**Yogaworks mother & baby yoga information sheet and FAQ’s**

**How to book:** Please use my on-line booking system available through my website and check that you are booking for the right dates.

**I don’t offer refunds or carry overs for un-used sessions from one block to the next SO PLEASE DON’T ASK ME FOR THIS.**

Some weeks I am teaching away from home so the sessions won’t run on those weeks. Please check all the dates on my website before you enrol so that you are aware of any breaks.

If you are trialling a class then you will need to fill in a health form in class before your first session.

You can join these classes at any stage in the block if there are spaces. Just check with me and we can work out a sensible payment arrangement.

**Venue information:** The **classes take place at Stonemonkey yoga studio and cafe, 22 Binswood St, Leamington CV32 5RN.** Please go to [www.stonemonkey-yoga.co.uk](http://www.stonemonkey-yoga.co.uk/) for more location details. There are usually 2 hour parking spaces in front of the café or on street close by. I provide all mats and cushions for these classes. There is a toilet in the downstairs cloakroom. Please wait in the café upstairs until 10 minutes before the session starts if you are early. Some groups enjoy sharing time together in the café after the classes. There is space to change in the downstairs cloakroom.

**All About...Mother & Baby Yoga**

“ How can you do yoga with *babies*?” is the question a lot of people ask. Very simply, is the answer. Babies are natural yogis: they know how to move their bodies instinctively to get more comfortable and to strengthen themselves ready for a life of mobility. Babies also know how to breathe in a beautifully relaxed way – have you ever watched your baby’s wonderful belly breathing when they are asleep? We can learn so much about effortless living just watching our babies. These sessions last 90 minutes which gives everyone a chance to join in at least at times. The underlying principles are the same as other yoga classes: ahimsa (non-violence) means we never force the babies into doing any movements (as well as ourselves as mothers); self-awareness means we as mothers are receptive to our baby’s responses to the yoga so that we find ourselves naturally in tune with them (or learn to be). We as mothers also become more aware of our own responses to our babies – for example do we hold our breath when our babies cry? Being aware of such patterns can be key in unlocking stress.

**Let me describe a ‘typical’ session,** bearing in mind that each class is unique! We sit in a circle in a group of on average eight to ten pairs. We share an update on how we are, which includes the wellbeing of the mothers rather than just a focus on baby’s health. Many of the groups become very close and supportive over the weeks so sometimes these discussions may last a while. We then do some seated stretches and upper body looseners, paying attention to our breathing and posture. Some of us may be feeding our babies whilst this happens. Depending on the mood of the babies we usually have a chance to do some postnatal yoga in different positions such as on all fours or lying on our backs, sometimes with our babies next to us or under/on top of us. Pelvic floor and core strengtheners are typical features of these practices. Having relaxed our own bodies and cleared our minds we can then massage our babies in a more relaxed way. This prepares our babies too for the hip sequences which are a series of easy movements which can help with releasing wind – such as bringing the knees into the chest. Depending on the mood and developmental stage of the babies, we give our babies a range of different movements and sensations – including regular tummy time, gentle rocking, swinging and rolling. All of this accompanied by words or songs, and the breath.

We always have a relaxation at the end of the sessions – typically some women will be feeding their babies, some women will be standing and rocking, others will be lying down. Many of the babies will have worked hard during the yoga so will be ready for a sleep!

**FAQ’s**

**What will the sessions involve?**

The sessions will provide a mix of practices for the babies – passive stretching and rhythmic movement accompanied by singing and action songs. As a mum, you will get the opportunity to improve your posture, re-energise and recover your strength and vitality. There also many practices which mums and babies can do together. The sessions will end with a period of relaxation, which you can join in whether you are lying down, sitting comfortably, walking around or feeding your baby.

**What are the benefits of doing mother and baby yoga?**

The postnatal period is a very special time for mothers and babies, and one which can often be very challenging. These classes are designed to provide a warmly supportive environment in which you can enjoy getting to know your baby, share beneficial practices to aid postnatal recovery, to support your baby’s development and to learn to relax together. The class sizes are small so you get a chance to meet other mums and babies too in a relaxed way.

**When can we start the sessions?**

You and your baby can start the sessions as soon as you are able to if there have been no complications either for you or your baby. However please wait until you both have been given the all clear by a health professional if you have had a caesarian birth or if other complications have affected you or your baby. For the older class, babies can attend up to crawling. Don't worry if your baby starts to crawl during the course as they can complete the course! But please don't enrol a baby that is already crawling.

**Do I need to have practiced yoga before?**

No – the sessions are all very gentle and assume that you are a beginner. Your ligaments are likely to be softer than usual since your pregnancy for quite a while after the birth, particularly whilst you are breastfeeding, so we avoid strong stretches.

**What do I need to bring to a yoga class?**

I will be providing a range of mats, cushions and blocks to help support both you and your baby. Please bring a soft blanket or towel to lie your baby on. Wear loose comfortable clothing.

**How much does it cost?**

The five or six week block costs £50-£60 which is payable in advance to secure your place. The whole fee is payable whether or not you actually attend all the sessions or not. Course fees are not refundable if you or your baby are sick during the course. If you have genuine difficulty in paying this fee then please do contact me to discuss!

**can i do more than one block?**

Absolutely! You can re-enrol at any stage of the block if you are continuing and assuming there is availability. Many pairs enjoy the yoga so much they stay up to the point when the baby is ready to crawl.