

THE ZEDSHED Feb 2018

Commercial Road, Penryn, TR10 8FG

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 12th**

11.00-14.00 Iyengar 3 day workshop Sue Lovell sueyoga40@gmail.com **ONLY 12th**

13.15-13.45 Baby Ballet Movers 3 - 4 years - Candice Inglis truro@babyballet.co.uk **NOT 12th**

18.30-20.00 Ashtanga Vinyasa Yoga Emily Dymond emilydymondashtangayoga@outlook.com

TUESDAY

09.30-10.30 Fusion Fitness Jenn Spafford 07500 131341

17.45-19.15 Iyengar Yoga Alison Trehwela info.YHLB@gmail.com

19.30-21.00 Biodynamic Yoga Amanda Brown groundofbeing.co.uk

WEDNESDAY

09.15-11.15 Iyengar Yoga Jean Kutz 01872 572807 **NOT 21st**

11.45-12.45 Pilates Reba Guest 07887 702123

14.00-16.15 Mindfulness Vici Williams 07974 113352 Must Book

18.00-19.30 Anusara Yoga Lucinda Pimlott 01326 372419 lucindayoga.uk

THURSDAY

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

18.00-19.30 Atha Yoga general Andrew Moon athayoga.co.uk **NOT 15th**

19.45-21.15 Atha Yoga general Andrew Moon athayoga.co.uk **NOT 15th**

FRIDAY

11.30-12.30 Capoeira Tots - Josh Chamada joshkanag@yahoo.co.uk **NOT 16th**

17.15-18.15 Barre Fitness Jenn Spafford 07500 131341

18.30-19.30 Physiotherapy-Yoga Kyla Flegg ondaphysio.co.uk **NOT 9th**

SATURDAY

09.00-10.30 Anusara Yoga Lucinda Pimlott 01326 372419 lucindayoga.uk

11.00-16.00 Iyengar 3 day workshop Sue Lovell sueyoga40@gmail.com **ONLY 10th**

13.30-15.45 Mindfulness Vici Williams 07974 113352 Must Book (different venue on 10th - to be confirmed by Vici)

18.00-20.00 5 Rhythms Dance Julie Rose 07885 522093 **NOT 3rd or 17th**

SUNDAY

09.00-10.30 Sunday Yoga Flow Lauren Biddulph & Anna Misiak

11.00-14.00 Iyengar 3 day workshop Sue Lovell sueyoga40@gmail.com **ONLY 11th**

15.30-17.15 Yoga for Healthy Backs Alison Trehwela Must Book **ONLY 4th**

15.45-17.15 Yoga for Healthy Backs Alison Trehwela Must Book **ONLY 11th**

17.30-18.45 Yoga for Healthy Backs Alison Trehwela Must Book

19.15-20.30 Yoga for Healthy Backs Alison Trehwela Must Book