

## Winter Weekdays 2018

### Tuesday Hatha Yoga

**Tuesday Evening**  
7-8.30pm  
4 sessions  
per month  
£32

**Find time to chill, find ways to be calm, breathe and just be.**

By practicing yoga you will find that there are many benefits that you will bring to parts of your body and mind. Your practice will help your muscular, nervous, digestive and respiratory systems. You will find a warm welcome at this class, it is particularly for those that think they are not flexible, as I will encourage you to listen to your body and learn to be guided by it and to notice how much it wants you to do. I will give alternative poses depending on how you are feeling that day.

If you find that sitting cross legged is not so easy, this is the class for you. I have chairs for you to work with and I can adapt poses to suit your body type. Bring your yoga mat, a cushion and a blanket or just bring you.



### Wednesday Weaving

**Wednesday Daytime**  
10-12pm  
4 sessions  
per month  
£58

**Weave a textured wall hanging cascading with colour.**

Make head way into learning the myriad of tapestry techniques and joins so that you can produce wall hangings and rugs. If you have always wanted to learn how to thread up a loom then take this opportunity to find out how to go about setting up your loom with your own design.

**Wednesday Evening**  
7-9pm  
4 sessions  
per month  
£58

Walk in the path of ancient weavers and learn the way to make the best kind of heddle using strong string and a stick. Learn carpet weavers knots to make a velvety surface pile. I specialise in leno weave on the table loom and I will pass on this knowledge to you, so that you can make beautiful lacy shawls and scarves.



### Thursday Sewing

**Thursday Daytime**  
10-12pm  
4 sessions  
per month  
£58

**Dust down your sewing machine and bring it along to this friendly and encouraging class.**

You will become more confident at using a sewing machine. Do you need help understanding garment patterns? How to hem, stitch seams and make bags? Then this class is for you, come along and enjoy developing your sewing skills. The class is small a maximum of five and so you will benefit from seeing what other students are making too. If you haven't got a machine then borrow one of ours.

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