

SAMPLE MOMMY & ME CLASS (Thank you, Sarah Hawks)

(Make sure to have scarves!!! Very important! Tickle them while posing.)

BLISS

1. **Make a pizza** - Baby sits "on the dough" in front of you. Make the pizza like normal, just move around them.

SONGS

1. Head Shoulders Yoga Pose
2. Joggin' Through the Jungle - but skip, spin, and roll through the jungle instead.
3. This Little Light of Mine
4. Skip Round the Room

ACTIVITIES

1. Use pose prose with the kiddos to keep them occupied.
2. Definitely use a story...it's always fun to take everybody on a journey.
3. Massage train with each mom and kid...getting rubs and love from your mommy is the best!

PARTNER POSES

2. **Forward fold w/ baby dip** - Hold baby with straight arms up and as you forward fold, keep arms straight and touch babies feet to the ground, then come back up the same way. And say "Wheeeeeeeeeee!"
3. **Goddess squat w/ baby bounce** - Stand with legs wide and hold baby with straight arms out. As you squat, bring baby so feet touch the mat, then back up. And again say "Wheeeeeeeeeee!"
4. **Down dog kisses** - Lay baby on back on the mat. Down dog over them. And like how we "swim" in dolphin pose, rock back and forth. As you come face to face, give them kisses all over their face.
5. **Flying lemon squeeze** - Go into lemon squeeze (knee into the chest). Place the baby on their belly on your knee. Make them fly by carefully straightening your legs out and back in. Hold their hands and of course say "Wheeeeeeeeeee!"
6. **Backward facing dogs** - For the bigger kids. Mom is in down dog and child is under them in a down dog facing the other direction. Try to see each other through your legs and make silly faces.
7. **Baby in a boat** - Mom sits in boat pose and baby is in her lap. Hold their hands. You can make it a bumpy boat ride by bouncing around a little.
8. **Rock a bye baby** - Stand in tree, sing the song holding baby up high and "when the bow breaks", forward fold with baby and say "Wheeeeeeeeeee!". And "down will come baby, cradle and all", you can roll back with baby from forward fold. Carefully of course.
9. For the bigger kids 1-2s –
 - a. **Double down dog** - The kids put their feet between mom's shoulders.
 - b. **Double tree** – Hold hands in tree pose.
 - c. **Double dancer** - Holding hands.