



Hello everyone, Welcome to the first issue of the Tatty Bumpkin (Bedford) newsletter. I thought this would be a great way of keeping you informed about special offers, class updates and events in your area. Where I have been given an email address I will always send a copy of the newsletter by this method as a pdf file – to be environmentally friendly! If you would prefer a printed copy please let me know. *Thanks for reading, from Kate Parker x*

### Who and what is Tatty Bumpkin?

Tatty Bumpkin is an award-winning yoga inspired movement and music class for children (and their grown-ups) from 18mths up to around 7 years. Classes are inspired by yoga but are *not* a yoga class for kids – this gives them a broader appeal as one 45 minute session incorporates movement to improve flexibility, balance and coordination, yoga postures, fun breathing exercises, music, use of different props (including the one and only Tatty Bumpkin bendy yoga doll) to make the session multi-sensory – and we always finish with a relaxation (nice for the grown-ups too), a goodbye stretch and a sticker! Classes are a fun way of having quality time with your child. They are also non-competitive and suitable for children of all abilities.

### EVENTS

Growing up in Bedfordshire – Sat 7 June, Bedford  
 This was an event organised by Inform 0-19. It was great to meet lots of parents and to get lots of interest and positive comments about classes, parties and the children's clothing range.

The winner of the Tatty Bumpkin goody bag is C. Whitehill who is now the lucky owner of a Tatty Bumpkin bendy doll, organic cotton non-slip yoga mat, Tatty Bumpkin music CD and 6 Tatty Bumpkin classes.

There will be more opportunities to win prizes at the Bedford River Festival on 12&13 July. Tatty Bumpkin will be in the Healing Village Marquee. So do come along to be in with the chance of winning a prize and to see a larger display of clothing, toys and accessories.

Tatty Bumpkin will also be at the Woodworks! Festival at Marston Vale Forest Centre on 6&7 September.

### TATTY BUMPKIN BIRTHDAY PARTIES

**For a limited period I am offering a huge discount off the price of a children's party. The cost is usually £85 for 1 hour based on around 12 children – if you book your child's party before the end of August you save £35, bringing the cost down to just £50.** (Please note that I will not be available for parties during October this year). For this you get a story written and adapted to your child's preferences – ie trains, pirates, princesses, jungle animals, space adventure, faeries, the zoo ... A Tatty Bumpkin party follows a similar format to a class – starting with warm-ups, following an adventure using different yoga postures, movement, music and multi-sensory props and ending with a relaxation. Traditional games like musical statues and pass the parcel can also be incorporated. It's fine to have mixed ages at parties. Parties can be run for larger numbers at an additional cost – please enquire for details.

### CLASS SCHEDULE

I plan to send out an updated class schedule by the end of July. At the moment the following sessions are looking most likely. I've added an extra session on a Monday in Marston due to demand, so the Olney class isn't running at the moment. However, based on what parents have told me a morning session would be better in Olney, so I am working on days/times and will add this to the next update. Thanks for your patience, it's just a little tricky at the moment working out suitable days and times and venues!

### From September 08:

Monday 11.00am Tofte Manor, Sharnbrook Rd, Souldrop  
 Monday 2.00pm Granary Yoga Centre, Brogborough  
 Monday 4.00pm Granary Yoga Centre Brogborough  
 Wednesday 10.30am The Clophill Centre, Clophill  
 Wednesday 2.00pm Bedford – Jubilation Centre, nr London Rd  
 Wednesday 4.00pm Bedford – Jubilation Centre, nr London Rd

### From November 08:

Saturday 10.30am Bedford – Bedford Athletic Stadium

### TATTY BUMPKIN CLOTHING PARTIES

Are you interested in organic cotton, bamboo and ethically produced clothing for your children which is also practical, stylish, fun and very comfortable? If you get a few friends together I can come round to your house and show you samples from the current range and tell you more about the clothes. There is no obligation to buy and I will talk for just a short time, giving you plenty of chance to see and feel the garments and if your children are with you they can try the clothes on too!



Quote ref [ftc1001](#) at [www.tattybumpkinshop.com](http://www.tattybumpkinshop.com) in the Special Delivery Instructions Box! Thanks.

*Until next time stay Bendy, Giggly, Clever & Strong*

About Tatty Bumpkin Ltd:

Winners: 2008 National 'What's On 4 Little Ones' Best Physical Activity Class for Children.  
 CACHE Accredited training (Council for Awards in Childcare and Education).

Member of the Pre-school Learning Alliance. Winner of an UnLtd award for social enterprise.

**THE WORLD OF TATTY BUMPKIN** Explores physicality ... Expands confidence ... Excites minds