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**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!



Greetings to you all!

What a lot of snow we have had. **Tatty Bumpkin has been enjoying making footprints in the snow, catching snowflakes and being a snow angel!**

Here is your February newsletter. **There is a new class starting on Tuesdays after half-term – see details in purple box opposite. This is a 6 week block of classes and costs £30.00 for the first child (the cost is reduced to half-price for your second child etc. Siblings under 18mths are free of charge).**

If you are interested in a **Saturday morning class**, please let me know as I am planning to start one after Easter in Bedford and it would be helpful to have an idea of numbers.

*Stay bendy,*  
 Tatty & friends xxx

**\* NEW CLASSES \***  
**Start Tues 24 Feb at 10.00am**

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

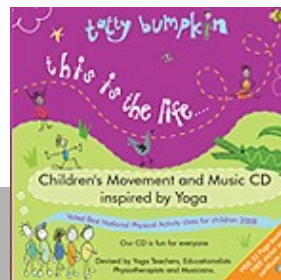
**Advance booking essential**

**SATURDAY CLASS Starting after Easter**

**Email/phone to book & for more info.**

**\* NEW CD *This Is The Life!* \***

**Exciting news! There will be a brand new Tatty CD available at the end of February at [www.tattybumpkinshop.com](http://www.tattybumpkinshop.com) –**



**don't forget to quote Ref FTC1001 / Kate Parker in the Special Delivery Instructions Box on the on-line order form! Thanks and enjoy.**

**On Tatty's adventures this month she meets a kind old Cat. You can practice being a Cat at home. If you are lucky enough to have your own cat, maybe they will join in too!** On all fours (hands under shoulders, knees under hips and hip width apart), push up with your hands. Gently arch your back (*do not arch too deeply*) sticking your bottom up a little! Look upwards just slightly. Then slowly curve your back so that your head moves towards your tummy and your bottom lowers towards the ground. You can even stretch out your paws and circle your tails (legs). Do it with a friend and try to shake paws!  
*Have fun with it but don't do anything that hurts or feels uncomfortable.*

**What is the Cat Pose good for?**  
**Helps core stability (all around the middle of your body)**  
**Good for keeping your spine flexible.**



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*