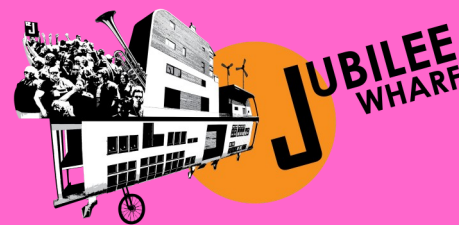


# THE ZEDSHED May 2018

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 **NOT 7th or 28th**

**13.15-13.55 Baby Ballet Movers 3 - 4 years** - Candice Inglis [truro@babyballet.co.uk](mailto:truro@babyballet.co.uk) **NOT 7th or 28th**

**14.00-14.35 Baby Ballet Tinies 18mos - 3 years** - Candice Inglis [truro@babyballet.co.uk](mailto:truro@babyballet.co.uk) **NOT 7th or 28th**

**18.00-19.00 Pilates** Jess Harris [jessamaeharris@yahoo.co.uk](mailto:jessamaeharris@yahoo.co.uk) **NOT 7th or 28th**

**19.30-20.30 Hula Hoop** Lisa Truscott [Lisa@aerialartiste.com](mailto:Lisa@aerialartiste.com) **NOT 7th or 28th**

**20.30-21.30 Gong Bath Meditation** Ali Gunning [resonantretreats@gmail.com](mailto:resonantretreats@gmail.com) **ONLY 14th**

## TUESDAY

**09.30-10.30 Fusion Fitness** Jenn Spafford 07500 131341

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

**19.30-21.30 Biodynamic Yoga** Amanda Brown [groundofbeing.co.uk](http://groundofbeing.co.uk)

## WEDNESDAY

**09.15-11.15 Iyengar Yoga** Jean Kutz 01872 572807 **NOT 23rd**

**11.45-12.45 Pilates** Reba Guest 07887 702123 **NOT 23rd or 30th**

**14.00-16.15 Mindfulness** Vici Williams 07974 113352 Must Book **Starts 16th**

**18.00-19.30 Anusara Yoga** Lucinda Pimlott 01326 372419 [lucindayoga.uk](http://lucindayoga.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) **NOT 31st**

## FRIDAY

**11.30-12.15 Capoeira Tots** - Josh Chamada [joshkanag@yahoo.co.uk](mailto:joshkanag@yahoo.co.uk)

**17.15-18.15 Barre Fitness** Jenn Spafford 07500 131341

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

**19.45-22.00 Non Violent Communication Practise Group** C. & M. Althaus & V. Peirce **ONLY 25th prior attendance required**

## SATURDAY

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

**11.00-17.00 SWIYI Iyengar workshop** Kirsten Agar Ward **ONLY 12th**

**10.45-18.00 Non Violent Communication** Claudia & Martin Althaus **ONLY 26th Must Book**

**18.00-20.00 5 Rhythms Dance** Julie Rose 07885 522093 **NOT 19th or 26th**

## SUNDAY

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

**11.00-16.30 SWIYI Iyengar workshop** Kirsten Agar Ward **ONLY 13th**

**11.00-12.00 Family Biodanza Taster Class** Anna Sadler [annasadler23@yahoo.com](mailto:annasadler23@yahoo.com) **ONLY 20th**

**10.45-17.15 Non Violent Communication** Claudia & Martin Althaus **ONLY 27th Must Book**

**13.00-16.00 Cacao Ceremony** [FaceBook Seed of Love Cacao](https://www.facebook.com/SeedofLoveCacao) **ONLY 6th**

**17.45-19.15 & 19.15—20.30 Yoga for Healthy Backs** Alison Trehwela Must Book **NOT 27th**