

THE ZEDSHED Jan 2019

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

18.00-19.00 Pilates Jess Harris jessamaeharris@yahoo.co.uk

19.30-20.30 Hula Hoop Lisa Truscott Lisa@aerialartiste.com

TUESDAY

09.15-10.45 Tai Chi Jos Hadfield - Taster sessions. jos@roselidden.co.uk **ONLY 8th & 15th**

17.45-19.15 Iyengar Yoga Alison Trehwela info.YHLB@gmail.com **Not 1st**

19.30-21.30 Biodynamic Yoga Amanda Brown groundofbeing.co.uk **Not 1st**

WEDNESDAY

09.15-11.15 Iyengar Yoga Jean Kutz 01872 572807 **Starts 23rd**

14.00-16.15 Mindfulness Vici Williams 07974 113352 Must Book **Starts 23rd**

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

19.45-21.15 Ashtanga Vinyasa Yoga Emily Dymond 07837 956985 **Starts 16th**

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 3rd**

19.45-21.15 Atha Yoga general Andrew Moon athayoga.co.uk **NOT 3rd**

FRIDAY

17.15-18.15 Barre Fitness Jenn Spafford 07500 131341 **NOT 4th**

18.30-19.30 Physiotherapy-Yoga Kyla Flegg ondaphysio.co.uk

20.00-21.30 Gong Bath Meditation Ali Gunning resonantretreats@gmail.com **ONLY 4th**

SATURDAY

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

18.00-20.00 5 Rhythms Dance Julie Rose 07885 522093 **NOT 19th**

SUNDAY

09.00-10.30 Sunday Yoga Flow Lauren Biddulph & Anna Misiak

11.00-14.00 Iyengar Yoga Sue Lovell sue@peakyoga.org.uk **ONLY 6th**

11.00-16.00 Iyengar Yoga Karen Calder To Book email - karencalder@hotmail.co.uk **ONLY 20th**

19.15-20.30 Yoga for Healthy Backs Alison Trehwela info.YHLB@gmail.com **Must Book NOT 27th**