



BISHOPS DOWN
PRIMARY SCHOOL

SchoolComms Message Sent

Date: 9/1/19

Subject: Yoga Sessions for Nursery Children

Dear Acorn Parents,

At the end of last term Acorn Class had a wonderful taster session with 'Tatty Bumpkin'.

The 'Tatty Bumpkin' programme is children's inspired yoga sessions for children over the age of 2 and has been designed to aid their development specifically for their age range.

We are pleased to be able to offer a weekly yoga session to our children who attend on a Wednesday afternoon. Scroll down for the flyer giving details of what's involved and who to contact regarding signing up your child for the yoga class.

The first session will begin on the 16th January if we have enough interest to run a class.

Any questions, please email.

Kind regards

Mrs Catherine Ashley



We are pleased to announce we will be starting our Tatty Bumpkin children's yoga inspired sessions at Bishops Down Nursery from January 2019. Please book your child's place as soon as possible to ensure they don't miss out.

What is Tatty Bumpkin?

Our Tatty Bumpkin programme is for children over the age of 2 and has been designed to aid their development specifically for their age range. Our sessions are movement classes, incorporating yoga poses, music, storytelling, multi-sensory activities and YES.. even relaxation!

Tatty Bumpkin is a character doll who invites the children on magical and imaginative adventures, which provide context for the children's movement and learning. Whether zooming into space on a rocket to explore the planets, tip-toeing through the jungle with Lions, diving into the ocean with Dolphin, or stowing away on a pirate ship... every week is a different adventure. The classes are fully aligned to the Early Years Foundations Skills (EYFS) curriculum, so whilst the children are having fun, you can rest assured that their development is of key importance. We produce a weekly sheet for parents explaining what you child has done in class, and how it aids their development.



Benefits of yoga activities for children:

- Increasing strength, balance & co-ordination which lay the foundations for other sporting activities, as well as for more complex hand skills like writing, eating with cutlery and dressing.
- Developing core stability allows children to sit still and up straight without slouching.
- Improving concentration and attention skills to aid learning, through a class with a mixture of fast and slow paced activities combined with relaxation
- Developing communication and social skills to aid self-confidence, through a warm and supportive class, which nurtures confidence and self-esteem, encouraging children to put forward their own ideas
- Enhancing creativity through the use of our own specially developed props, music and unique content to really spark the children's imagination and give them confidence to enjoy their creativity
- Mindfulness and focusing on breath and relaxation can have a very calming effect and is a useful tool for many occasions, perhaps when a child is feeling anxious or is having trouble sleeping. The skills they learn during class are skills for life and can be easily incorporated into their daily routine.

Classes are booked and paid for in advance on a termly basis and charged at £4.00 per week plus £2.00 per term for a certificate detailing all the postures covered during the term. No refunds will be given should your child miss any of the arranged sessions.

To reserve you child's place, please either email tunbridgewells@tattybumpkin.com or text on 07511048803 stating your child's full name. We will then send you a link to enable you to pay online. For more information see our website www.childreninspiredbyyoga.com/tunbridgewells

We look forward to taking your child on weekly adventures helping them to explore their physicality and creativity, providing them with life skills for the future, and most importantly HAVING FUN