

Baby Itsy Bitsy Yoga®

Grace Methodist Church

600 S. Jefferson

Park & enter on east side off Cherry

Call **417-496-2340** to register

Wednesday 12:30–1:30pm

Thursday 10–11am

WIC

290 E. Central

WIC participants only

Tuesday 12:30–1:30pm

New south Springfield location

Call **417-496-2340** for schedule

Tots, Tykes, and Little Family Itsy Bitsy Yoga®

Call **417-496-2340** for schedule

 Doula Foundation of Mid-America
"Changing the face of the community one birth at a time"



Springfield-Greene County WIC Nutrition Program

Itsy Bitsy Yoga® is a registered trademark
of Spirit into Life, Inc.
www.ItsyBitsyYoga.com

For Springfield Mo classes contact
judyulam@gmail.com
417-496-2340



Help baby, tot, or tyke

- sleep better
- digest easier
- be happier
- stay healthier

Itsy Bitsy Yoga® is an internationally recognized baby and toddler yoga program created by Helen Garabedian. Perhaps you've seen us in magazines or on TV. Helen's book, *Itsy Bitsy Yoga: poses to help your baby sleep longer, digest better, and grow stronger* is widely available.

Baby Itsy Bitsy Yoga®

Ages: Newborn to nearly crawling and a parent or caregiver

Baby Itsy Bitsy Yoga classes contain dozens of unique yoga postures designed to support baby's development. Each class is filled with calming, nurturing ways to enhance bonding and improve baby's sleep.

During a Baby Itsy Bitsy Yoga class, babies enjoy yoga while on their backs, tummies or held in loving arms. For parents, this class is a special opportunity to meet other moms, get support, and learn about baby's emerging personality. Most of the yoga we do in Itsy Bitsy Yoga is for baby, but you will also learn breathing and relaxation techniques as you practice a bit of yoga yourself.

No yoga experience is required.



Tots Itsy Bitsy Yoga®

Ages: Crawling to 21 months and a parent or caregiver

Itsy Bitsy Yoga for Tots is a supportive, fun loving, and active yoga class. As tot's mobility increases, classes offer tot-centric poses that encourage and support their physical explorations. Tots become more confident in their moving bodies as they practice yoga both in and outside of class.

During a Tots Itsy Bitsy Yoga class crawlers and walkers playfully practice yoga postures while they are standing, sitting up, walking, and jumping. Parents also get to do a little yoga, but no yoga experience is required.

Judy Ulam is a Certified Itsy Bitsy Yoga Facilitator for Babies, Tots, Tykes, and Little Family. Itsy Bitsy Yoga fulfills a dream she's had of offering the joys of yoga to the very youngest in her community. Judy is also a Registered Yoga Therapy Teacher and has taught in Springfield since 2003. She can be contacted at judyulam@gmail.com.

Tykes Itsy Bitsy Yoga®

Ages: 22 months to 4 years old and a parent or caregiver

Tykes Itsy Bitsy Yoga offers a fascinating flow of poses, songs, stories, and games through which parents and children can deepen their bond. This fun and friendly 45-minute class helps tykes find peaceful loving moments while developing early exercise habits. You and your tyke will delight in practicing yoga, discovering new movement skills and singing together.

No previous yoga experience is required.

