



Little Lotus Baby Yogi + Course Content

This course has been designed to follow on from Baby Yoga, helping parents to stay connected to the Baby Yoga practice that they have learnt and to build up their knowledge and understanding of Baby Massage and how to combine the two.

Little Lotus Baby Yogi + is booked on a 4 week basis. Each week we will revisit Baby Yoga practises we have learnt on the previous course and adding in a new massage element and some baby sensory play.

The structure of each session can be summarised as;

*Relaxation for parents
Baby yoga routines
Baby massage focus
Sensory relaxation
Refreshments*

*Massage focus
Week 1 Leg and arms
Week 2 Reflexology
Week 3 Tummy
Week 4 Back & facial*



Little Lotus Baby Yogi + Next step.....

What is the next step on from Baby Yogi +? After the 4 weeks if parents want to continue the next 4 weeks will look at clustering different yoga flows and massage strokes that can be used together to aid with;

Week 1 Tummy Troubles

Week 2 Boosting the Immune system and soothing colds

Week 3 Different sensory systems

Week 4 Parents can chose a focus of interest