WHAT'S ON @
THE STUDIO MORLAND

SUMMER TERM 2018

BOOKING ESSENTIAL

MONDAYS:

Eclectic Yoga with Sally Tebb-Roger
5.30pm – 6.45pm and 7.15pm – 8.30pm
Gentle yoga stretches with meditation, energy medicine and relaxation techniques.
£6 per session. Book via Sally: 07944 156769

TUESDAYS:

Afternoons for Artists
12-3pm.
Open Access and professional development sessions for practising artists.
£10/ £12 per session. Call to check what's on.

Belly Dancing with Sally McAllister
6.30pm - 7.30pm
Fortnightly sessions of lively dance.
£6 per session

WEDNESDAYS:

Yoga with Sonia Allen-Wall
10am – 11.30am. 10 Jan – 7 Feb.
Classical Rishi Culture Yoga with Yogacharini Sonia, with over 30 years of teaching experience.
£45 for the 5 weeks or £12 per session.

Acrylic Painting Course
Starts 18 April for 6 weeks
Learn how to create beautiful landscapes and night scenes with Mark Hilsden.
7pm-9pm
£75 for six week course. Booking essential via Mark: 07743 639432

THURSDAYS:

Physio - Pilates
5 April taster session
5.15pm – 6.15pm (continued…)

Improve core strength and stability with Physio-led pilates with Andy Speight.
£7 for the taster and then £35 block of 5.
Book via Andy – 07596 957027

Roncametrics
6.30pm – 8.30pm
A brand new wellbeing and fitness programme combining core strength with yoga, pilates, Alexanda and resistence training with a focus on breathing.

FRIDAYS

Rhythm and Rhyme
10am – 10.30am
Singing and dancing for babies and toddlers with Jill Hackney – check for dates.
£3 donation

Physio - Pilates
6 April taster session
1.15pm – 2.15pm
£7 for the taster and then £35 block of 5.
Booking essential via Andy – 07596 957027

Friday Night Yoga with Sarah Marr
5pm – 6pm starting on 20 April
Drop in yoga with live music!
£8pp Booking: sarahjmarr@hotmail.co.uk

SATURDAYS

Kids Saturday Art Club
11am-12pm
Art Club will change to monthly sessions
Children under 6 to be accompanied.
£5 per session, siblings £3.50
Weekly, first session 13 Jan.

Fortnightly Jamming Sessions
6pm – 8pm. £3 donation
Bring your instruments and join in with some jamming, beginners welcome!

Drop in Family Yoga with Sarah Marr
Saturdays 21 April – 19 May. 9am-10ams
Time for the whole family to connect, concentrate and relax together and work at your own level.
Includes breath work, poses, partner posture, play, balance and relaxation.
Children must be accompanied by an adult.
Book essential via sarahjmarr@hotmail.co.uk
Adults £6 Kids £2

Dates for your diary:

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Raising awareness for Autism gig
7 April. 7-9pm. £5 donation.
Live music at the Studio with Andy and Aelsworth, a fundraising gig for autism.

African Dance Night
17 April 7pm-8.30pm
Come and learn African dance! Joy will teach us a Nigerian pop choreography, no experience needed just a love of dance! Lots of fun and good for the soul. Bring your friends.
£7.

Lindy Hop taster session
20 April. 7.30pm – 8.45pm
Come and try out this most fun partner swing dance with Swingdance Cumbria. Learn basic footwork and a few simple moves to get you dancing to the swinging jazz tunes of the 1920s-40s. No experience needed. Limited spaces! £6. Book via Helen: swingdancecumbria@gmail.com

Boys Only Street Dance
1 May taster session
5.15 – 6pm 7-11yrs / 6pm – 6.45pm 12-16yrs
Freestyle dance combining hip hop, breakdance and house, with Andrea Stones. Learn some core street styles with confidence.
FREE taster, £21 for 5 week course.
Book via Andrea: 07983559712

Life Drawing Sessions
Fri 30 Mar + Fri 20 April - 10-12pm
Tue 10 April + Tue 24 April - 1-3pm
Small friendly life drawing class. No tuition but gentle encouragement where needed and a lovely atmosphere with some great models.
£16 per session. Book via post@kateb.co.uk

Nature Crafts for Kids
28 April 11am – 12.30pm
The amazing art of hapazome! – using leaves and flowers; learn how smashing stuff to bits with hammers can be creative rather than destructive – a must for any kids that just enjoy bashing! Nature identification skills included. All children under 6 six must be accompanied.
£8 per child. Booking: forest.school@live.co.uk

General Data Protection Regulation Q and A
17 April. 2pm – 4pm
What is GDPR and what does it mean for your business? An outline of the impending Government regulations, your obligations as a data controller, and storing, processing and marketing your client's information.
£12. Book via post@kateb.co.uk

Sew a Selfie
13 May. 1pm – 4pm
Learn how to machine stitch a selfie with Boo and the Noodle, using high quality felts and fabric scraps from Jenny's stash. Bring a sewing machine and black thread. All other materials provided. Limited places. Beginners welcome!
£35 for 3 hours. And cake.

Tool Sharpening Course
19 May. 1pm – 3pm
Come and learn how to look after your tools, with Greenwoodworker Louis Le Glas in partnership with Wellnatured. Bring: knives, axes, chisels and auger bits! Limited places.
£20pp - booking via forest.school@live.co.uk