

Itsy Bitsy Yoga – Award Winning DVDs

Play n' Flourish DVD

Yoga for Your Baby from Birth to 10 months

SRP - \$19.99 UPC # 896560 001003 Approx. Run Time – 70 min.

With the award-winning Itsy Bitsy Yoga Play n' Flourish DVD, you will learn new ways to calm, bond, and play with your baby. Done in the comfort of your home, no special props are required and no previous yoga experience is needed! In just minutes a day, you can build lasting memories, encourage your baby's growth and development, foster healthy sleep patterns, and - most of all - have fun!

Play n' Flourish Features:

Calming Made Easy Routine – can help soothe fussy babies

Bonding Bliss Routine – give your baby love and attention

Growing Strong Routine – help your baby learn to stretch, move, roll, sit, and crawl

Especially for You and Your Newborn – personalize each routine for your newborn



Sleep n' Grow DVD

Yoga for Your Baby from Birth to 10 months

SRP - \$19.99 UPC # 896560 001010 Approx. Run Time – 55 min.

With the award-winning Itsy Bitsy Yoga Sleep n' Grow DVD you will learn new ways to calm, bond, and play with your baby. Done in the comfort of your home, no special props are required and no previous yoga experience is needed! In just minutes a day, you can build lasting memories, encourage your baby's growth and development, foster healthy sleep patterns, and - most of all - have fun!

Sleep n' Grow Features:

Stretch n' Play Routine - have fun promoting baby motor development

Divine Digestion Routine - soothe tummy troubles of all kinds

Sweet Sleep Routine - a relaxing way for you to help improve your baby's sleep

Especially for You and Your Newborn – personalize each routine for your newborn



Mamacise DVD Yoga for Moms

SRP - \$14.99 UPC # 896560 001027 Approx. Run Time – 45 min.

Mamacise offers you soothing stretches, exercises to tone and strengthen your body, opportunities to cuddle your adorable baby, a way to energize your day, and a relaxation for you and your baby to enjoy together.

Enjoy the entire Mamacise routine in just twenty minutes, either with your baby or on your own. No special props are needed, and you don't need any yoga experience to begin.

