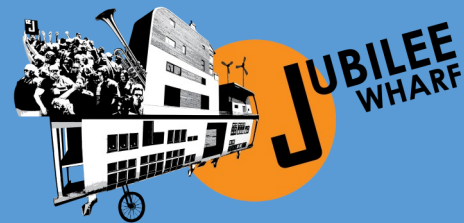


THE ZEDSHED August 2017

Commercial Road, Penryn, TR10 8FG

www.jubileewharf.co.uk/whatson 01326 374960

See website for details of events



MONDAY

10.00-12.30 5 Day Iyengar Yoga Workshop Sue Lovell 07851 195208 **ONLY 14th**

10.00-11.30 Bump to Breast - Penryn Children's Centre 07824 904979 **NOT 14th or 28th**

TUESDAY

All Day on 1st August - Floor varnishing in ZedShed - NO CLASSES sorry folks!

10.00-12.30 5 Day Iyengar Yoga Workshop Sue Lovell 07851 195208 **ONLY 15th**

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

19.30-21.00 Biodynamic Yoga Amanda Brown groundofbeing.co.uk **ONLY 8th & 15th**

WEDNESDAY

All Day on 2nd August - Floor varnishing in ZedShed - NO CLASSES sorry folks!

10.00-12.30 5 Day Iyengar Yoga Workshop Sue Lovell 07851 195208 **ONLY 16th**

11.45-12.45 Pilates Reba Guest 07887 702123 **ONLY 23rd & 30th**

18.00-19.30 Anusara Yoga Lucinda Pimlott 01326 372419 yogainpenryn.co.uk **NOT 2nd or 9th**

19.45-20.45 Belly Bolly Dance Beginner Liz Newman bellybolly.co.uk **NOT 2nd**

20.45-21.45 Belly Bolly Dance Intermediate Liz Newman bellybolly.co.uk **NOT 2nd**

THURSDAY

All Day on 3rd August - Floor varnishing in ZedShed - NO CLASSES sorry folks!

09.30-11.00 Suitcase Singers Choir led by Claire Ingleheart 07791 945770 **ONLY 17th & 24th**

18.00-19.30 & 19.45-21.15 Atha Yoga general Andrew Moon athayoga.co.uk **NOT 3rd or 31st**

FRIDAY

18.30-19.30 Vinyasa Flow Yoga Kyla Flegg ondaphysio.co.uk

19.45-22.00 Nonviolent Communication Practice Martin & Claudia Althaus martin.althaus@dralthaus.com **ONLY 25th**

SATURDAY

09.00-10.30 Anusara Yoga Lucinda Pimlott 01326 372419 yogainpenryn.co.uk

10.45-17.15 Nonviolent Communication Workshop Martin & Claudia Althaus martin.althaus@dralthaus.com **ONLY 26th**

12.00-15.00 5 Day Iyengar Yoga Workshop Sue Lovell 07851 195208 **ONLY 12th**

SUNDAY

09.00-10.30 Sunday Yoga Flow Lauren Biddulph & Anna Misiak

10.45-17.15 Nonviolent Communication Workshop Martin & Claudia Althaus martin.althaus@dralthaus.com **ONLY 27th**

12.00-15.00 5 Day Iyengar Yoga Workshop Sue Lovell 07851 195208 **ONLY 13th**

17.30-18.45 Yoga for Healthy Backs Alison Trehwela **Must Book NOT 27th**

19.15-20.30 Yoga for Healthy Backs Alison Trehwela **Must Book NOT 27th**