

## **Baby Yoga - Frequently Asked Questions**

### **What do I need to bring to the class?**

The room is set up so that each parent and baby has a place set with a soft waterproof yoga mat and a cushion for mum to sit on. When you come to your first class all that you need is yourself, your baby and the normal things that you'd take out (nappies, wipes, a bottle if needed etc). You'll be sitting on the floor and the class involves some optional stretches so you'll be happier wearing comfortable clothes that you can easily move in. That goes for baby too... a vest, sleep suit or soft outfit that your baby can comfortably move in are most suitable.

### **I'd like to do the yoga class but I don't know anything about yoga & I'm not very active – will I be able to do it?**

Of course! Everyone is welcome and most people that do the yoga class have no previous experience. Everything on the course is optional so you won't feel pressurized into trying anything that you don't feel comfortable with. The course is suitable for all abilities and is aimed at post-natal mums.

### **What do I do if my baby needs feeding?**

The class is a relaxed and informal environment and everyone is encouraged to do whatever they need to do for their babies. If you need to feed (either breast or bottle) then just go ahead. In class you will learn the yoga routine that you can practice at home, there are plenty of opportunities to review everything from the previous weeks so just use the time to watch and relax! Once you have finished feeding it's best to avoid yoga for approx 10 – 15 minutes while your baby digests their milk or food.

### **What if my baby is asleep or falls asleep during the class?**

That's fine! Same as if your baby needs feeding just watch for a while and you'll be able to practice the yoga at home and in future classes. You'll also have the manual to refer to at home.

### **What do I do if my baby starts to cry?**

It's perfectly ok if your baby starts to cry during the class, just stop for a while and do whatever you need to do (feeding, walking around etc). Most babies will have a cry at some point during the course, so don't panic when it happens to you!

### **How many people are in each class?**

The minimum class size is 4 and the maximum class size is 8. If less than 4 people have registered for a course then it may be necessary to reschedule you onto a different

course or change the venue, if neither are acceptable then you will of course be offered a full refund.

**What if I miss a class?**

Each class we'll introduce a new set of yoga movements. If you miss a class you'll be able to catch up at the next class when we review the previous week and you'll also have the manual to refer to.

**What if I need to cancel my place on the course?**

You can cancel your place up to the start date of the course, but please give as much notice as possible so that your place can be reallocated to someone else.

Once the course has started we cannot give you a refund (other than in exceptional circumstances) but you'll be able to transfer to a future course to catch up on the missing sessions.

**What if the course I want to attend is full?**

Please contact us and we can add you to a 'waiting list' – we'll do what we can to get you on the course!