

Meet the yoga babies!  
 Family life's hectic, but yoga helps everyone chill out,  
 from Emily in the garden to Honey at bathtime.  
 And once you've seen what the yoga babies  
 can do, why not give it a try?

Fearne x



ALSO AVAILABLE



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The text and illustrations in this book have been approved by a qualified yoga instructor, but *Yoga Babies* was not written as a 'How-to' guide. Baby yoga is something fun for you to do **with** your kids - so please don't leave them unsupervised while they're trying poses.



FEARNE COTTON  
 SHEENA DEMPSEY

YOGA BABIES



ANDERSEN PRESS

FEARNE COTTON

# Yoga Babies



Illustrated by SHEENA DEMPSEY

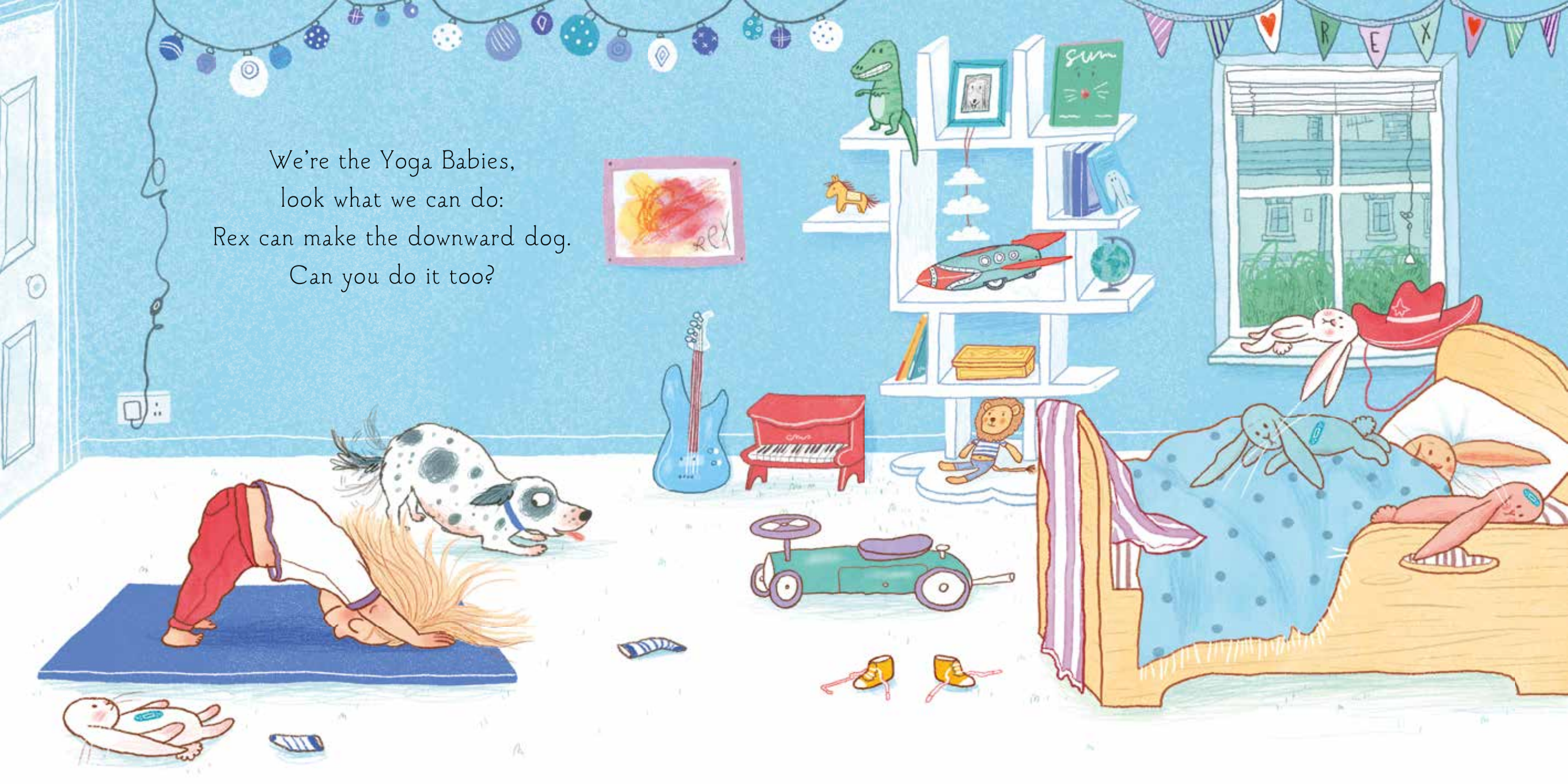


We're the Yoga Babies,  
look what we can do.

George can sit up straight like this.

Can you do  
it too?

We're the Yoga Babies,  
look what we can do:  
Rex can make the downward dog.  
Can you do it too?



Sophie and her mummy  
have had a dreadful day.

Ben was sick...



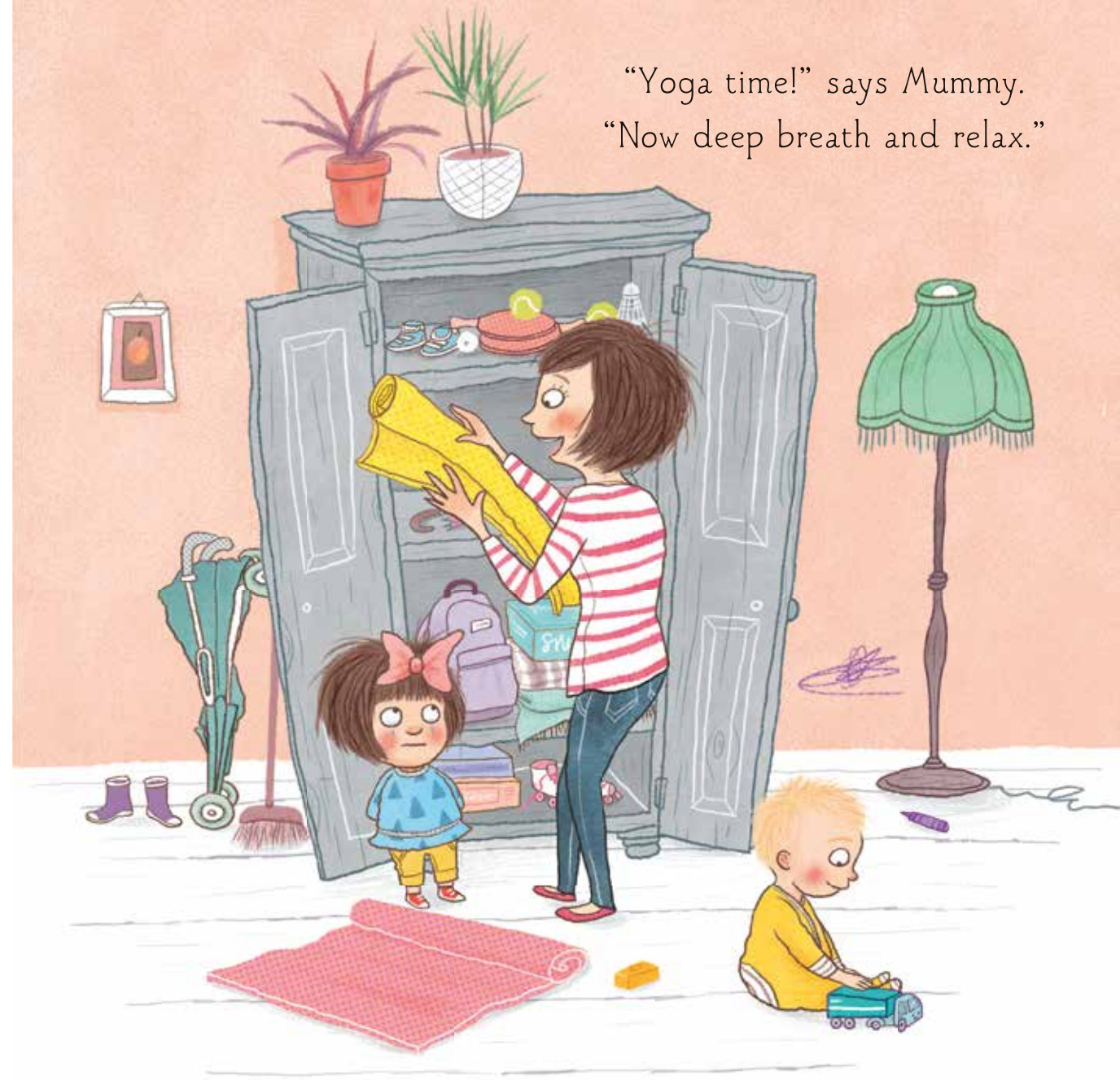
the car broke  
down...



and then Tiggs ran away.



“Yoga time!” says Mummy.  
“Now deep breath and relax.”



But sometimes that is hard to do  
with someone on your back!





Outside in the garden,  
can you see a tree?  
Tall and straight with not much wobble.  
Well done, Emily!

Stretching in the sunshine,  
Dad and Kit on mats,  
curling downwards just like this –  
till they look like cats.