



## Programme of Tasters for February - Sheet 1

FEBRUARY	TIME	EVENT	WHO	WHERE
<b>TUESDAY 13<sup>th</sup></b>	10.30am - 12.30pm	Little City Builders, STEAM workshop - Let's build a city! We are going to need a plan - from what buildings we need, to where the roads will go. Then we can have fun making them before setting our little robot citizens loose and seeing what happens. Will our city be a success? Who knows, but it will be a lot of fun either way  Innovation Lab coding 2 x 45min sessions	<b>Seth Fright</b> The Innovation Lab is a Gloucestershire Libraries Initiative. They provide friendly community spaces, offering accessible digital skill development for all ages and abilities. Lab coding 2 x 45min sessions. Booking essential as spaces are limited. Website: <a href="https://gloucestershire.spydus.co.uk/">https://gloucestershire.spydus.co.uk/</a> Facebook: <a href="https://www.facebook.com/ilabnetwork/">https://www.facebook.com/ilabnetwork/</a> Insta: <a href="https://www.instagram.com/ilabnetwork/">https://www.instagram.com/ilabnetwork/</a> Bookings: <a href="mailto:seth@innovationlabnetwork.com">seth@innovationlabnetwork.com</a>	BUSINESS HUB
<b>SATURDAY 17TH</b>	2-4pm	Mind Body Zen: An introductory workshop to modern day mindfulness and mind-body connection practices for physical, mental and emotional wellbeing. Through meditation, breath work, havening, self-kindness and self-compassion. Mind-Body Zen nurtures both the mind and body to achieve a state of inner peace and harmony. This event is designed to provide you with a blissful experience, allowing you to unwind and find balance in your life.	<b>Heather Savage</b> Website: <a href="http://www.gingerhealthcoaching.com">www.gingerhealthcoaching.com</a> Facebook: <a href="https://www.facebook.com/gingerhealthcoaching">gingerhealthcoaching</a> Instagram: <a href="https://www.instagram.com/gingerhealthcoaching">@gingerhealthcoaching</a> Book Eventbrite link <a href="https://www.eventbrite.com/e/825058731877?aff=oddttdtcreator">https://www.eventbrite.com/e/825058731877?aff=oddttdtcreator</a>	WORKSHOP
<b>THURSDAY 22ND</b>	7-8.30pm	Treetop Hypnotherapy - for perimenopausal, menopausal, and post-menopausal women, to teach them some practical skills to deal with common issues that occur at this time of transition. And sleep without medication.	<b>Rebecca Thomson</b> to book 12 spaces available: <a href="https://treetophypnotherapy.co.uk/">https://treetophypnotherapy.co.uk/</a> <a href="mailto:info@treetophypnotherapy.co.uk">info@treetophypnotherapy.co.uk</a> 07763149251	BUSINESS HUB
<b>FRIDAY 23RD</b>	10.30am - 12.30pm	Mindfulness Meditation - focus on the present moment without judgement, to nurture a heightened sense of awareness and calm. For up to 12 people, lasting 1.5 to 2 hours with everyone bringing their own mat/pillows/ blanket to lie on and keep warm	Sarah Brudenell <a href="mailto:sarah.brudenell53@mail.com">sarah.brudenell53@mail.com</a> Over 18's 07815788441	WORKSHOP
<b>SATURDAY 24TH</b>	10.30am- 12.30pm	Relax and de-stress with some massage therapy. I am offering 30-minute back massages as tasters for the full, more holistic, massage that I will be offering soon on a mobile basis.	<b>Thea Stevens</b> There are only 3 spaces available so email or call to book a space <b><a href="mailto:Thea.stevens@btinternet.com">Thea.stevens@btinternet.com</a></b> 07513001069 Over 18's	WORKSHOP



## Programme of Tasters for February - Sheet 2

<b>SATURDAY 24TH</b>	2-4pm	Virginia de Ledesma leads a Shamanic Journey session for about 12-14 people. Participants are asked to bring their own mats and rugs and the facilitations	<b>Virginia de Ledesma</b> We are not asking for a fee s The George has offered the space for free, but donations are welcome. ginnieblakey@gmail.com	GALLERY
<b>SATURDAY 24TH</b>	2-4pm	<b>Creative Writing: Use Your Words!</b> A session for anyone and everyone – learn how to find, hone, and raise your voice in this free taster session. Join trained journalist and professional copywriter, Emma Penrice, to explore the secrets of a good story and how to beat the blank page. No experience necessary, just bring a pen and prepare to unleash your writing power!	<b>Emma Penrice</b> 12 places – please book Call Emma on 07525055320 Emma.Penrice@slatemarketing.co.uk to reserve your place	WORKSHOP
<b>TUESDAY 27TH</b>	2-4pm	Pop in for a Spring Sing! Come for a downstairs sing in the George. Free for anyone who fancies joining in. For those who want to keep on singing, there'll be a chance (not obligatory) to air a song or songs in March as well. You can also just turn up on the day, in time to start singing at 2 pm.	<b>Contact Kirsty Abraham</b> to book or find out more on peopleandsinging@gmail.com or 07905 789683. <a href="https://www.facebook.com/WyldwoodArts">https://www.facebook.com/WyldwoodArts</a> <a href="https://www.naturalvoice.net/our-members/member-profile/?profile=557">https://www.naturalvoice.net/our-members/member-profile/?profile=557</a> Young people welcome, accompanied by adult.	TEAL ROOM
<b>WEDNESDAY 28TH</b>	10.30am - 12.30pm	Yoga with Lucy. This class is all about longevity: helping you to live a more easeful life. Katonah yoga with a sprinkling of vinyasa flow, this aims to enhance wellbeing to better sustain you for life - aging, stress - let's get into our bodily house and tidy it up! We'll measure up, find our fit, fold, and unfold ourselves all in the pursuit of mobilising your body and firing up the mind. If you've never tried yoga before, or are a seasoned yogi - come along! No experience necessary.	<b>Lucy Wright</b> Book online by going to Lucy's Events page and scrolling for the listing on 28th Feb: <a href="http://www.makeandmove.me/events">www.makeandmove.me/events</a> or the specific booking link <a href="https://app.arketa.co/makeandmove/checkout/bgIBAZ1fkWvNYocvPmWp">https://app.arketa.co/makeandmove/checkout/bgIBAZ1fkWvNYocvPmWp</a> Facebook: makeandmoveretreats Instagram: makeandmoveretreats Over 18's	GALLERY
<b>THURSDAY 29TH</b>	2-4pm	<b>Repair What You Wear: Clothing Workshop</b> £5 charge for materials. How to repair everyday mends such as broken seams, loose hems, holes, and tears in clothing. No sewing machine or previous experience needed. The aim is to teach these skills to give confidence to tackle these repairs as a sustainable action	<b>Lucy Barraclough</b> Book via Lucy. <a href="mailto:lucy.barraclough@clf.uk">lucy.barraclough@clf.uk</a> 07779 195252 Over 18's	WORKSHOP