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# Parent and Baby Class

- The parent and baby class is open to all, those who have been practicing yoga for many years and those who are completely new to yoga.
- The class aim is to provide a supportive and fun environment to new mum's offering them a great way to ease their way back into exercise after the birth of their baby, discovering how yoga can help them stretch, strengthen and tone their body whilst teaching them the benefits of relaxation and good breathing techniques.
- As this is a class for mother and baby, the baby is not forgotten and the session will include gentle yoga for their baby, music and rhymes throughout the class will be completed in a relaxed atmosphere, encouraging special interaction and bonding opportunity for the parent and their new baby.

**6 week class starting  
Wednesday 9th January  
11am-11.50am**

**Parents can attend the classes with their new born from 6 weeks after their birth or 10 weeks if they had a cesarean.**

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# The Benefits

Physical benefits including improved pelvic floor, posture, tightening of the abdominal muscles and strengthening the back as well as relieving tension in the neck and shoulders.

It can also assist with milk supply and stimulate the milk ejection reflex.

Yoga can help reconnect, refresh and re-energise the mother enabling her to tackle the sleep deprivation/exhaustion and other difficulties or struggles she could face post labour.

Her baby will also benefit as it can help prevent colic and constipation

Encourages baby's development through tactile stimulation and helps

Promote more and better sleep.

It is reported that babies who practice yoga seem to be much more in control of their bodies through balance, co-ordination and motor skills.

Improving overall muscle development, aiding respiration and digestion.

Encourages the mother and baby to find time and space for relaxation,

bringing calmness and confidence to both of them.

## Parent and Baby

**Aimed at mothers and babies open to other principal carers too including fathers and grandparents.**