



# children INSPIRED by yoga

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



enhancing wellbeing through  
yoga-inspired movement



CHILDREN INSPIRED BY YOGA unites the BABY BUMPKIN  
& TATTY BUMPKIN worlds of learning through yoga-inspired movement

**baby  
bumpkin™**



0-2 years

Our sessions offer a calm & soothing environment for babies & their carers to learn & nurture new skills together.

As babies move & stretch, gentle motion comes to life with creative storytelling & sensory play. Week by week, bonds are strengthened & skills are learnt... aiding restful sleep, calm digestion & overall wellbeing in babies.



**tatty  
bumpkin®**



2-7 years

Our happy, sociable classes are filled with fun, music & movement. each week children are guided through creative & engaging routines that come to life through storytelling & music.

Concentration & physical confidence flourishes as strength, balance & coordination skills are mastered. The yoga-inspired sessions gift children life long skills.

