

# TINY TOTS

## KUMON: here to help...

Kumon is a unique method of study and is passionate about your child's development, whatever their age or ability, Kumon programmes will help your child to master maths and English skills, develop excellent concentration and study habits, build lasting confidence and self-belief and improve their all-round academic achievement. Kumon offers far more than private tuition, they aim to nurture confident, independent learners – children who are prepared to meet challenges in school and beyond.

**For more information contact:** Hilary Maddocks t: 01509 414866 e: [leicesteranstey@kumoncentre.co.uk](mailto:leicesteranstey@kumoncentre.co.uk)



## BLOSSOM YOGA: sleep at last!

The long summer days often mean children's sleep patterns are disrupted, Blossom Yoga for children is perfect to get children back on track. 'The Bee that Couldn't Fly' is a beautifully illustrated yoga storybook and DVD developed for children aged 3 to 7 years with special emphasis on calming the nervous system and regulating sleep patterns. It uniquely offers the benefits of yoga, whilst simultaneously capturing children's imagination and enhancing their visualisation. The creatures and objects in the story are characterised by yoga postures that develop a healthy physical body by keeping the bones strong and aligned, the muscles around them supple and by improving fitness, co-ordination and balance.

**For more information:** t: 07739 507960 | [blossom@blossom-yoga.co.uk](mailto:blossom@blossom-yoga.co.uk) | [www.blossom-yoga.co.uk](http://www.blossom-yoga.co.uk)

