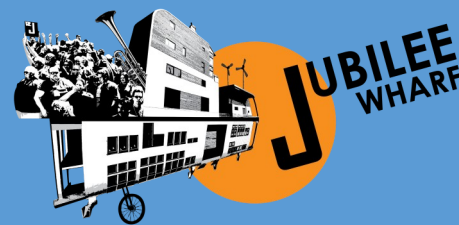


# THE ZEDSHED May 2017

Commercial Road, Penryn, TR10 8FG

[www.jubileewharf.co.uk/whatson](http://www.jubileewharf.co.uk/whatson) 01326 374960

See website for details of events



## MONDAY

10.00-11.30 Bump to Breast - Penryn Children's Centre 07824 904979 **NOT 1st**

17.15-18.15 Kid's Street Dance Jade Evans [joshkanag@yahoo.co.uk](mailto:joshkanag@yahoo.co.uk) **NOT 1st**

18.15-19.15 Kid's Contemporary Dance Jade Evans [joshkanag@yahoo.co.uk](mailto:joshkanag@yahoo.co.uk) **NOT 1st**

## TUESDAY

13.30-14.30 Babbling Babies - Penryn Children's Centre 01326 312493 **Must Book NOT 16th or 30th**

13.00-16.00 Bump to Breast 20th Anniversary celebrations. See What's On 07824 904979 **ONLY 16th**

17.45-19.15 Iyengar Yoga Alison Trehwela [info.YHLB@gmail.com](mailto:info.YHLB@gmail.com) **Starts 16th**

19.30-21.00 Biodynamic Yoga Amanda Brown [groundofbeing.co.uk](http://groundofbeing.co.uk)

## WEDNESDAY

09.15-11.15 Iyengar Yoga Jean Kutz 01872 572807 **NOT 31st**

11.45-12.45 Pilates Reba Guest 07887 702123

14.30-16.45 Mindfulness Vici Williams 07974 113352 **Must Book Starts 10th**

18.00-19.30 Anusara Yoga Lucinda Pimlott 01326 372419 [yogainpenryn.co.uk](http://yogainpenryn.co.uk)

19.45-20.45 Belly Bolly Dance Beginner & 20.45-21.45 Intermediate Liz Newman [bellybolly.co.uk](http://bellybolly.co.uk)

## THURSDAY

09.30-11.00 Suitcase Singers Choir led by Claire Ingleheart 07791 945770

18.00-19.30 & 19.45-21.15 Atha Yoga general Andrew Moon [athayoga.co.uk](http://athayoga.co.uk)

## FRIDAY

09.30-11.00 Introducing Solid Food - Penryn Children's Centre 01326 312493 **Must Book ONLY 19th**

11.30-12.30 Capoeira Tots - Josh Chamada [joshkanag@yahoo.co.uk](mailto:joshkanag@yahoo.co.uk)

14.30-16.45 Mindfulness Vici Williams 07974 113352 **Must Book Starts 12th**

18.30-19.30 Vinyasa Flow Yoga Kyla Flegg [ondaphysio.co.uk](http://ondaphysio.co.uk)

19.45-22.00 Nonviolent Communication practise group Martin & Claudia Althaus [martin.althaus@dralthaus.com](mailto:martin.althaus@dralthaus.com)

## SATURDAY

09.00-10.30 Anusara Yoga Lucinda Pimlott 01326 372419 [yogainpenryn.co.uk](http://yogainpenryn.co.uk)

11.00-17.30 Shadow Warrior Bujinkan Falmouth Annual Seminar [swf@foxcoat.uk](mailto:swf@foxcoat.uk) **ONLY 6th**

11.00-14.00 Ashtanga Retreat Weekend - Lime House Yoga [limehouseyoga.com/retreats](http://limehouseyoga.com/retreats) **Only 20th**

10.45-17.30 Nonviolent Communication 2 day workshop [martin.althaus@dralthaus.com](mailto:martin.althaus@dralthaus.com) **Only 27th**

11.00-13.00 Yoga & Sound Lucinda Pimlott & Megan Selby See website for details **ONLY 8th**

13.30-15.45 Mindfulness Vici Williams 07974 113352 **Must Book ONLY 1st**

18.00-20.00 5 Rhythms Dance Julie Rose 07885 522093 **ONLY 6th & 27th**

## SUNDAY

09.00-10.30 Sunday Yoga Flow Lauren Biddulph & Anna Misiak

11.00-17.00 Shadow Warrior Bujinkan Falmouth Annual Seminar [swf@foxcoat.uk](mailto:swf@foxcoat.uk) **ONLY 7th**

11.00-14.00 Ashtanga Retreat Weekend - Lime House Yoga [limehouseyoga.com/retreats](http://limehouseyoga.com/retreats) **Only 21st**

10.45-17.15 Nonviolent Communication 2 day workshop **Only 28th**

17.30-18.45 & 19.15-20.30 Yoga for Healthy Backs Alison Trehwela **Must Book Starts 21st**