



children
INSPIRED
by yoga
with

tatty
bumpkin

bendy, giggly yoga for strong bodies and clever minds



YOGA-INSPIRED CLASSES FOR NURSERIES

Established in 2004

Children Inspired by Yoga offers an immersive, multi-sensory yoga programme for babies & children. Developed by educationalists, yoga teachers, paediatric physiotherapists & musicians. Well-being, child development & fun are at the heart of all that we do.



ALIGNED TO THE EYFSC AND SCOTTISH CURRICULUM FRAMEWORKS



Sessions are delivered nationally by a professional, ethical network of accredited teachers. If well-being can be measured by the ability to experience life with positive moments, we provide a fantastic opportunity to broaden & enrich learning in your nursery, pre school or children's setting.

Children will:

- Develop their character, confidence & physical skills
- Experience moments of stillness & relaxation
- Explore the wonder of the world in which they live & beyond
- Discover their uniqueness & differences
- Express their thoughts & feelings

Practitioners will:

- Feel assured our programme's curriculum is strong, planned & meets the needs of their setting
- Be confident our sessions will match their children's individual developmental readiness
- Increase their own well-being

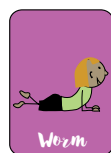
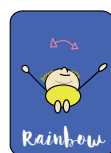
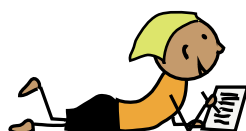


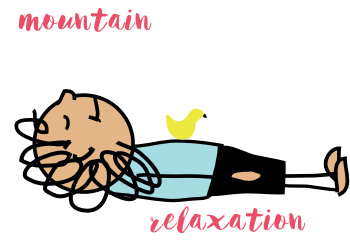
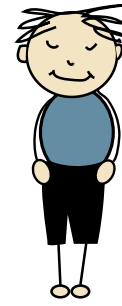
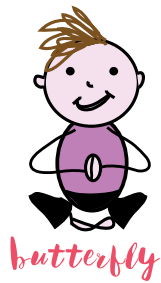
Ready for their next steps



Yoga has many benefits...

- Builds early cognitive skills, such as attention, concentration and memory
- Promotes physical, mental & emotional well-being
- Supports self-regulation
- Reduces anxiety
- Accessible for all to enjoy





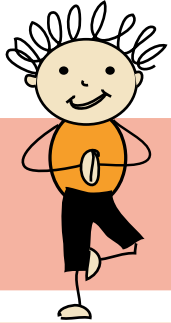
We are Bendy, Giggly, Clever and Strong!

"Yoga days are the best days",

"It was nice and relaxing." Children at Baildon Nursery

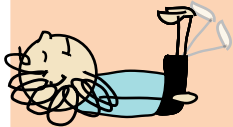
"A fab way to help children move from just doing to actually being".

Parent & Yoga Teacher



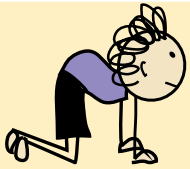
'Bendy' for an active life style

Multi-sensory yoga poses promote flexibility, strength & confidence. Early positive, physical experiences inspire a life-long love of activity.



'Giggly' for a growth mindset

The sessions motivate every child to join in & keep going to enjoy a sense of achievement. Our specialist teachers adapt the yoga poses for all children and are equipped with carefully planned storylines & bespoke music.



'Clever' and creative

Children have time & space to problem solve & come up with their own ideas. Building on sensory experiences & movement, children start to link concepts, and gain a deeper understanding of themselves, others & the world around them.



'Strong' in mind and body

Filled with opportunities for positive interactions, our holistic sessions support mental well-being & self-regulation. Relaxation, breath and mindfulness activities are woven into the stories to nurture the whole child, providing a moment of restoration for the young brain.



Working with your nursery to enhance SEN provision & close the gap

Children are unique according to their previous experiences & interactions. We meet the child where they're at, inviting them on a positive adventure. Our sessions can offer that extra input for a child with additional needs to help them regulate their movement, aid their concentration, & enhance their day.

"We have had Tatty Bumpkin yoga in our nursery for many years. Over this time our children's confidence has flourished - children who can be quiet or shy respond especially well. Explanations & documents on the poses are really useful & we feed this information back to parents. We're so pleased with how the baby yoga classes are going and can't thank the teacher enough for her knowledge which she shares with our staff & her kind and patient nature with the children." Sunshine Nursery, Shoreham July 2018

Our programme is very flexible so please talk to us about any other specific requirements you have.