

Experience Itsy Bitsy YOGA.

As featured on CNN, USA Today, CBS News, and Baby Year Magazine, Itsy Bitsy Yoga® introduces your baby and you to the many benefits of yoga in the first years of life. The program includes more than 75 yoga poses and techniques for babies from 3 weeks to 24 months old. Each pose is developmentally nutritious and helps deepen the parent/child bond. Itsy Bitsy Yoga was founded by author Helen Garabedian a Certified Yoga Teacher, Infant Developmental Movement Educator, Certified Infant Massage Instructor.

Your Certified Itsy Bitsy Yoga Facilitator is highly trained in seeing the Yoga in each child. You and your baby will delight in practicing Yoga, discovering movement, and singing IBY rhymes together. Babies and tots participate according to their ability, learning style, and personality. They will learn yoga through your bond with them, repetition, and play.

Itsy Bitsy Yoga: Poses to Help Your Baby Sleep Longer, Digest Better and Grow Stronger by Helen Garabedian is available now. The book will support your practice of IBY outside of class.



*Fit Baby = Fit Toddler =
Fit Child = Fit Teen = Fit Adult*



Helen holding Zack as he does
"Toes-to-the-Nose" pose.

Classes in Itsy Bitsy YOGA.

B A B Y Itsy Bitsy Yoga Class
(Three weeks to pre-crawling)
A calming and nurturing yoga class where parents learn to help babies unfold their motor skills, sleep better, feel happier, and digest with ease. IBY is a great way to bond with your baby and meet like-minded parents in your community.

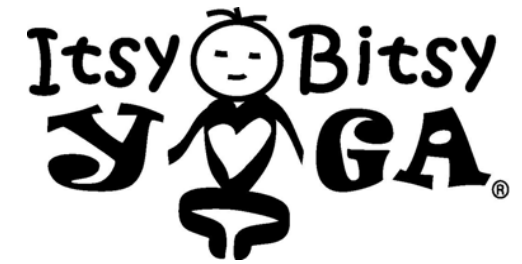
T O T S Itsy Bitsy Yoga Class
(Almost crawling to 24 months)
A supportive, fun-loving, and active yoga practice for busy tots. Continue bonding with your child as you help them feel comfortable in their moving body, develop self-confidence, and encourage their creative spirit. Experience the shared joy and delight when tots move into Yoga poses on their own!

www.ItsyBitsyYoga.com

Benefits of Itsy Bitsy YOGA.

With or without yoga experience, you will learn Itsy Bitsy Yoga® poses and techniques that:

- ★ Promote parent and child bonding in a relaxed environment
- ★ Help your baby sleep longer and better
- ★ Improve your baby's digestion
- ★ Calm a fussy or crying baby almost immediately utilizing Itsy Bitsy Yoga's *Magic Poses*™
- ★ Become part of a supportive, holistic parenting community
- ★ Better understand your child's developmental movements and learning patterns through the exploration of yoga.
- ★ Encourage your child to develop a healthy body and a confident self-awareness and happy spirit
- ★ Engage your child through IBY's magical *Sing & Do*™ technique.
- ★ Foster nurturing and memorable moments in and outside of class with the exclusive collection of Itsy Bitsy Yoga Rhymes



Help your baby or
tot sleep better,
digest easier, be
happier and stay
healthier with
Itsy Bitsy Yoga!

For more information, additional class locations, or to learn how to become a Certified Itsy Bitsy Yoga Facilitator visit:

www.ItsyBitsyYoga.com

email: info@ItsyBitsyYoga.com

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