



**Movement, storytelling, yoga, music, learning and relaxation all in one fun 45 minute adventure.**  
**Classes aligned with the Early Years Foundation Stage.**  
**Tatty Bumpkin birthday parties available too!**

**HAPPY NEW YEAR TO YOU ALL!**

I hope you all had a super xmas and New Year.

Here is the first newsletter of 2009. There are two free taster classes this month – see details in purple box opposite. I hope many of you will be able to make it – *please make sure you book your place.*

But, if you can't make it why not try out one of Tatty Bumpkin's favourite yoga poses? See below.

There will be another pose to try next month. Have a go and watch as the whole family becomes *Bendy, Giggly, Clever and Strong!*

Best wishes,  
Kate & Tatty



**FREE TASTER**

**Mon 19 Jan  
2.00pm**

**Tues 20 Jan  
10.00am**

**Park Road Methodist  
Church Hall  
(off Roff Ave)  
Bedford MK41**

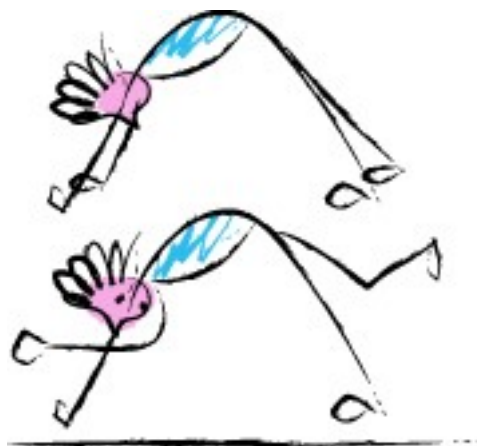
**Advance booking  
essential**

**On Tatty's adventure this month she meets a friendly Dog.  
You can practice being a Dog at home.**

On all fours, push up with your hands.  
Lift your hips towards the ceiling – imagine a thread is lifting your hips up making you into a triangle shape.  
You can even wave your paws and wag your tails (legs)!

*Have fun with it but don't do anything that hurts or feels uncomfortable.*

**What is the Dog Pose good for?**  
**Strengthens your shoulders and arms.**  
**Releases tension in the shoulders too.**  
**Gets fresh blood to brain so is invigorating.**



**Liability Disclaimer**

IMPORTANT: Tatty Bumpkin is fun and physical and may involve movements you don't usually make. Every care is taken to ensure that instructions for poses contained in this newsletter are safe. However, Tatty Bumpkin cannot accept responsibility or any liability for any injury suffered by you or your child/ren by reason of having undertaken the stated movement. If you have any concerns as to you or your child's ability to undertake an exercise please consult your doctor. We rely on you as parent/guardian to help with your child's movement as appropriate.

**About Tatty Bumpkin:**

Classes devised by Experts and fully aligned with the Early Years Foundation Stage  
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.  
**Explores physicality ... Expands confidence ... Excites minds**



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