

Yoga for you, and your baby

Baby Yoga will help you feel physically younger, emotionally clearer, and closer to your child than you ever have!

Find a Class

Yoga at Home

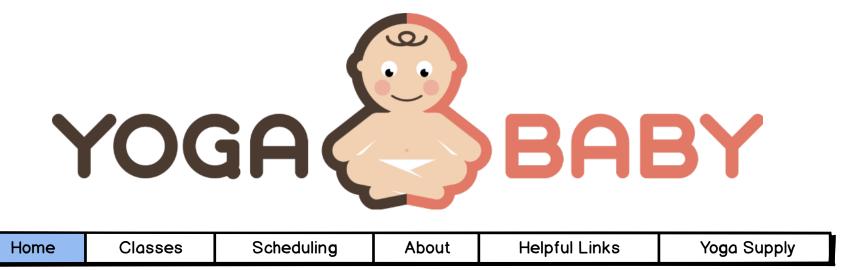
Who We Are





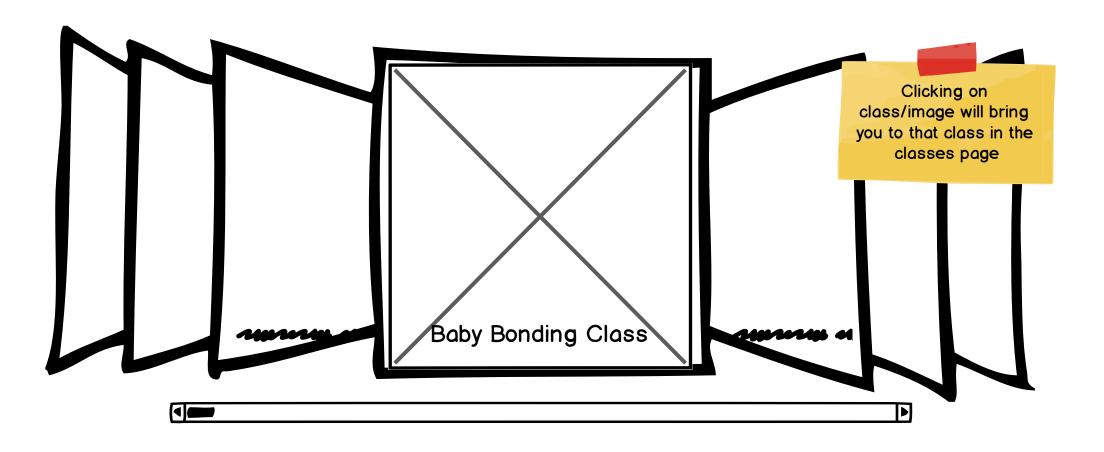






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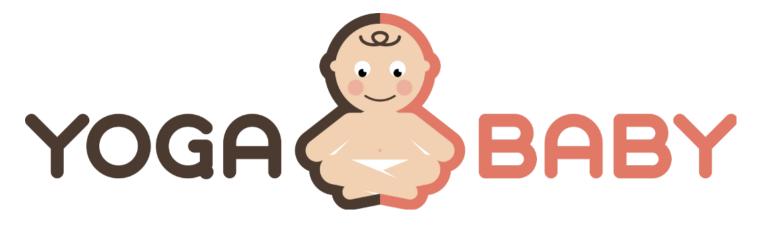
Yoga at Home

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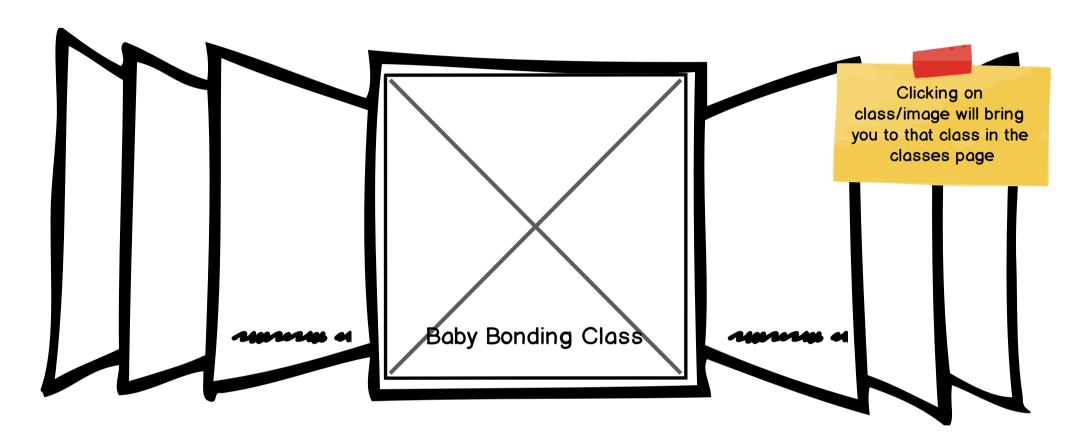




About Yoga Supply Scheduling Helpful Links Home Classes

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Yoga at Home

Who We Are

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Home Classes Scheduling About Helpful Links Yoga Supply

Video Classes

Pose Practice

Meditation

Living Healthy

Baby Energy

Growth and Change









Classes

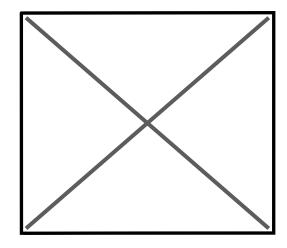
Q search Helpful Links **About** Yoga Supply

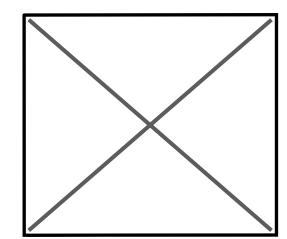
Ways to work at home

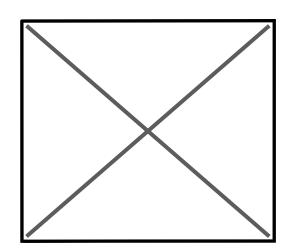
Flow #1 (Infants-18mths)

Home

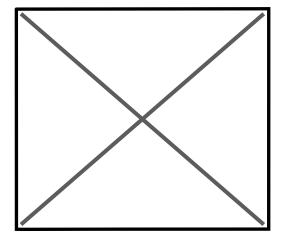
Scheduling

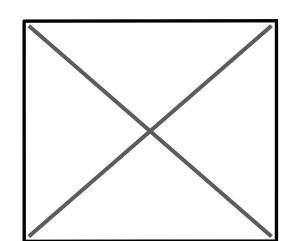


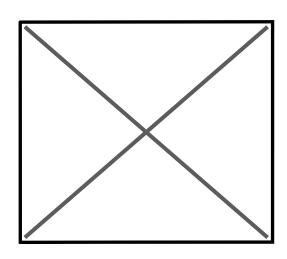




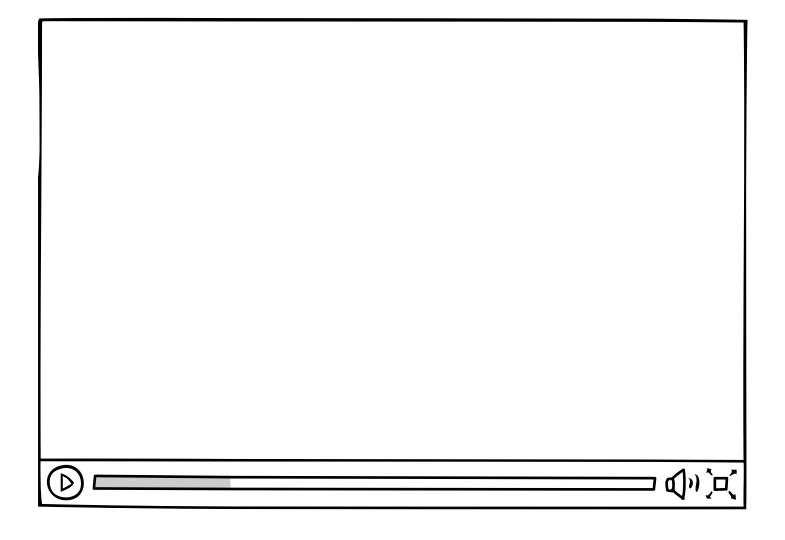
Flow #2 (Infants-18mths)







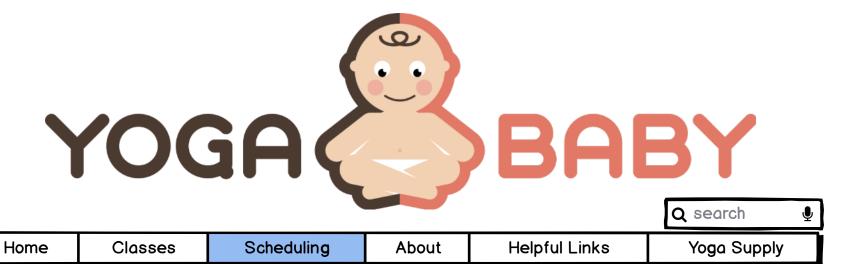
Video of the Week











Yoga at Home

Video Classes

Pose Practice

Outside of Yoga

Meditation

Living Healthy

Help with the little ones

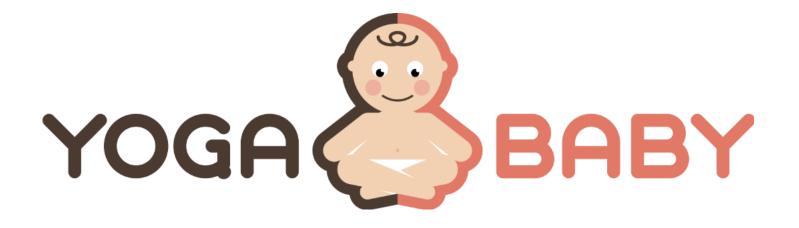
Baby Energy

 Growth and Change





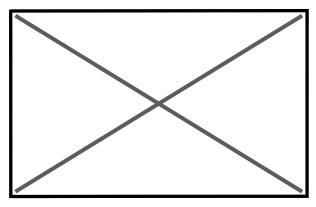




Yoga Supply Helpful Links Home Classes Scheduling **About**

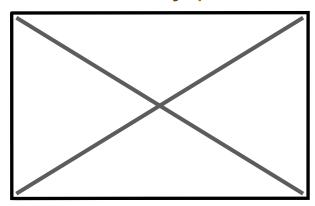
Classes Offered

Baby mobility (Infants-18mths)



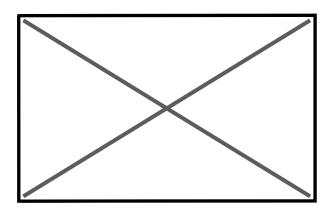
This class takes your baby through an array of introductory poses to aid their physical development, mindfulness, and mobility to accelerate them on their path towards learning how to walk. This class is just 20 minutes long and is offered every weekday morning.

Mom and Baby (Infants-18mths)



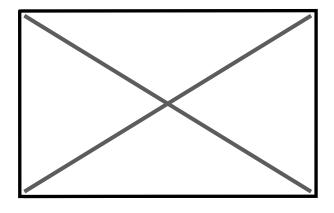
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Todler mobility (Infants-18mths)



This class takes your baby through an array of introductory poses to aid their physical development, mindfulness, and mobility to accelerate them on their path towards learning how to walk. This class is just 20 minutes long and is offered every weekday morning.

K-5 mobility (Infants-18mths)



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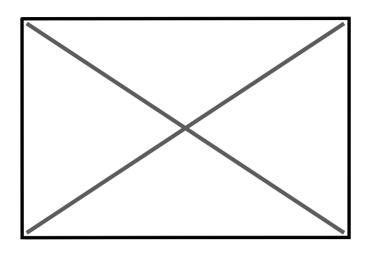






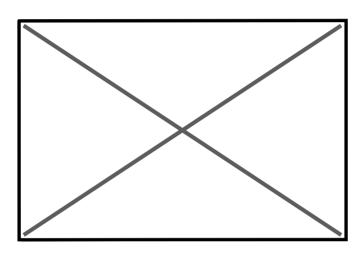
Home Classes Scheduling About Helpful Links Yoga Supply

Classes Offered



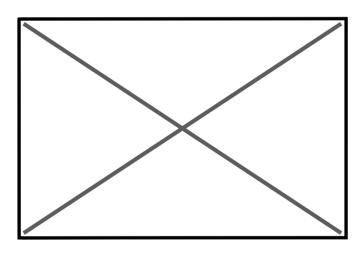
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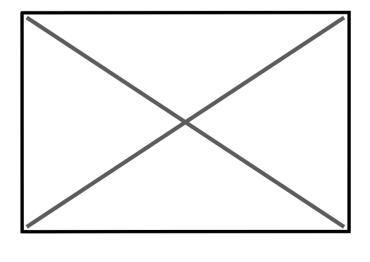
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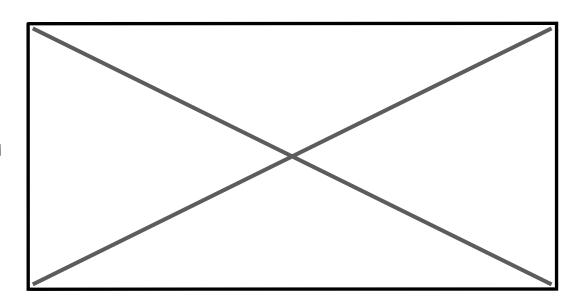
Classes Home Scheduling About Helpful Links Yoga Supply

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(Infants-18mths)

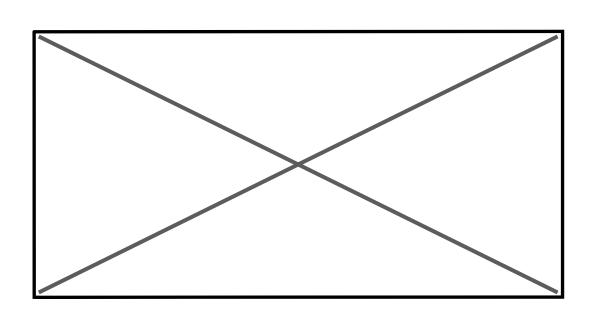
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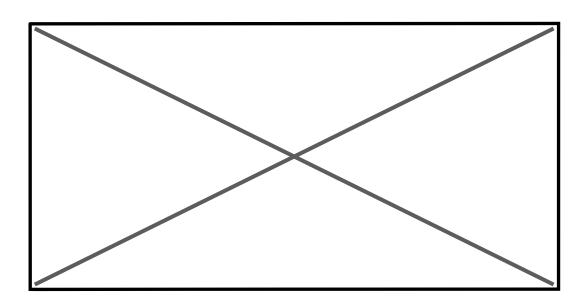
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