Birthlight Baby Yoga Group Lesson Plan
Session 1.

**TEACHER:** Nichola East  
**DATE:** 8/3/04  
**TIME:** 1.30-2.45  
**VENUE:** Brockwell Park Lido, Herne Hill, London.  
**SUBJECT(S):** Introduce 1st Hip, Leg and Arm Sequences, and Basic Lifts and Holds.

| Introduction. | Welcome mums and babies.  
|  | Discuss how both are; general health, wellbeing and latest developments. |
| Gentle stretches and breathing for Mums. | Closed kneeling position.  
|  | - Arm and hand stretches front and side at shoulder height with abdominal breath.  
|  | - Shoulder/elbow circles with breath.  
|  | - Stretching up both arms to high knee (inhalation);  
|  | - stretch and fold to floor clicking fingers /clapping hands and making contact with baby. Return to prayer position and repeat.  
|  | - open arm side twist and stretch, on each side with breath.  
|  | - Folding down to hare pose over baby. |
| Introductory massage For baby. | Babies supine on cushions.  
|  | - Gentle stroking down entire body.  
|  | - Gently massage each foot.  
|  | - pull each toe carefully through fingers.  
|  | - Make small circular motion on sole of foot.  
|  | - Finish with stroke down body. |
| Leg and Hip Sequences. | 1st Hip Sequence.  
|  | Babies supine on cushions.  
|  | - Knee to chest stretch and release.  
|  | *Sing; Run babies run...*  
|  | - Baby jogging in parallel (pedal stretch) |
| Arm and shoulder Sequence. | - When 'jumps high and touches the sky....' baby gently lifted to very low shoulder stand and released down.  
- Butterfly press  
- Sacral circles.  
  - feet held in butterfly position with one hand and circled around abdomen, while other hand supports lower back.  
  - return legs to parallel (close hips) and stretch out.  
Leg stretch and drop.  
- holding baby's lower legs, slightly lift and extend them, then drop gently.  
Baby supine on cushion.  
Sing; Open shut them...  
- Out stretch.  
- High stretch.  
  - arms gently extended above baby's head.  
Spiral lift (arm roll in safety position).  
- Roll baby on to supporting arm up off the floor.  
  - reverse the action and repeat 3x with finishing in mum's arms.  
Mini supported Cobra.  
Mums sitting with bent knees, babies lying on belly on mum's thighs with head supported between mums bent knees.  
  - Gently tap down baby's back to encourage baby to lift upper back and neck.  
  - Gentle stroke down baby's shoulders and arms to encourage lift further and open chest.  
Open Chest stretch (for mums)  
  - take one or both hands to floor behind, draw back shoulders and open chest.  
  - with breath gently lift chin and lower.  
  Repeat  
Rolling Arm Hold.  
Baby lying across mums bent arms chest height, mums... |
| Balances, Stretches etc. in Semi-supine. | Legs now straight out in front.  
- Raise arms slightly up thus rolling baby gently up arm and back down. Repeat.  
Bannister Hold and Rock.  
- Bannister hold  
  - baby supported sitting across mums out stretched thighs.  
- Bannister Rock.  
  - Baby very gently rocked from one hand to the other with neck supported.  
Mum lying on back with baby sitting on pelvic bone supported by mum’s thighs.  
- Pelvic lifts with breath.  
- Pelvic lifts with breath and arms.  
  - raise out stretched arms above head as pelvis lifts and lower as pelvis lowers. Repeat.  
- Baby flying I.  
  - baby lifted from pelvic bone to above mums face in flying action.  
Mums knees to chest, baby lying on belly on mum’s shins.  
- Sacral release for mum.  
  - gently rock side to side.  
  - Extend to circling motion.  
Baby held in close in mum’s arms.  
- Kneeling Lift.  
  - come up to standing using breath and pelvic floor muscles.  
- Face Down Safety Hold.  
- Mini Swing and Twist.  
  - baby in safety hold, swung gently around mums body.  
- Lotus Hold.  
  - baby held in supported lotus against mums body.  
- Scoop Walking (hip closing walk)  
  - baby in safety or lotus hold.  
| Lifts to Standing, Standing Holds and Swings. |
Humming and Relaxation.

- mum walks one foot in front of the other, while bending knees and scooping hips forward.
- Dancing.
  - baby held close in ballroom dance position, while mums waltzes around room.
- Lower to floor bending knees in parallel.

Baby lying supine on cushion, mum leaning over them in relaxed Hare pose (baby positioned to ensure length in mums spine).
- Bija mantras.
  - humming RAM mantra for solar plexus.
  - "YUM" for heart centre.
  - "HUM" for neck space.
  - "OM" for head space.

Relaxation.
Lying down with baby, feeding or sitting on birthing balls (depending on baby's needs).
Settling body comfortably, closing eyes and becoming still.
- Focus mind on this moment with your baby.
- Moving jaw side-to-side and yawning to release jaw.
- Bring awareness to breath, initially flowing in through nostrils, then abdominal breath (gradually lengthening exhalations).
- Take minds eye around each part of the body in turn releasing any stress or tensions.
- As body sinks into deep relaxation focus on sensation of heaviness, body 'melts' into floor.
- Let your body experience the opposite sensation; imagine body becoming more and more weightless.
- Focus returns to rhythm of own breath.
- Using own breath take 3x slow OM's.
- Gently begin to awaken the body by wiggling fingers, toes and stretching out whatever part of body able to.
- Allow mums and baby's to open eyes and come out of relaxation slowly.

Final summing up.
Passing on of information and questions.
Birthlight Group Session Practice Record Sheet.
Session 1

TEACHERS NAME: Nichola East
DATE: 8/03/04
TIME OF SESSION: 1.30  DURATION OF SESSION: 1 hr 15
GROUP SIZE: 6 mums and babies
NAMES AND AGES OF BABIES:
Ava-8 wks          Miley-4wks
Sam-8 wks          Emily-4 1/2 months
Anna-8 wks         Sienna-11 wks

COMMENTS:
Due to the nature of this class as operating both as a Case Study Group and
as a drop-in class, there is a bit of an unknown dynamic added to the group,
especially with regard to differing ages, experience and the related
appropriate needs. But I feel this is a positive dynamic, encouraging and
developing my general teaching awareness.
I started the session explaining the basic structure and workings of class,
benefits to mum and babies etc. I explained format of case study, and
invited any one who wished to take part (Polly and Amy were already aware
of the case study before the class). The atmosphere was generally very
chatty and relaxed.
Overall I felt the class went very well for a first session. As there was a
lot of feeding throughout the session, I was able to introduce the value and
importance of breathing work (especially during feeding and comforting!).
Ava had been asleep until 'running' exercise, however Polly started her very
gently with some touching and stroking to introduce her to the class before
slowing joining in the hip sequences. Miley, the youngest member of the
group, fed a lot through the class, but seemed very relaxed when she did
manage to take part. She particularly enjoyed being carried in the safety
hold. Sienna, Sam and Anna all seemed very relaxed and content throughout
the class. As Emily had been coming to baby yoga classes for some time, I
showed her and her mum some slightly more advanced extensions to some of
the sequences. I think the other mums enjoyed being able to see the
progression. During the pelvic lifts (Mums on backs) half the group were
feeding, so while some mums did slow pelvic lifts with arms and breath,
feeding mums practiced abdominal breathing. All the babies seemed to really