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



Merry March Greetings to you All,
There is a lot to tell you about this month!

I am delighted to tell you that Tatty Bumpkin sessions will soon be running at Harlington Lower School and more details will follow in our April newsletter.

Below you will see the dates for classes starting after the Easter break.

I am introducing a **Pay As You Go** option for sessions in addition to advance payment, so you do not need to commit to a block of sessions. However, there is a reduction in the cost if you book a block of classes. *Siblings can attend sessions for half the price!*

Please note that due to teacher illness the Wednesday Clophill class will stop temporarily after Easter.

Introduce a Friend to Tatty Bumpkin to get **£5 off your current (or future) booking** – this can also be used for part-payment of a Tatty Bumpkin birthday party. On that subject, I am currently offering a standard **Tatty Bumpkin birthday party for half price!!!** See further details in turquoise box below.

Stay bendy, Tatty & friends xxx

*** DATES FOR NEXT TERM ***

This 7 week block of classes starts on:

Tuesday 21st April 2009 at 10.00am

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

and runs on the following 6 dates:

Tuesday 28th April

Tuesday 5th May, 12th May, 19th May
(no class Tues 26th May bank holiday weekend)

Tuesday 2nd June & Tuesday 9th June

SATURDAY MORNINGS

Start on Saturday 25th April at 10.00am

at Park Road Methodist Church Hall (as above)

and on the following 6 dates:

Saturday 2nd May, 9th May, 16th May

(no class 23rd May – bank holiday weekend)

Saturday 30th May, 6th June, 13th June

**Very special
'credit crunch' offer**

Save nearly 50% off a Tatty Bumpkin birthday party for your little angel, monkey, pirate or princess!

A standard birthday party for up to 12 children usually costs £75, but if you get in quick you can get a bargain by paying just £40.00 (a saving of £35)!

There are 6 themes to choose from including pirates, princesses, circus and jungle. For more details take a look at:

<http://www.bedford.tattybumpkin.com/parties.html>

(Please note that you can have other themes for your child's birthday party and you can even have an adventure written just for your child, but the 6 themes mentioned on the web page are those that relate to the half price offer).

The half price offer is subject to availability. Tatty Bumpkin (Bedford) reserves the right to cancel this promotion at any time without prior notification.

This block of 7 sessions costs:

Pay As You Go = £5.00 per class (£35 total)

Advance payment of 7 sessions
= £4.00 per class (£28 total)



Mum's The Boss

Mum's The Boss is a Networking/Support group for **Bedfordshire mums** who work from home, run their own business or franchise or who would like to set up in business on their own. We are not just about leads and referrals – we offer an informal, supportive, child-friendly environment to meet other mums in business, to learn from each other and to promote each other's businesses wherever we can. We also arrange speakers from external agencies who can provide practical business advice as well as inspirational speakers who can give us that much needed boost of confidence when ours is fading. **The next meeting on Thurs 9th April will include a visit from TATTY BUMPKIN and a taster adventure to join in with!**

So if you already run a business from home or are thinking of taking the plunge, then please come and join our group. We would love to meet you!

E-mail: info@mumstheboss.co.uk or go to www.mumstheboss.co.uk

r-time online

the indispensable family guide

a free family directory and family club, r-time online is the insider's family guide to what's hot, new and undiscovered in **Bedfordshire**.

From activity clubs and pre-schools to gadgets, travel, beauty and so much more!

Tatty Bumpkin is R-Time Online's Business of the Month!

<http://www.r-timeonline.com/business-of-the-month/>

This month's yoga pose – the Tatty Bumpkin way

Tatty Bumpkin meets a TREE. You can practice being a tree at home.

Take a minute to get yourself balanced. Make sure your feet are firmly placed On the ground. Imagine your feet are the roots of a tree. Then imagine your head is like a branch of the tree stretching up to the sky.

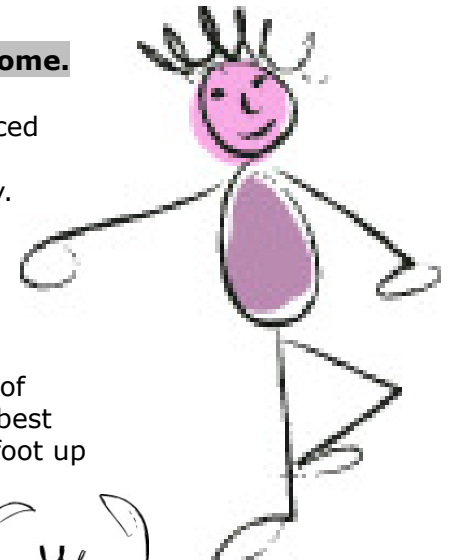
Lift one leg and use your arms to balance – they can sway and wobble in The breeze. You could stick your arms out, pretending to be a wide tree, or stretch them up high, pretending to be a tall, narrow tree.

You can gently push your raised foot into your calf muscle (like the picture of Tatty opposite) or just rest it on top of your other foot – do whatever feels best for you. With lots of practice you might even find you can get your raised foot up as high as your thigh, but don't try this straightaway!

Don't forget to breathe deeply in and out as you do this pose. This is how we get lots of fresh oxygen into our bodies, which makes us Bendy, Giggly, Clever & Strong!

What is the Tree Pose good for?

- Balance**
- Coordination**
- Strengthens legs**
- Improves concentration**
- Encourages inner stillness**



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.