MOMMY AND ME YOGA

WITH SARAH HAWKS
WHAT IS MOMMY & ME?

• Mommy and baby

• Mommy and Toddler(s)

• Both
MOMMY AND BABY

- You can have an age limit to help control your class better. "Baby" can be up to crawling. Very new babies can be strapped to Mom for added support.

- Make sure all babies are as happy before you start. Diapers are clean, feeding is done. It is best to wait about 30-60 min after a feeding if you are having an active class. That way baby does not spit up or get sick.

- Have Mom mindfully put her diaper bag out of the way. Right by the Shmat!

- Try to have the mats out before class. That way Mom does not have to mess with a mat while she is holding a baby. Plus these are usually shorter classes. So no need to waste time by having them place their mats.

- Have all of your props for the class ready to go. There is nothing worse then wasting time digging around in your bag for a rattle or a toy. Have a playlist for that class ready to go.
PROPS

- *Blankets* – to lay baby on

- *Rattle or toy* – to get them to focus and make head movements

- *Soft Music* – soothing and calm

- *Pillow* – for Mom to kneel or lean on
KAY MUSIC FOR BABIES

Yoga Went to Sea
Crazy Monkey
Drum a Drum
Every Little Cell
Head Shoulders Yoga Pose
Joggin thru the Jungle
If You're Happy
Massage Train
May the Long Time Sun
This Little Light
Toe-ga
Yogis March
Garden Dreams Instrumental
BABY ACTIVITIES

• Little Baby Massages – Lay baby on a blanket. Start at the legs. Give light little massages and movements. Work your way up the body.

• Baby in a Boat. Take your baby for a boat ride. Be sure to include lots of talking and noises to keep them engaged. And it is good for Mommy to build core strength.

• Upside Down Time – Forward fold while holding baby. Say “Wheeee” while you move. Mom can be standing with legs hip width apart or straddle width. Be sure to remind Mom to be mindful of her back.

• Tummy Time Cobra- Use a rattle to make baby lift and lower their head. Then have them do some tushie touches with their feet.

• So Big Arm Raises- Raise up arms and say “So Big!”

• Mom and Baby Partner Poses – boat, goddess squats, triangle, forward fold, warriors
MOMMY AND TODDLER

• Crawling age up to 2 or 3 years old usually. (once they are more mobile)

• Usually this class is only 30 min. long. And it goes very fast!

• Have the class set up beforehand to save time. Have props and music ready to go.

• Make sure every one has used the potty before class. Once one has to go, they all have to go.

• Mindfully place shoes and bags on the Shmat.

• Follow the KAY Outline for a 30 min class.

• Meditation, BLISS, Rolling Sals, Game/Song, SG, Pranayama, Meditation, Closing
KAY MUSIC FOR TODDLERS

Yogi Went to Sea
Crazy Monkeys
Drum a Drum
Every Little Cell
Head, Shoulders (both)
Hip Hop Yoga Bop (both)
If You’re Happy
Joggin thru the Jungle
May the Long Time Sun
Skip Round the Room
Really Stinky Feet
This Little Light
Yoga Slide
Toe-ga
Yoga Limbo
Yoga Nagila
Yogis March
ACTIVITIES FOR TODDLERS

• Toe-ga
• Basically anything w/ Pom Poms
• Read yoga books
• Balancing Domes
• Jog, spin, leap thru the jungle
• Row, Row, Row your boat
• Yoga Dice – Use pictures
• Jump Jump Pose
BOTH!

• Have your room set up beforehand. Most Moms will come in right on time or a little late and usually frazzled. Have a story or something to start so they do not miss the meditation. It is good for them too.

• Make sure everyone is ready for class and you have (most) of their attention.

• Have beanie babies that the toddler can use as their 'baby'. Or tell them ahead of time to bring their favorite doll. That way they don’t feel left out as Mom has to cater more toward the baby.

• Gear the class toward the older child. It is harder to keep their focus on the class. Keep it fun and fast all the way to the SG.

• Know that the older child might act up so be prepared. Have "tricks" and songs ready to get their attention back. Jogging thru the Jungle is my "go to" for this. They love to run! Let them! After SG you can get out the Hoberman Spheres. They are mesmerized by them. I always have 2 or 3 on hand. It's hard to get most toddlers to sit and wait their turn. But you help them to learn how.

• SG will be very short and probably noisy, but don’t worry about it. If they sit up, I let them as long as they are quiet and listening to me. Mom might have a fussy baby on her hands. You should focus the SG more on the toddler.
OUTLINES

**Baby**
- Meditation/Om
- Short BLISS
- Mommy Sun Sals
- Baby massage/poses
- Optional Song
- SG
- Pranayama
- Meditation
- Closing

**Toddler**
- Meditation/Om
- BLISS
- Toe-ga/pom pom games
- Jog thru Jungle
- SG
- Pranayama
- Meditation
- Closing

**Baby & Toddler**
- Follow the toddler outline

Use these sample outlines to use in a Mommy and Me 30 minute Kidding Around Yoga class.
THANK YOU!

Special thanks to Anita and her beautiful children, Evan and Eden. Xoxoxo

Happy teaching! Share and spread the love!

Om Shanti,
Sarah