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Yoga for Babies. Itsy Bitsy Yoga was created by Helen Garabedian to encourage bonding and infant-toddler development in a class for the youngest yogis. Garabedian's book, Itsy Bitsy Yoga: Poses to Help Your Baby Sleep Longer, Digest Better and Grow Stronger, (followed by a companion toddler book) gives some developmental insights and illustrates simple moves you and your baby or toddler can do ...

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The ancient practice of yoga will help your baby sleep better, digest easier, be happier, and stay healthier. Start today. If you've been searching for an excellent way to bond with your baby and improve his or her health, Itsy Bitsy Yoga is the solution you've been looking for. Helen Garabedian, a ...

Itsy Bitsy Yoga | Book by Helen Garabedian | Official

What is Itsy Bitsy Yoga®? Itsy Bitsy Yoga® is a fun and gentle developmentally-centered program for young children and their parents. Itsy Bitsy Yoga® was developed by Helen Garabedian, Certified Yoga Teacher and Infant Developmental Movement Educator and Author of two best-selling books.

Itsy Bitsy Yoga® | Blossoming Yogis

Itsy Bitsy Yoga is wonderful in how beautifully it adapts yoga to the activity level and interests of 2-5 year olds. Still, we incorporate a number of breathing exercises and child-friendly activities that invite tykes to develop better awareness and ability for quieting their bodies and learning to relax.

Sweet Pea Yoga - Tykes Itsy Bitsy Yoga Classes for pre

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