

HAPPY BABY YOGA CLASSES AT YOGA ELEMENTS



B.A.B.Y. BRING A BABY YOGA

Join our warm community of moms and babies as you nurture your baby while caring for yourself. B.A.B.Y. yoga offers an opportunity for moms, dads, grandparents, or a caregiver to bond with baby through movement and touch. Engage with baby in creative play in an atmosphere of pleasure and relaxation. For moms, your yoga action will strengthen your postpartum body while building trust and security with baby. Baby yoga is appropriate until baby is crawling.

MOVERS & CRAWLERS/TODDLER'S YOGA FLOW

Movers and Crawlers Yoga is designed for babies between the ages of crawling to 18 months. Practicing yoga with baby offers moms, dads, grandparents and caregivers the opportunity to bond with their little ones through movement and touch. Move through a delightful flow of sequences involving mini meditations, songs, games, dance and more. Babies are free to move about in a safe environment and discover movement that feels good in their bodies.

PRENATAL YOGA

Prenatal Yoga is designed to help expecting mothers connect with their body, baby and other mothers-to-be. It is a safe flow of sequences that follow the phases of birth. These sequences will teach breath awareness, deep relaxation and meditation while strengthening muscles that will support baby during pregnancy and birth. We will work together to alleviate pregnancy related discomforts. Prenatal Yoga will offer women the opportunity to develop friendships and share the highs and lows of pregnancy. Important topics regarding pregnancy and labor will be discussed in a nonjudgemental and caring atmosphere.

To view class schedules and/or to preregister for class, visit yogaelementswi.com. Follow the Happy Baby Yoga WI Facebook page for class updates. Drop-in classes are available for \$14 per class. Please check the online schedule to make sure the class is offered on the day you are planning to attend. Please contact the instructor with any questions at happybabyyoga65@gmail.com.

JACQUELINE WRIGHT

200 RYT , 85 PRYT

Certified baby/postnatal yoga instructor, doula

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