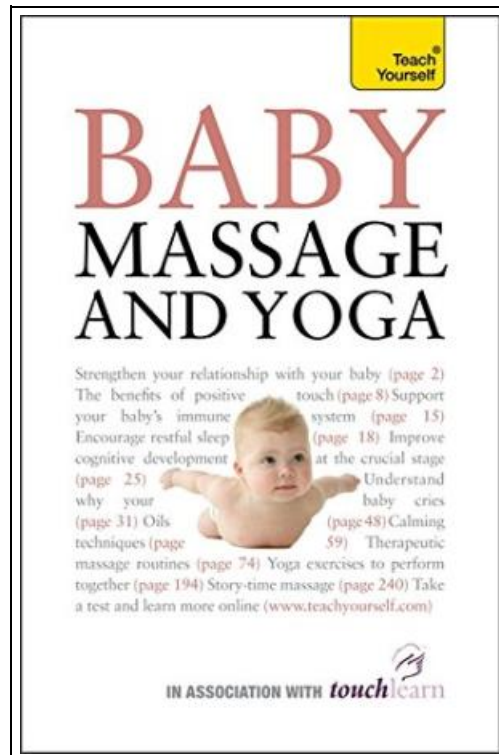


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(Mr. Sigrid Swaniawski PhD)

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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Baby Massage and Yoga: Teach Yourself, Anita Epple, Is this the right book for me? Baby Massage and Yoga is designed to introduce parents of young children to the many physical and emotional benefits - for them and their child - of touch in the forms of gentle massage and yoga exercises. It will offer practical and inspirational information, equipping you with the tools you need to enjoy massage and yoga with a young child, from knowing when the best times are, to which oils to use and how to set the environment. It ties massage and yoga in with story-telling, music and rhyme to increase mental and physical development, giving step-by-step guides firstly to simple massage routines for every part of the body. It also offers some simple yoga routines to try safely and effectively with your baby. For parents of children with special needs there is also ample advice and practical steps, in addition to some simple exercises to try if you feel your child is not quite ready for massage and yoga. With plenty of resources and details of courses and workshops, this is a credible and expertly written guide to the healing power of touch for parents and children alike. Baby Massage and Yoga includes: Chapter 1: Introduction Chapter 2: The benefits of massage and yoga for your baby (and you) Chapter 3: The best time to massage Chapter 4: Preparing for massage and yoga Chapter 5: Choosing oils for baby massage Chapter 6: A gentle introduction to touch Chapter 7: The importance of music, singing and rhyme Chapter 8: The massage routine - getting started Chapter 9: The massage routine - the legs and feet Chapter 10: The massage routine - the tummy Chapter...



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