

Sundance Yoga Studio Friendswood is now offering



Mommy and Me Yoga Thursdays 10:45 AM-12:00 PM

What are the benefits of yoga with my baby?

This class emphasizes developing core strength (abdominal and back muscles); relieving tension in the neck, shoulders and back; and regaining stability and flexibility. Breathing and relaxation techniques transfer outside the yoga studio to help with everyday stress. Movement for baby increases body awareness and helps prepare for developmental milestones while bonding with mommy.

What age group is appropriate for the class?

Six-weeks to toddlers. Mom must be cleared by her doctor to begin exercising before beginning classes.

What should I expect?

A combination of yoga for Mom, “yoga” for baby (movement, tummy time, basic massage, play, etc.) and bonding between the two. The intensity of the practice will be tailored for moms at all stages of post-partum and for babies at different developmental levels. No experience is necessary.

What if my baby cries?

There is no set expectation for how babies will “behave”. Babies are unpredictable! Some may sleep during the whole class; others may be very stimulated. Moms can move in and out of the practice and make adjustments to meet their child’s needs throughout the class. Pausing for a diaper change or to feed or soothe baby is welcome.

What should I bring?

- A blanket for baby
- Optional: small cushion/pillow for baby
- Optional: small toy for baby
- Yoga mat (available to purchase or borrow at the studio)
- Diaper bag

Please disclose any medical conditions for yourself and/or baby, including Caesarean section.

**www.SundanceYoga.com 281.482.YOGA (9642)
128 S. Friendswood Dr. (at the SW corner of FM 518 and FM 2351...
in the same shopping center as Tuesday Morning.)
\$45 for 4 classes**

Instructor reserves the right to cancel classes with five students or less.