



# Itsy Bitsy Yoga® for Babies, Tots and Tykes

Ages 3 weeks – 4 years | 7-Week Session, March 13th – May 5th  
(No Classes on April 14th)

**New Session for 2012**

## Babies

**Ages: 3 weeks – pre-crawling with a parent or caregiver**  
A supportive, fun-loving class that contains dozens of unique yoga postures designed to encourage Baby's development. Each class is filled with calming, nurturing ways to enhance bonding and help Baby sleep longer, digest better and grow stronger.

During 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 and dads, get support, and learn about Baby's emerging personality.

**Fridays 11:00 – 11:45am**  
**Saturdays 11:00 – 11:45am**

## Tots

**Ages: Crawling – 21 months with a parent or caregiver**  
A supportive, fun-loving, and active yoga class. As Tots' mobility increases and they naturally become busier, classes offer tot-centric poses that encourage and support their physical explorations, as well as their creative spirit. This class continues to build and nurture the parent/child bond.

Throughout class, crawlers and walkers playfully practice yoga postures while they are standing, sitting up, walking and jumping. Tots become more confident in their moving bodies as they practice yoga in and out of class.

**Tuesdays 4:30 – 5:15pm**  
**Fridays 10:00 – 10:45am**  
**Saturdays 10:00 – 10:45am**

## Tykes

**Ages: 22 months – 4 years with a parent or caregiver**  
This class combines unique, toddler-friendly yoga poses with songs, stories, and games to create an enriching parent/child activity. Each class is personalized around Tykes' curiosities as they learn yoga through social interaction, repetition, and play, helping to enhance their physical and social development.

Tykes also learn how to relieve frustration, improve motor skills, and increase attention span by actively following directions. Help your Tyke build a foundation for a healthy and fit lifestyle while having fun!

**Tuesdays 3:30 – 4:15pm**

No yoga experience is required. Itsy Bitsy Yoga® was developed by Helen Garabedian, Certified Yoga Teacher and Infant Developmental Movement Educator and Author of two best-selling books. Classes are taught by Whitney Marshall, a trained Itsy Bitsy Yoga® facilitator.

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