

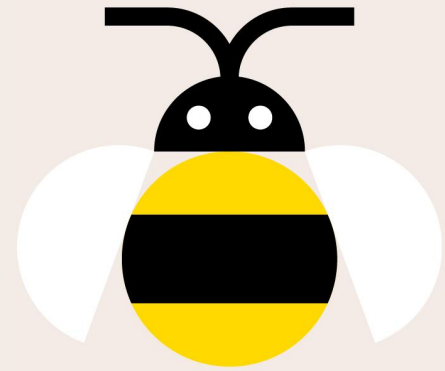
# Baby Yoga

For Ages: Infant

You are never too young to start a yoga practice. For babies who are natural yogis, yoga is an ideal activity to build the core strength needed for sitting and walking. It also improves circulation, digestion and reduces overall stress. Here is a way to begin a yoga practice to help you start on the road for the development of this healthy habit for now and later in life.

## Materials You'll Need

- [Relaxing Music](#)



## Directions

1. **Leg stretch:** Put your child on their back and then bring one leg at a time towards the nose a few times
2. **Arm Opener:** Reach one arm across to the opposite shoulder a few times
3. **Child's Pose:** Put them on their tummies and bend each knee up in a crawling position
4. **Quadricep Loosener:** While still on their tummies, bend each leg so that their heel hits their bottom
5. **Lengthening Stretch:** In a sitting position, lift your babies arms really high
6. **Core Awareness:** Lying your child on their tummy, station their hands and feet on the floor and gently lift the center of their body ( their tummy) off the ground a little.
7. **Happy Baby Pose:** Lying your child on their back have them grab their feet with their hands and rock them gently