

Baby/Toddler Flying Poses

- Low Flying Whale (*same as adult pose*)
- Baby Bird on Shins
- Baby Inversions - Upsy Daisy Baby & Koala
- Baby Flips
- Standing on Shins (*same as adult pose*)
- Baby Iron Cross/Standing in Hands
- Childs Pose/Table Variations for Climbing



Baby Bird on Shins

Base Benefits: Basing “baby bird” requires core engagement and offers a toning of the inner and outer thigh muscles. This pose offers an opportunity for adults to connect with their children through touch, eye contact and playful exercise.

Age Group: 3 months —3 years old

Flyer Benefits: The youngest of Flyers are receiving the proprioceptive benefits of tummy

time, while they often delight in being above their parent and having a higher view of the world.

Base how to: Starts lying down on their back with shins parallel to the ground. Lift baby or toddler tummy down onto shins facing face to face. Watches for nonverbal cues that the child enjoys this time.

Contraindications:

1. Diasysis

Variations:

1. Sit Up Kisses/Funny Faces
2. Cross Lateral Core
3. In & Out Abs

Upsy Daisy Baby

Base Benefits: In addition to being a core workout for the abdominal muscles and obliques, Bases will be able to explore a stretch through the back of the leg. This is a perfect opportunity



to listen for the inversion that the child flying is ready for, and progressively explore what makes the child excited while keeping them interested.

Flyer Benefits: Babies and toddlers may not enjoy this pose as first, so giving a little taste and letting it go can be a great strategy. An inversion pose takes the heart above the brain, and subsequently gives a subtle increase in blood flow to the brain, is relaxing for the heart, while building both vestibular and proprioceptive

awareness.

Flyer Age Group: 3 months—3 years old

How: Starting from “Baby Bird on Shins” places hands on the back hips of the child. Straighten legs, then bring the parallel to the ground. Repeat as long as the child is engaged.

Variations:

1. Baby Flips (see below)
2. Reverse Baby Flips- from Low Flying Whale
3. Baby Koala- Baby holds onto adult legs and can sometimes hang without assistance
4. _____

Preparation Poses:

1. Baby Bird on Shins

NOTES

Baby Flips

From Baby Bird on Shins and Reverse



From Folded Leaf



Baby Beluga | Low Flying Whale

Benefits: This pose strengthens the Base's core and is a mild inversion and backbend for the Flyer

Flyer Age Group: 6 months—adult

How:

Base: make a "seat" for Flyer with forearms setting hands behind Flyer's knees. Bring knees to meet own elbows and extend legs up to support on either side of the Flyer's spine. Bend knees while Flyer reclines, extend arms to Flyer's ankles.

Flyer: Sit on base's forearms. Lay back onto shins while base bends knees.

Spotter: This one doesn't have far to go to the ground, but spotter can help with placement of base's knees on flyer's back. Spotter kneels with hands near flyer's hips.

Contraindications: Hip flexor strain in base

Variations:

- Rocking Horse



Baby Iron Cross

Benefits: Baby Iron Cross establishes trust between adult and baby as they maintain eye contact. It requires some strength, while building more in the baby's shoulder girdle. It helps to re-establish and continue to develop the deep core stabilizers.

Flyer Age Range: 6 months & up

How: Start in Little Throne on Hands

Base: With baby seated on hands, bring feet under her armpits. Hold on to torso with

inner edges of feet, an older infant can hold on to feet. Press legs back over hips and straighten.

Flyer: Flyer is fairly passive. Base can hold onto feet, or let legs dangle.

Contraindications: Base low back/ sciatic pain



Reverse Foot to Hand

Benefits: Basing Reverse Foot to Hand gives the base an opportunity to work on basic balancing technique while it strengthens their wrists and forearms. Flyers are learning how to be flown, the skills and reflexes utilized will change from pre-crawling, to crawling to standing Flyers.

Flyer Age Range: 1 year to adult

How: Enter this from Throne or Baby Iron Cross depending on Flyer's size.

Base: Hold the bottom of Flyer's feet with fingers turned out. Lower hands until elbows are on the ground, straightening Flyer's legs (bend knees as necessary). Slide toes or shins tF flyer's back to help with balance.

Flyer: Stand up into Bases hands once their elbows are on the ground. Keep your heels heavy body tight and straight.

Spotter: Hands around the Flyers hips as the transitions happens. Can switch to a hand in front once Base is spotting with legs from the back. Help with an unplanned exit ("down!") by taking as much of the Flyer's weight as possible.

Contraindications: Base wrist injury.



Throne/Throne on Hands

Benefits: Throne can be on feet or shins. Core strength and focused attention required by the flyer. Base builds strength in legs and core stabilizer muscles.

Flyer Age Range: 3 years—adult

Contraindications: Base low back/ sciatic pain or neck pain when legs come behind head like in Plow pose

Variations:

- Transfer from Little Throne on Hands- Base's hands to Flyers thighs. Transitions to Low Flying Whale from here, then to Reverse Foot to Hand

Table/Tiger



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Babies, toddlers and kids can climb on top of, ride while adults crawl, hold on while adults balance, or crawl underneath. This is a fantastic foundational building block for AcroYoga play. You may have adults start in table or child's pose to help kids climb up.

Contraindications: Recent or chronic wrist or knee injuries.

Variations:

- Wobbly arms or wrist pain, lower to forearms to build strength.
- Cow: Arch Spine, Inhale
- Cat: Hollow Spine Exhale
- Fire Hydrant: Lift leg laterally with a bent knee
- Balancing: Lift opposite arm and leg, extending forward and behind, then contract elbow and knee together to engage the core.



Baby Backbends

Start on a small ball and move up to a physio ball. This is a fun activity for obstacle course/free play time.

Adults may enjoy backbending on a physio ball themselves.

Partner Restorative Poses



Reclining Closed Angle Pose (Butterfly Pose) | Supta Baddha Konasana

Benefits: This is a gentle stretch for the inner and outer leg and a gateway for many variations.

How: Place a bolster on a block, lie back on this support for a restorative pose.

Legs Up the Wall or Waterfall Pose | Viparita Karani

Benefits: This is one of the most gentle and relaxing inversions. It allows blood to flow from the feet and legs, back through the major veins and into the heart, giving this muscle a semblance of a rest. Babies, toddlers and kids may want to be a “fish” in the waterfall on their caregivers, or a “frog on a log” on their own bolster next to them.

How: Start seated close to a wall, roll onto one side and then walk your feet up the wall. Scoot your hips as close to the wall as is comfortable.

Tell the room: *I am keeping my eyes open and watching all the critters that live in and around our waterfalls, so waterfalls can relax and rest.*

Variations:

- Place a bolster underneath the hips for more supportive relaxation.
- For tight hamstrings—sit farther away from the wall.
- For an inner leg stretch—take a wide straddle.

Crocodile Pose | Makarasana

Benefits: Resting in crocodile is extremely relaxing as it is grounding for the central nervous system.

How: Lie down on your stomach, making a pillow with your hands for your forehead to rest upon.

Contraindications: Head, Neck, Shoulder, Low Back, Knee, Ankle Pain

Mantra: “I am resting in the warmth of the sun”

Variations:

- Place a blanket roll underneath your forehead for more support of the upper body.
- For shoulder/chest support—place a blanket roll underneath the shoulders.
- To alleviate low back pain—place a blanket roll or bolster underneath the hips.
- To alleviate knee or ankle pain—place a blanket roll or bolster underneath the ankle.

Partner Poses:

- Resting Alligators

