

Opening Weekend Timetable

Sycamore Studio

All sessions are 30 minutes long

SATURDAY

10.00am	Yoga Conditioning	Xenia Gregoriadis
10.45am	Family Session	Heather Hawthorne
11.30am	Children's Drama	Helen O' Grady Drama
12.15pm	Gentle Pilates for All	Hannah Ellicock
1.00pm	Slow Flow Yoga	Tamsin Dyke
1.45pm	Unity Mindful Yoga	Victoria Auton
2.30pm	Qi Gong	Jeremy Marshall
3.15pm	Restorative Yoga	Laurie Cooper

SUNDAY

10.00am	Vinyasa Yoga	Lula McGill
10.45pm	Drum & Dance	Yaron Engler & Wins
11.30am	Unity Partner Yoga	Sevanti
12.15pm	Yoga	Helena Skoog
1.00pm	Quiet Yoga	Amber Ward
1.45pm	Sound bath	Joanna McEwen

Opening Weekend Timetable

Silver Birch Studio

All sessions are 30 minutes long

SATURDAY

10.00am	Children's Creative Writing	Laura Brett
10.45am	Breathing and Meditation	Sue Bringloe
11.30am	Parent and baby	Tabitha Tarran
12.15pm	Story Telling	Dawn Ellis
1.00pm	Sound Bath	Kirsty Knapp
1.45pm	Singing	Debra Skeen
2.30pm	Yoga	Tim Blair
3.15pm	Mindful meditation	Cathy Crick

SUNDAY

10:00am	Children's Yoga	Tamsin Dyke
10:45am	Children's Martial Arts	Graham Bridger
11:30am	Children's Art	Kirsten Norbury
12:15pm	Adult Art	Kirsten Norbury
1:00pm	Feldenkrais	Marianne Leather
1:45pm	Mindful Meditation	Cathy Crick