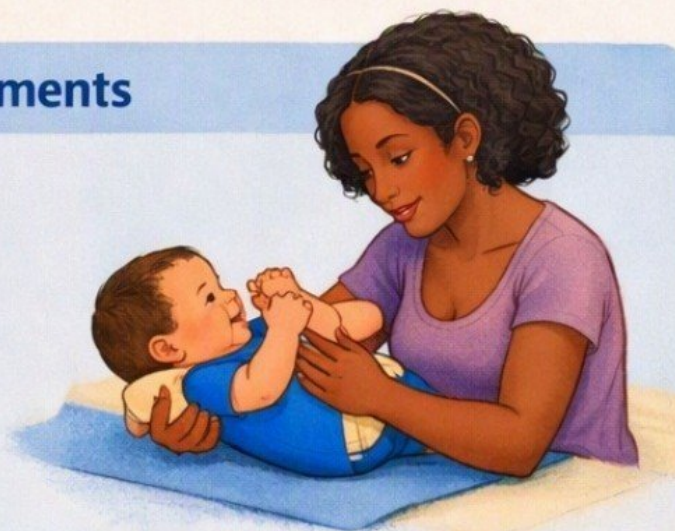


Baby Yoga

Limb-Based Baby Yoga Movements

- **Knee-to-tummy** — helps digestion, reduces wind.
- **Happy baby rolls** — gentle rocking side-to-side.
- **Bicycle legs** — supports crawling patterning.
- **Arm circles** — encourages shoulder mobility.



Safety: Movements should be slow, rhythmic, never forced.

Parent–Baby Joint Movement

- **Yoga walk** — gentle swaying steps with baby held securely
- **Heart-to-heart hold** — bonding and co-regulation.



Relaxation

- Hold baby close
- Gentle cuddle
- Quiet humming
- Soft breathing together
- Calm strokes over back or legs

Stay here for **1–2 minutes**.

