

Parent & Baby Yoga is a lighthearted class for caregivers and babies to feel relaxed and enjoy some precious time together. Through movement, conscious breathing, and gentle touch we'll reconnect with our bodies, postpartum, and cultivate a unique bond with our babies.

The class is designed to help with healing a mother's body after childbirth, but all caregivers will appreciate the focus on releasing neck and shoulder tension associated with feeding, rocking, changing and snuggling, and discovering fun ways to incorporate baby into traditional yoga postures. This class is a nice way to get out of the house to a non-stressful environment where you will meet other new parents.

Classes are loosely structured so that the needs of your baby are met first. You're free to feed, rock, change a diaper, and/or walk around the room to sooth crying. This class is open to all levels of yoga experience and babies up to 24 months.