

# THE ZEDSHED Dec 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 **ONLY 3rd & 10th**

18.00-19.00 Pilates Jess Harris [jessamaeharris@yahoo.co.uk](mailto:jessamaeharris@yahoo.co.uk) **NOT 24th or 31st**

19.30-20.30 Hula Hoop Lisa Truscott [Lisa@aerialartiste.com](mailto:Lisa@aerialartiste.com) **ONLY 3rd & 10th**

## TUESDAY

09.15-10.45 Tai Chi Jos Hadfield - [jos@roselidden.co.uk](mailto:jos@roselidden.co.uk) **ONLY 4th & 11th**

17.45-19.15 Iyengar Yoga Alison Trehwela [info.YHLB@gmail.com](mailto:info.YHLB@gmail.com) **Not 25th**

19.30-21.30 Biodynamic Yoga Amanda Brown [groundofbeing.co.uk](http://groundofbeing.co.uk) **Not 25th**

## WEDNESDAY

10.00-11.30 Restorative Yoga Alison Trehwela [info.YHLB@gmail.com](mailto:info.YHLB@gmail.com) **ONLY 12th**

14.00-16.15 Mindfulness Vici Williams 07974 113352 Must Book **ONLY 5th**

18.00-19.30 Anusara Yoga Lucinda Pimlott 01326 372419 [lucindayoga.uk](http://lucindayoga.uk) **NOT 26th**

19.45-21.15 Ashtanga Vinyasa Yoga Emily Dymond 07837 956985 **NOT 26th**

## THURSDAY

09.30-11.00 Suitcase Singers Choir led by Claire Ingleheart 07791 945770 **NOT 27th**

18.00-19.30 Atha Yoga general Andrew Moon [athayoga.co.uk](http://athayoga.co.uk) **NOT 20th or 27th**

19.45-21.15 Atha Yoga general Andrew Moon [athayoga.co.uk](http://athayoga.co.uk) **NOT 20th or 27th**

## FRIDAY

18.30-19.30 Physiotherapy-Yoga Kyla Flegg [ondaphysio.co.uk](http://ondaphysio.co.uk) **ONLY 7th & 21st**

20.00-22.00 Gong Bath Meditation Ali Gunning [resonantretreats@gmail.com](mailto:resonantretreats@gmail.com) **ONLY 21st**

## SATURDAY

**10.00-17.00 Jubilee Wharf Christmas Fair on Dec 15th & 16th**

09.00-10.30 Anusara Yoga Lucinda Pimlott 01326 372419 [lucindayoga.uk](http://lucindayoga.uk) **NOT 15th or 29th**

10.45-16.45 YHLB Teacher Training Weekend Alison Trehwela [info.YHLB@gmail.com](mailto:info.YHLB@gmail.com) **Only 1st**

18.00-20.00 5 Rhythms Dance Julie Rose 07885 522093 **ONLY 1st & 8th**

## SUNDAY

**11.00-16.00 Jubilee Wharf Christmas Fair on Dec 15th & 16th**

09.00-10.30 Sunday Yoga Flow Lauren Biddulph & Anna Misiak **ONLY 2nd & 9th**

10.45-16.45 YHLB Teacher Training Weekend Alison Trehwela [info.YHLB@gmail.com](mailto:info.YHLB@gmail.com) **Only 2nd**

17.30-18.45 Yoga for Healthy Backs Alison Trehwela [info.YHLB@gmail.com](mailto:info.YHLB@gmail.com) **Must Book ONLY 2nd & 9th**

19.15-20.30 Yoga for Healthy Backs Alison Trehwela [info.YHLB@gmail.com](mailto:info.YHLB@gmail.com) **Must Book ONLY 2nd & 9th**