



BABY YOGA EXTRAS FOR MOTHERS

Energy Bliss Balls and Essential Oil Aromatherapy
By Mel Craven

Energy Bliss Balls Recipe



These little balls of bliss are perfect for making up in a huge batch and keeping all week for those moments when you are on the go or want to offer your clients a nutritious snack.

The basic rule of thumb, is start off with your dry ingredients (oats, nuts, superfood powders, cocoa nibs etc.) and mill them in a food processor until they are mostly like a flour.

You can keep larger nutty or oatly pieces if you like the crunch. Then begin adding the sticky ingredients which are dates (or fresh coconut, or dried apricots or figs) Add the sticky stuff little by little, processing and blending in between each addition.

Keep adding until the mixture resembles a cookie dough. No need to put in any extra honey or oils as the more you mix the more the dates and nuts will release their natural oils.

I use a Thermomix which is a very powerful blender that also heats slowly if the mixture needs to come together more. You could achieve a similar result by stirring the mixture over a low heat.

Roll the mixture into balls between your palms and decorate by rolling in dried coconut or sesame seeds. It's that easy.

Use half dry ingredients and half sticky ingredients.

So if you are using $\frac{1}{2}$ cup of almonds and $\frac{1}{2}$ cup of rolled oats – then add 1 cup of pitted dates (Don't forget to take out the date pits or you may break your blender)

There are many versions of these energy balls online. I personally love Bless This Mess – especially her lemony ones. Lemon, coconut and Dates go so well together. Go wild and experiment with your favorite nuts and fruit. You can go nut free of course. Just add desiccated coconut and cacao nibs and oats as your dry base.

<https://www.blessthemessplease.com/9-energy-bites-recipes/>



Essential Oils and Aromatherapy

- Essential Oils are a lovely addition to your class if used safely and kept away from baby.
- I like to pamper my mothers that come to Baby Yoga by giving them a little take home sniffy cotton pad to pop in their purse or car to help them keep their calm. The oils I use are all 100% essential oils (I get mine from Young Living but any really good brand will do) They LOVE their take home aromatherapy.
- Do Not Apply directly to skin – Place one to two drops on a cotton pad (like the ones you remove make up with)
- Hand out at the end of the class as a take home gift.
- Bonus is that your classroom or yoga space will smell divine also as everyone leaves in a cloud of pampered aromatherapy bliss.



The oils that I recommend are:

Lavender (for calming and soothing the central nervous system. Young Children also find this scent calming when diffused in their environment)

https://www.youngliving.com/en_EU/products/lavender-essential-oil

Orange (to evoke feelings of joy and happiness)

https://www.youngliving.com/en_EU/products/orange-essential-oil

Peppermint (to wake up and refresh – good for mothers getting little sleep who need to drive and stay attentive. Peppermint also helps with stuffy noses and headaches)

https://www.youngliving.com/en_EU/products/peppermint-essential-oil

Peace & Calming (A Young Living Blend that is a favorite in my yoga classes with hints of vanilla and lime)

https://www.youngliving.com/en_EU/products/peace-calming-essential-oil

