

bab oga for toddlers



kidsunlimited®



Toddler Yoga is an adaptation of traditional yoga. It is designed to stimulate the mental, physical and emotional faculties of your child with the added benefit of enriching the parent-child relationship. Toddler Yoga is great fun and can be enjoyed by the whole family, younger and older siblings as well. It encourages pre-verbal communication and enhances physical confidence. It teaches both adult and child how to relax together. Clear instructions guide you so that you can easily follow the sessions with your child or family at home. Toddler Yoga is also very popular in a nursery school setting as demonstrated by Jenny of Kidsunlimited.

Toddler Yoga has been developed by yoga tutor Dr Freedman - medical anthropologist, founder of Birthlight and mother of four. The DVD is presented by Dr Freedman and her fellow Birthlight tutors Sally Lomas, also mother of four and Uma Dinsmore-Tuli, mother of two.

Running Time: 53 mins approx

Producer: Alice Morgan Produced and Directed by Sarah Barnes
Cameraman: Aled Morgan, Nigel Bradley Sound Recordist: Callum Buller
Editor: Chris Wright Post Production: Ace Editing
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BIRTHLIGHT

E Exempt From Classification



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for toddlers



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Enhance your child's mental and physical development
From 10 months