

THE TODDLERS
ARE COMING!



Little Lotus Baby



TODDLER YOGA





Little Lotus Baby Toddler Yoga Workshop

This workshop has been designed with love, to encourage parents and infants to explore and engage with Yoga, fun and relaxation together. During a session we will touch on:



- *Silly Silence*

Movement & games that encourage being silent and explore what quiet is

- *Toddler Yoga Breathing*

Exploring different resources & games to help us become aware of our breath

- *Playful Movement*

Warm up our body's and explore how they move and feel.

Engaging with how we like to move through games, songs and little challenges

- *Focused Yoga Movement*

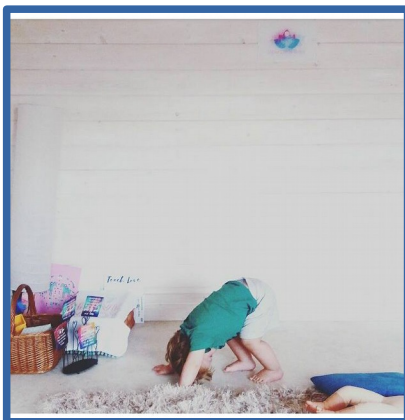
Learning and practising some yoga Asanas

- *Story Yoga*

Using the Asanas we have learned within a story/song

- *Sensory Relaxation*

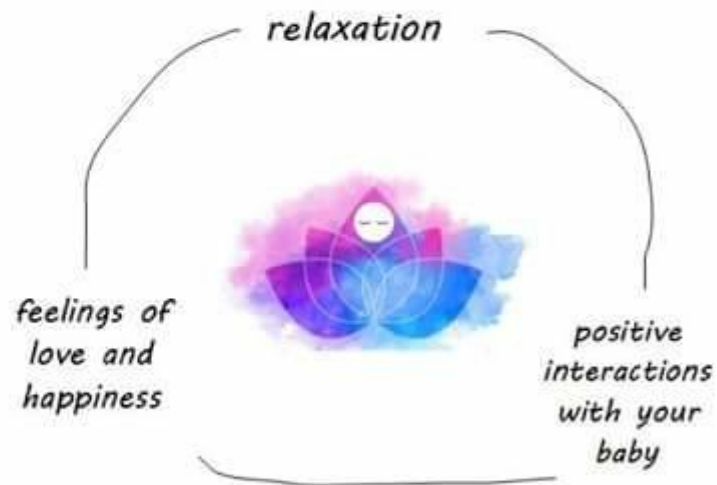
Learning and practising ways to help our bodies and minds to relax





The Importance of relaxation

The natural cycle of positive interactions with your baby followed by positive emotions.



Read my full article on this at www.littlelotusbaby.co.uk

www.littlelotusbaby.co.uk/single-post/2016/09/06/Relax-Relax-Relax

Why Toddler Yoga?

Physical Flexibility, Strength & Awareness

can be enhanced as children;

- ★ Learn to use all of their muscles in new ways
- ★ Learn how it feels to stretch
- ★ Learn how to move safely

Boosts Self-Esteem and Confidence

Yoga helps to;

- ★ Instil confidence
- ★ Brings learning to children on an experiential level
- ★ Encourages and celebrates perseverance
- ★ Teaches patience



It Refines Balance and Coordination

- ★ Promote mental and physical poise
- ★ Mental clarity and stability emerge from the effort of trying the poses. Even if a child has difficulty standing on one foot, they learn mental and physical balance if they can stay calm when they fall and when they get up to try again.
- ★ Help children with gross and fine motor coordination.

Focus and Concentration

can be developed by;

- ★ Focusing on a physical movement
- ★ Clears the mind
- ★ Drawing children's attention to this

Strengths Mind-Body Connection

Yoga helps kids achieve a sound mind in a sound body by;


- ★ Exercising the physical body
- ★ Calming the mental spirit.



Please get in touch if you have any questions or want to book your place on a workshop or course.

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