

# THE ZEDSHED Oct 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

18.30-20.00 **Ashtanga Vinyasa Yoga** Emily Dymond [emilydymondashtangayoga@outlook.com](mailto:emilydymondashtangayoga@outlook.com)

## TUESDAY

09.30-10.30 **Fusion Fitness** Jenn Spafford 07500 131341 **NOT 24th**

13.30-15.30 **Incredible Babies** 8week parenting course Penryn Children's Centre 01872 322277 **NOT 24th**

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

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 25th**

09.00-11.30 **Iyengar Yoga** Sue Lovell 07851 195208 **ONLY 25th**

11.45-12.45 **Pilates** Reba Guest 07887 702123

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** Liz Newman [bellybolly.co.uk](http://bellybolly.co.uk)

20.45-21.45 **Belly Bolly Dance 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

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

17.15-18.15 **Barre Fitness** Jenn Spafford 07500 131341 **NOT 27th**

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

19.45-22.00 **Non Violent Communication Practise Group** Claudia & Martin Althaus & Vicky Peirce **ONLY 20th prior attendance required** [jubileewharf.co.uk/zedshed/stress-reduction-course](http://jubileewharf.co.uk/zedshed/stress-reduction-course)

## SATURDAY

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

10.45-11.45 **Meditation** Lucinda Pimlott 01326 372419 [yogainpenryn.co.uk](http://yogainpenryn.co.uk) **only 7th**

10.45-18.00 **Non Violent Communication** Claudia & Martin Althaus & Vicky Peirce **ONLY 21st** [jubileewharf.co.uk/zedshed/stress-reduction-course](http://jubileewharf.co.uk/zedshed/stress-reduction-course)

11.00-13.30 **Iyengar Yoga** Sue Lovell 07851 195208 **ONLY 28th**

18.00-20.00 **5 Rhythms Dance** Julie Rose 07885 522093 **ONLY 28th**

## SUNDAY

09.00-10.30 **Sunday Yoga Flow** Lauren Biddulph & Anna Misiak

10.45-16.45 **YHLB Teacher Training Level 1** Alison Trehwela [info.yhlb@gmail.com](mailto:info.yhlb@gmail.com) **ONLY 3rd**

10.45-18.00 **Non Violent Communication** Claudia & Martin Althaus & Vicky Peirce **only 22nd** [jubileewharf.co.uk/zedshed/stress-reduction-course](http://jubileewharf.co.uk/zedshed/stress-reduction-course)

17.30-18.45 **Yoga for Healthy Backs** Alison Trehwela **Must Book**

19.15-20.30 **Yoga for Healthy Backs** Alison Trehwela **Must Book**