

YOGA FOR UNDER 5's

YogiBairns is run by a fully qualified Early Years Practitioner with both yoga experience and yoga training. Classes are designed to create a fun filled activity to introduce children to the benefits of yoga. At a YogiBairns class, children are introduced to postures (asanas), relaxations, guided meditations and traditional yoga practices (such as the use of Tibetan Singing Bowls, chanting, mantra etc) all within a safe and secure environment.

We use story, song and games to bring the classes to life. Children attending Toddler Yoga enjoy heading off on yoga themed journeys to far off lands, using familiar stories and songs and the added fun of yoga asanas to bring the adventure to life. We use games to expel energy, and encourage team work. We finish off the classes with relaxations, guided visualisations or breathing exercises to calm and relax. At Baby Yoga, we include sensory fun to develop sensory and tactile awareness. We also do parent yoga asanas and parent AND baby yoga asanas to develop inner well-being for parents and to help develop and maintain a strong bond with baby.

We also offer SleepyBairns. SleepyBairns is available for all children under 5 to help prepare them for sleep time. A four week package, comprising four 30 minute yoga sessions in your home, SleepyBairn sessions allow you to develop a bedtime yoga practice to help your child sleep soundly.

Classes are held in the following locations:

St Kentigerns Church Hall, Parkgrove – Starting 26th July 2014

Held every Saturday

10:00 – 10:45 BabyBairns

11:00 – 11:45 YogiBairns

The Vennel Hall, South Queensferry – starting in August

Held every Saturday

14:00 – 14:45 BabyBairns

15:00 – 15:45 YogiBairns

For more information use these contact details:-

yogibairns@btinternet.com

<http://www.facebook.com/yogibairns>

<http://www.yogibairns.weebly.com>

Submitted by [Debbie MacAulay](#)

