

babyyoga



Baby Yoga is a revolutionary way to enhance your baby's development. Using gentle movements and rhythm you can stimulate your baby's mental and physical abilities whilst, at the same time, getting back into shape yourself. You will gain confidence in how to handle your baby, learn how to soothe colic and help induce sleep. Take time out from your hectic schedule to bond with your baby and create a relaxed environment.

The lessons given by Dr. Freedman guide parents and their babies through the exercises, teaching the movements and providing additional advice. Each session is completed with a set of relaxation exercises that rejuvenate you while often sending your baby gently off to sleep.

Baby Yoga has been developed by yoga instructor Dr. Françoise Barbira Freedman - medical anthropologist, founder of Birthlight and mother of four.

Approved by paediatricians, doctors and midwives.

Running Time: 86 mins approx

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Sales and distribution by Green Umbrella Sport and Leisure
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BIRTHLIGHT

E Exempt From Classification



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Enhance your baby's mental and physical development
New-born to 18 months

