



# Yoga with Infants

Infants as early as four months of age can begin to enjoy the benefits of yoga! This can be done by sharing your yoga practice with them as they join you on the mat and by physically assisting them in movement.

Here are a few ideas to get you started!

- Having an infant in your lap as you share a yoga book
- You can play peek-a-boo while doing yoga to give yourself a moment of self-care too. To do this, lie the baby safely on their back on a yoga mat. You can kneel over them on your hands and knees, known as "table top" in yoga, your face above theirs. Take a breath in and breathe out bringing your hips to your heels into what is known as "child's pose." Inhale, come back to your face above the baby, and be greeted with a big smile as you say "Peek-a-boo!"
- Happy Baby for your happy baby. Happy Baby is often a favorite yoga pose for adults, but babies do it naturally. Babies often find their feet at around four or five months, but even if they haven't they can do this pose. If they're already holding their feet, just encourage them to keep doing it, and maybe join them lying down next to them, holding your feet, and rocking side to side. If your baby hasn't yet found their feet, you can help them get the benefits of this pose by lying them on their back and with their



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feet towards the ceiling, holding their feet, and gently bend their knees and move them side to side.

- The Wheels on the Bus. This is a popular way to end a postnatal yoga class and a great way to encourage physical coordination. Sitting up with the baby lying on their back, feet towards you, let the baby know you will do some yoga on them. All these moves coincide with the song "The Wheels on the Bus" and you can sing each verse with the accompanying baby yoga poses:

"The wheels on the bus go round and round" - Hold on to the baby's feet and make bicycle wheels as you sing.

"The wipers on the bus go swish swish swish" - Still holding on to their feet, swish their legs from side to side.

"The people on the bus go up and down" - Holding on to baby's ankles with feet towards the ceiling, gently lift and lower them so their bum lifts and lowers off the floor.

"The doors on the bus go open and shut" - Holding on to baby's wrists or having them hold on to their fingers, bring their hands together and then spread them wide apart.



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<sup>1</sup> <https://activeforlife.com/yoga-for-babies/>