



# Baby Time

**Baby Massage & Baby Yoga**

LS16 & surrounding areas

[www.babytimeleeds.co.uk](http://www.babytimeleeds.co.uk)

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## **Baby Massage**

From birth to 12 months  
Group classes / private sessions

- Enhances bonding and attachment
- Understand non verbal cues from your baby
  - Helps with sleep patterns
- Helps alleviate wind, colic, constipation
  - Meet local parents / carers

## **Baby Yoga**

Beginner yoga - 8 weeks to 20 weeks  
Advanced yoga - 20+ weeks  
Group classes

- Enhances bonding and attachment
- Strengthens baby's body and develops reflexes
  - Helps alleviate wind, colic, constipation
    - Aids muscle development
    - Relaxing and fun
  - Meet local parents / carers

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Certified by Hand On Babies, accredited by Royal College of  
Midwives, IPTI, CThA