



Hello Parents

Welcome to our Bendy, Giggly world! I run a small company called Children Inspired by Yoga. We deliver our Yoga Inspired programme into schools and nurseries in London and we are really excited to introduce your child to our Tatty Bumpkin Yoga session at their nursery. We will take your child on imaginative adventures full of giggles, laughter, relaxation techniques and confidence boosting activities.

The children have so much fun that they often don't even realise that they are exercising!

Yoga, wellbeing, mindfulness and self-regulation are all important aspects of the recovery curriculum and as we have been running these sessions for many years in London.

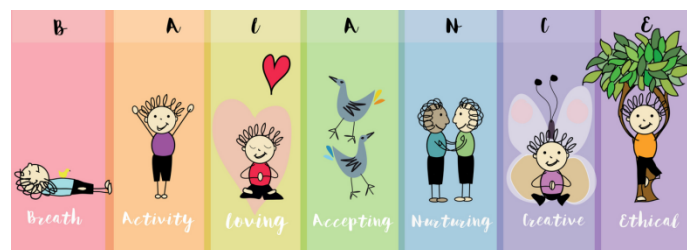
The course is essentially an EYFS aligned children's movement and storytelling Yoga inspired class. The children adore the sessions as they inspire creative thinking and imaginative interaction while moving the body in a way that is optimal for learning. We keep the children at 'that just right level'. Not too fast and not too slow.

Our aim is to get children moving but also introduce control and balanced moments of calm, enough to leave them all resting in relaxation on the floor for 5 minutes before the session ends. We run a rainbow term programme which means we have 52 weeks of stories for the children to explore, so they are always heading on a new adventure every week.

The programme offers design-led supporting materials, exclusively composed music with ethical props. Everything we do aims to have a positive social and environmental impact. Your children will have access to sheets detailing what they have learnt and a colouring sheet for every session.

We cannot wait to meet your children for some Bendy, Giggly fun!!

Victoria and the CIBY Team London xxx



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