are just a guide to give you initial confidence to teach. We have left spaces on the plan below for you to add the benefits of each movement you are teaching. It is very important to explain the benefits to parents during the class. There is also flexibility as to what adult poses you teach depending on your confidence practicing yoga. As a guide classes generally last between 60-90 minutes.

DEMONSTRATING MOVEMENTS AND USING SONGS

When you are teaching the movements to parents it is important to try and use the structure below;

- **Introduce movement/pose.**
- **Demonstrate pose to parents.**
- **Describe the benefits of the pose.**
- **Do the pose again with the parents, observing throughout.**
- **Repeat the pose again.**
- **Combine the pose with a song where appropriate. (see the DVDs and suggested song list in Module 4).**
- **Repeat the song/movement combination.**
- **Check everyone has understood and mastered the pose.**

When repeating the movements and poses on future weeks you can recap on the benefits, observe parents are practicing correctly and then introduce the song and movement combination.

WEEK ONE

Arrive 10 minutes before classes begins to set up. Remember to set up your mats in a horseshoe shape if possible. Create a relaxing environment using music and lighting. Make sure you assess your room for any risks etc.

CLASS STRUCTURE

GROUND RULES- 3-5 mins

Introduce yourself and Blossom & Berry and welcome class.

Ensure all parents are aware of health and safety issues including the position of the fire exits, toilets, what to do in the event of a fire and where the first aid box is located.

Cover the ground rules of your class. Some ideas for these are set out in Module 5.

COURSE CONTENT- 3-5 mins

Introduce the course and what will be covered. Including:

- Course content-You will be teaching gentle yoga stretches for babies and complimentary yoga inspired stretches for parents.
- Structure of course-You will be meeting each week, new movements will be taught and previous ones repeated.
- Times-Cover the start and finish times of the session.
- Explain that the babies are in charge of the class and that parents should feel relaxed if their baby does not want to do yoga, wants to feed, sleep or cry. Parents should take the lead from their babies.

Tell parents what is in their course materials-These will be unique to your class.

Explain about your spare baby massage doll if a baby is asleep/ feeding

Remind parents that if they miss a week, it is not a problem as stretches are repeated.

ICE BREAKER- 5 mins

Ask the group to go around the circle and say;

Your name

Baby's name

Baby's age

Why he/she chose his/her baby's name?

INTRODUCE WHAT IS BABY YOGA? BENEFITS FOR BABY AND PARENTS-5 mins

Do and Don'ts of yoga- Refer to the sheet in your file. Below are some key points about yoga which are good to remember;

Yoga;

Is for everyone

Is non competitive

Aids flexibility

Strengthens muscles

Aligns the spine

Develops vestibular system

Encourages active play to aid relaxation and sleep.

Aids relaxation

Can enhance the bonding process

Provides stimulation and encourages baby's development

DISCUSS CONTRA-INDICATIONS FOR YOGA-3 mins

Refer to your file for information on this in detail but in summary avoid yoga if a baby is unwell, has a tummy upset, temperature, an infection or has any chronic medical condition unless GP consent has been obtained.

RELAXATION EXERCISES FOR PARENTS-5-10 minutes

- Shake out tension from body
- Breathing exercise and arm stretch.
- Figure of 8 with head and neck
- Shoulder stretch-Shoulders to ears and then release.
- Draw name with hips
- Forward bend
- On the floor open leg side stretch
- Forwards bend to toes on floor
- Butterfly stretch with soles facing and hips open.

BREATHING EXERCISE-3-5 minutes

Encourage parents to sit with legs crossed in front of them or in Sukasana Pose.

Use a breathing technique to help relax parents. Reverse breathing is a great one to use as it also tones the pelvic floor at the same time.

DRY MASSAGE ROUTINE-10 minutes

Follow the suggested dry massage routine on the DVD. Plan your sequence below;

BABY BALANCES-5 minutes

SITTING

STANDING

SEE SAW BALANCE

PRONE POSITIONS-5 minutes

INDIAN BOUNCING

SAUSAGE ROLL

MINI COBRA

LAP SONGS-3 minutes

UP AND DOWN SONG

PARENT'S POSES-5-10 minutes

CAT POSE

COW POSE

CAT TO COW POSE

CHILD POSE

DONKEY KICKS-If appropriate. Assess the number of weeks since birth, type of birth and recovery rate.

BABY YOGA HIP MOVEMENTS SECTION-10 minutes

LEG STRETCH AND DROP (RELEASE)

KNEES TO CHEST

KNEES TO TUMMY

KNEES TO SIDE

FIRST FOOTSTEPS

STANDING POSES FOR PARENTS-5 minutes

MOUNTAIN POSE

HOLDS FOR BABY-5 minutes

CRADLE HOLD

SAFETY HOLD FORWARD

PRONE HOLD

BUNDLE HOLD

FIREMAN'S HOLD

TIGER IN THE TREE

WALKS FOR PARENTS- 3-5 minutes

Choose a walk of your choice. Examples include;

Tightrope walk

Tiptoes walk

Energetic walk.

SWINGS AND DIPS 3-5 minutes

Teach swinging and dipping movements to parents and then do a swinging song of your choice. An excellent one to begin with is "Three little ducks went swimming one day". (See DVD)

RELAXATION-3-5 minutes

We would suggest you begin with a short walking relaxation exercise to help parents focus on breathing and slowing the body down. The waking rhythm also helps to relax babies and can prepare them for a longer relaxation exercise.

WALKING RELAXATION- BREATHE IN AND THEN EXHALE AS TAKE A STEP

Depending on the mood of the babies you can extend this to a lying down relaxation, sitting or rocking relaxation.

**CLOSE- SUGGEST PARENTS GIVE THEIR BABIES A BIG CUDDLE
AND THANK THE GROUP FOR COMING**

SESSION TWO

Arrive 10 minutes before classes begins to set up. Remember to set up your mats in a horseshoe shape if possible. Create a relaxing environment using music and lighting. Make sure you assess your room for any risks etc.

CLASS STRUCTURE

WELCOME-3 minutes

Make sure everyone is happy and healthy and that no one has had any problems from last week.

RELAXATION EXERCISE FOR PARENTS-10 minutes

- Shake out tension from body
- Breathing exercise and arm stretch.
- Figure of 8 with head and neck
- Shoulder stretch-Shoulders to ears and then release.
- Draw name with hips
- Forward bend
- On the floor open leg side stretch
- Forwards bend to toes on floor
- Butterfly stretch with soles facing and hips open

BREATHING EXERCISE-3-5 minutes

Encourage parents to sit with legs crossed in front of them or in Sukasana Pose.

Use a breathing technique to help relax parents. Reverse breathing is a great one to use as it also tones the pelvic floor at the same time.

DRY MASSAGE ROUTINE- 10 minutes

PARENT'S POSES-5-10 minutes

CAT POSE

COW POSE

CAT TO COW POSE

CHILD POSE

DONKEY KICKS-If appropriate. Assess the number of weeks since birth, type of birth and recovery rate.

BABY YOGA STRETCHES ON FLOOR 5-10 minutes

AEROPLANE/FIRST FLIER

SEAT DIPS

PELVIC TILTS

BABY LIFT

LAP SONGS-3-5 minutes

UP AND DOWN SONG

BABY YOGA HIP SECTION-10 minutes

BICYCLE STRETCH

KISSING TOES/MINI PLOUGH

OPEN/CLOSE HIPS

HALF LOTUS/FULL LOTUS POSITION

ROLLING LEGS

TOES TO SHOULDERS TOUCH

STANDING POSES FOR PARENTS-5 minutes

MOUNTAIN POSE

STANDING BEND

WALKS FOR PARENTS-5 minutes

Choose a walk to practice with the parents to suit the pace of the class.

SWINGS AND DIPS-5 minutes

ZOOM ZOOM ZOOM

THREE LITTLE DUCKS WENT SWIMMING

RELAXATION-5-10 minutes

WALKING RELAXATION WHICH CAN BE EXTENDED TO A FURTHER
RELAXATION IF APPROPRIATE.

CUDDLE AND THANK GROUP FOR COMING

SESSION THREE

Arrive 10 minutes before classes begins to set up. Remember to set up your mats in a horseshoe shape if possible. Create a relaxing environment using music and lighting. Make sure you assess your room for any risks etc.

WELCOME-3 minutes

Make sure everyone is happy and healthy and that no one has had any problems from last week.

RELAXATION EXERCISE FOR PARENTS-5-10 minutes

- Shake out tension from body
- Breathing exercise and arm stretch.
- Figure of 8 with head and neck
- Shoulder stretch-Shoulders to ears and then release.
- Draw name with hips
- Forward bend
- On the floor open leg side stretch
- Forwards bend to toes on floor
- Butterfly stretch with soles facing and hips open

BREATHING EXERCISE-3-5 minutes

Encourage parents to sit with legs crossed in front of them or in Sukasana Pose.

Use a breathing technique to help relax parents. Reverse breathing is a great one to use as it also tones the pelvic floor at the same time.

DRY MASSAGE ROUTINE-10 minutes

BALANCES

SITTING

STANDING

SEESAW BALANCE

BABY YOGA STRETCHES FOR THE ARMS-5 to 10 minutes

ROLLING ARMS

BIG CIRCLES

BINDING ARMS (BEAR HUG)

OPEN/CLOSE ARMS

ARMS UP AND DOWN

TWINKLE TWINKLE LITTLE STAR SEQUENCE

(TOMMY THUMB FINGER MASSAGE SONG CAN BE USED HERE IF YOU NEED TO ADD AN ADDITIONAL ACTIVITY FOR PARENTS AND BABIES.)

PARENT'S POSES 5-10 minutes

CAT

COW

CAT TO COW

CHILD

DONKEY KICKS-Where appropriate.

BALANCE-Only appropriate for parents with good abdominal tone. Consider this movement for a more advanced class or continuation classes only.

LAP SONGS-5 minutes

UP AND DOWN SONG OR ANOTHER LIFTING SONG.

BABY YOGA HIP SECTION-10 minutes

KNEES TO TUMMY

OPEN/CLOSE HIPS

LOTUS/HALF LOTUS

MARCHING

KISSING TOES/MINI PLOUGH

ROLLING LEGS

STANDING POSES FOR PARENTS-5-10 minutes

MOUNTAIN POSE

STANDING FORWARD BEND

WALKS FOR PARENTS-5 minutes

ENERGISING WALK

WALK AND HOLD

SWINGS AND DIPS-5 minutes

THREE LITTLE DUCKS WENT SWIMMING
WHAT SHALL WE DO WITH THE CHEEKY BABY

RELAXATION-5 minutes

WALKING RELAXATION- BREATH IN AND THEN EXHALE AS TAKE A STEP

CUDDLE AND THANK YOU

SESSION FOUR

Arrive 10 minutes before classes begins to set up. Remember to set up your mats in a horseshoe shape if possible. Create a relaxing environment using music and lighting. Make sure you assess your room for any risks etc.

CLASS STRUCTURE

RELAXATION EXERCISE FOR PARENTS- 10 minutes

- Shake out tension from body
- Breathing exercise and arm stretch.
- Figure of 8 with head and neck
- Shoulder stretch-Shoulders to ears and then release.
- Draw name with hips
- Forward bend
- On the floor open leg side stretch
- Forwards bend to toes on floor
- Butterfly stretch with soles facing and hips open

BREATHING EXERCISE-3-5 minutes

Encourage parents to sit with legs crossed in front of them or in Sukasana Pose.

Use a breathing technique to help relax parents. Reverse breathing is a great one to use as it also tones the pelvic floor at the same time.

DRY MASSAGE ROUTINE- 10 minutes

BALANCES

SITTING BALANCE

STANDING BALANCE

SEE SAW BALANCE

BABY STRETCHES ON FLOOR 5-10 minutes

AEROPLANE/FIRST FLIER

SEAT DIPS

PELVIC TILTS

BABY LIFT

DIAGONAL STRETCHES-5-10 minutes

CIRCLE STRETCHES (BRAIN CIRCLES)

OPPOSITE BINDING

DIAGONAL STRETCH

LAP SONGS-5 minutes

UP AND DOWN SONG

PARENTS POSES

CAT

COW

CAT TO COW

CHILD

DONKEY KICKS (as appropriate).

PRONE POSES

INDIAN BOUNCING

SAUSAGE ROLL

MINI COBRA

HIP SECTION

LEG STRETCH AND DROP (RELEASE)

KNEES TO CHEST

KNEES TO TUMMY

KNEES TO SIDE

FIRST FOOTSTEPS

BICYCLE STRETCH

KISSING TOES/MINI PLOUGH

OPEN/CLOSE HIPS

HALF LOTUS/FULL LOTUS POSITION

ROLLING LEGS

TOES TO SHOULDERS TOUCH

ARM STRETCHES FOR BABY-5-10 minutes

ROLLING ARMS

BIG CIRCLES

BINDING ARMS (BEAR HUG)

OPEN/CLOSE ARMS

ARMS UP AND DOWN

TWINKLE TWINKLE LITTLE STAR SEQUENCE

STANDING POSES FOR PARENTS-5-10 minutes

MOUNTAIN POSE

FORWARD BEND

WALKS FOR PARENTS- 5 minutes

ENERGISING WALK

WALK AND HOLD

SWINGS AND DIPS -5 minutes

THREE LITTLE DUCKS WENT SWIMMING

ZOOM ZOOM ZOOM

RELAXATION-5-10 minutes

WALKING RELAXATION- BREATH IN AND THEN EXHALE AS TAKE A STEP

CUDDLE AND THANK THE GROUP