



# children INSPIRED by yoga



*bendy, giggly yoga for strong bodies and clever minds*



Yoga, storytelling, active play, music & relaxation programme to help build physical, emotional and social confidence

*Tatty Bumpkin*, our character doll, invites the children on magical and imaginative adventures which provides context for their movement and learning.

Whether diving into the ocean with Dolphin, tip-toeing through the jungle with Lion or zooming into space to explore the planets – every week is a new adventure



## How can yoga benefit children?

- ✓ Increases strength, balance & co-ordination – required for sports, eating with cutlery & writing
- ✓ Develops core stability to enable sitting still
- ✓ Improves concentration through the use of fast & slow-paced activities
- ✓ Develops communication & social skills
- ✓ Enhances creativity
- ✓ Teaches calming techniques through breathing & mindfulness

**Tatty Bumpkin Yoga After-School Club**

**Tuesdays 3:15-4:15pm for EYFS and KS1 during terms 5 & 6**