

Spring Term 2021

Online Courses and Workshop

We have been working hard to bring out our new Spring Programme which would enable us to run regardless of the any Lockdown and Tier measures.

We have a great selection of new online courses and workshops, as well as most of your old favourites which, while we are closed, will run online.

**Enrolments for Members are on Monday 7th and Tuesday 8th December between 9.30am – 4.30pm.
You can enrol online or over the phone.**

Category	Page	Please make sure you check the materials list on the website before booking. All course will require you to have a Zoom account.
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Please note:

- Once booked you will receive a confirmation email to confirm your booking. Between 1 week and on the day of the course you will receive a Zoom link. This link will be valid for the full course.

- If you require any advise about Zoom or the online course before booking, please get in touch with the office.

- Our office hours until the 23rd December are Monday – Thursday 9.30am – 4.30pm.

- If you are looking to do courses in person, please do check in with us next year as we hope to be back open later in the Spring.

- We do offer concession rates for anyone over 65, Student, NHS or claiming Universal Credit (sole income). These prices appear on the website.

- Please refer to our Terms and Conditions on our website under 'How to Enrol' before booking.

ARTS

Drawing for Complete Beginners

Course code: OA11

Tutor: Roma Widger **Starts:** Saturday 23 January 2021 10.00am - 4.00pm 1 Wk **Price:** £42.50

This workshop is designed for complete beginners and will introduce students to markmaking, perspective, tone, and composition. We will look at figures, landscape and structures as subjects. Everyone is welcome.

Drawing for Improvers

Course code: OA12

Tutor: Roma Widger **Starts:** Saturday 13 February 2021 10.00am - 4.00pm 1 Wk **Price:** £42.50

Extend your drawing skills and develop a transferable skill. In this one day workshop we will look to improve your technique, use new materials and enjoy fresh subjects. Everyone with some drawing experience welcome.

Art History: City of Art: Florence

Course code: OA02

Tutor: Sarah Kelly **Starts:** Monday 14 January 2021 2.30pm - 4.30pm 5 Wks **Price:** £70.00

Florence is the setting for the beginnings of the Italian Renaissance. An extraordinary flowering of the arts took place in the 15th century against a backdrop of turbulent politics. We will look at sculptures, panel paintings and frescoes by artists such as Donatello, Masaccio and, later in the century, Botticelli. No prior knowledge required.

Art History: 17th C Painting in Northern Europe

Course code: OA03

Tutor: Sarah Kelly **Starts:** Wednesday 13 January 2021 2.30pm - 4.30pm 5 Wks **Price:** £70.00

Two great figures: Rubens and Rembrandt dominate the art of the 17th century. We will discuss their works and also focus on the artists who specialised in scenes of everyday life and portraits.

Zentangle® - A Mindful Drawing Course

Course code: OA04

Tutor: Heather Lucey **Starts:** Tuesday 12 January 2021 2.00pm - 4.00pm 5 Wks **Price:** £85.00

In this course you will learn the fundamental principles of drawing mindful (ZEN), repetitive patterns (TANGLES). By the end of the course you will have increased your artistic ability, confidence and creativity and, hopefully, have found a simple way to unwind and de-stress.

Printmaking - DIY Screen Printing at Home

Course code: OA05

Tutor: Lucy Oates **Starts:** Thursday 11 February 2021 6.30pm - 9.00pm 1 Wk **Price:** £55.00

The workshop is for those who are open to experimentation and trying out new ways of working, not afraid to risks. It will be a creative exploration at home.

Experimental Mark Making

Course code: OA06

Tutor: Lucy Oates **Starts:** Thursday 04 February 2021 6.30pm - 8.30pm 1 Wk **Price:** £15.00

We will have fun and get creative in this supportive online space. Playing and exploring textures and mark making to unlock creativity. The workshop is for those who are open to experimentation and trying out new ways of working, not afraid to risks.

Portraiture from Photographs

Course code: OA14

Tutor: Bill Guilding **Starts:** Monday 11 January 2021 2.00pm - 4.30pm 5 Wks **Price:** £92.50

In these 5 online lessons develop your skill at drawing or painting faces, but at home. All levels welcome. Beginners will get taught about the structure of faces with a drawing demonstration, and if you're painting: how to mix flesh colours and the fall of light and shade.

Painting in Oils and Acrylics

Course code: OA15

Tutor: Bill Guilding **Starts:** Wednesday 13 January 2021 3.00pm - 5.00pm 5 Wks **Price:** £70.00

A course in the art of painting - from observation, sketches, photographs and the imagination - representational or otherwise. The course will be adjusted to the inclinations of the students. This is a mixed ability class, with each student following their own interests with support and direction from the tutor.

Creativity for Wellbeing

Course code: OA13

Tutor: Miranda Wells **Starts:** Friday 15 January 2021 2.00pm - 3.30pm 5 Wks **Price:** £52.50

In these classes we will work with explore our creativity & improve our emotional and mental health. We will learn and explore a new creative technique each week, using experiential art making to recharge your creativity.

Photography

Introduction to Digital Photography

Course code: OA01

Tutor: Graham Parish **Starts:** Thursday 14 January 2021 1.00pm - 4.00pm 5 Wks **Price:** £105.00

In these 5 week courses we will look at all aspects of digital photography using step-by-step methods and weekly projects. Learn how to use camera controls effectively and explore concepts such as depth of field, macro and long exposures. We will concentrate on how to take impressive photographs rather than how to edit them afterwards. Suitable for DSLR, Bridge & CSC cameras.

Kitchen Photography from Home

Course code: OA07

Tutor: Sophie Sherwood **Starts:** Friday 29 January 2021 7.00pm - 9.00pm 3 Wks **Price:** £52.50

Come and join this experimental workshops and discover the wonders of photography from home. Ideal for those of you missing the darkroom during lockdown. We will cover Sun printing and Cyanotype, Anthotyping and Chlorophyll and Chemigram and Phytogram printing. This course includes materials kit which will be posted to you.

The Photograph as Art: Art History

Course code: OA10

Tutor: Peter Webb **Starts:** Wednesday 13 January 2021 7.00pm - 8.00pm 5 Wks **Price:** £35.00

A journey through five themes that showcases The Photograph as Art. This short course is an introduction to the unique and diverse art history of photography, we will explore each theme by looking at artists and their work in detail. Exposing you to a wide breadth of images, we'll look at key works and shed some light on why there is more to photography than just 'point and shoot'.

CRAFTS

Crochet 3D Creations: Make a Toy Monster

Course code: OC01

Tutor: Cristina Valladares **Starts:** Thursday 14 January 2021 6.30pm - 8.30pm 5 Wks **Price:** £85.00

Learn amigurumi technique (3D crochet) while working on making your own project, making a cute monster in crochet. You will get the knowledge to start your own designs. This course includes materials kit which will be posted to you.

Beginners Hand Embroidery

Course code: OA06

Tutor: Jemima Lumley **Starts:** Tuesday 12 January 2021 10.30am - 12.00pm 5 Wks **Price:** £62.50

In this course you will be taught ten simple stitches that will allow you follow hand embroidery patterns, embellish clothes and accessories and make your own unique pieces of stitched art. This course includes materials kit which will be posted to you.

Macrame Plant Hanger

Course code: OC05

Tutor: Gemma Forde **Starts:** Wednesday 20 January 2021 7.00pm - 9.00pm 1 Wk **Price:** £25.00
Come and learn the 'ropes' in this beginners macramé workshop where you can make a plant hanger using 4 of the main macrame knots which will then get you started on your journey of making many other macrame products. This course includes materials kit which will be posted to you.

Macrame Plant Hanger

Course code: OC04

Tutor: Gemma Forde **Starts:** Saturday 16 January 2021 11.00am - 1.00pm 1 Wk **Price:** £25.00
Come and learn the 'ropes' in this beginners macramé workshop where you can make a plant hanger using 4 of the main macrame knots which will then get you started on your journey of making many other macrame products. This course includes materials kit which will be posted to you.

Owl Weaving Workshop

Course code: OC03

Tutor: Jackie Bennett **Starts:** Saturday 16 January 2021 12.00pm - 2.00pm 1 Wk **Price:** £15.00
Weave a small owl, (or fantasy bird) using readily available materials from your home, to make a simple loom. In this online workshop, we will meet on Zoom to share a little weaving time together. This is a fun way to explore weaving and you will be amazed that you can weave using materials that you gather yourself.

Introduction to Art Weaving Techniques

Course code: OC02

Tutor: Jackie Bennett **Starts:** Saturday 23 January 2021 10.00am - 12.00pm 4 Wks **Price:** £91.50
A series of four classes that will build up your weaving techniques step-by-step and result in a piece of weaving that you will be able to display on a wall. Suitable for complete beginners and those who would like to revise weaving basics. This course includes materials kit which will be posted to you.

Japanese Boro - Clothing Repair Society

Course code: OC10

Tutor: Rhyannan Hall **Starts:** Saturday 23 January 2021 6.30pm - 8.30pm 1 Wk **Price:** £25.00
Japanese Boro is a 'visible mending' method that restores structural integrity to textiles. Originally conceived as a means of prolonging the life of clothing and bedding due to scarcity of fabrics, this traditional artform goes deeper than simply patching up worn-out garments.

Dye Technique: Japanese Shibori at Home

Course code: OC09

Tutor: Rhyannan Hall **Starts:** Thursday 21 January 2021 7.00pm - 9.00pm 4 Wks **Price:** £76.50
Japanese shibori ' or the art of 'memory on cloth', as coined by textiles scholar Yoshiko Yokomoda Wada - is a thousand-year old tradition of shaped-resist dyeing. Through delicate stitching, wrapping, pleating, folding and binding the cloth, a whole range of beautiful soft-edged patterns are formed with a staggering variety of techniques. This course includes materials kit which will be posted to you.

An Introduction to Sashiko Embroidery

Course code: OC08

Tutor: Jessica Mackie **Starts:** Wednesday 27 January 2021 6.30pm - 9.00pm 1 Wk **Price:** £30.00
This workshop will show you the basic hand embroidery techniques of Sashiko which is Japanese. Meaning 'little stabs' this style of embroidery has been traditionally used as a mending technique. In more recent times, however, it has taken the crafting world by storm, often seen as a beautiful embellishment on clothing, bags and homeware. This course includes materials kit which will be posted to you.

Basic Hand Applique Skills

Course code: OC07

Tutor: Jessica Mackie **Starts:** Sunday 07 February 2021 2.00pm - 6.00pm 1 Wk **Price:** £45.00
This workshop will teach you the basic techniques of hand applique, enabling you to create a decorative design on either a tote bag or cushion cover. This course includes materials kit which will be posted to you.

Music , Dance and Drama

Finding your Voice

Course code: OD09

Tutor: Esther Rose Parkes **Starts:** Monday 11 January 2021 6.00pm - 7.00pm 10 Wks **Price:** £70.00

This course is for beginners new to singing. The course will focus on you enjoying and exploring your voice. Singing through a range of acapella songs, we will begin to strengthen the breath and work on getting the best out of your voice and developing your musical ear.

Enhancing your Voice

Course code: OD08

Tutor: Esther Rose Parkes **Starts:** Monday 11 January 2021 7.15pm - 8.15pm 10 Wks **Price:** £70.00

For those with some experience of singing who are ready to go deeper and hone their voice skills. Working with a variety of songs from across the globe we will focus on using the breath and the body to enhance and strengthen our voices. We will work on tone and blend, challenging pitching within harmony singing and learning about the relationships between the notes.

Music Theory for Guitarists

Course code: OD02

Tutor: Steve Haynes **Starts:** Wednesday 13 January 2021 10.00am - 11.00pm 5 Wks **Price:** £35.00

This course unlocks some of the theory behind guitar chords, scales, intervals and song construction. Using the guitar as a jumping-off point to explore music theory it will include theoretical and practical elements to empower the performer, songwriter and soloist. Suitable for guitarists with experience who have covered a range of songs and can play barre chords.

Guitar Extended

Course code: OD01

Tutor: Steve Haynes **Starts:** Wednesday 13 January 2021 2.30pm - 4.30pm 5 Wks **Price:** £70.00

For guitarists with more experience. Come along to share your skills and learn from each other. This two hour session will involve a taught element, occasional guest tutors, a chance to play and share knowledge / techniques in small groups, an open session and - for the brave - an opportunity to perform to the group.

Ukulele for Beginners

Course code: OD12

Tutor: Ben Searle **Starts:** Thursday 14 January 2021 2.00pm - 3.00pm 5 Wks **Price:** £35.00

This course is complete music novices and those very new to the 'uke to get to grips with it in a friendly and welcoming atmosphere. Just bring a ukulele and we'll do the rest.

Ukulele Club

Course code: OD14

Tutor: Ben Searle **Starts:** Thursday 14 January 2021 3.30pm - 4.30pm 5 Wks **Price:** £35.00

Meet other ukulele players for a fun hour of learning more about your ukulele. We will look at techniques, styles, and answer your uke questions. Bring your uke and make some uker friends.

The Joy of Discovering Shakespeare

Course code: OD05

Tutor: Amy Draper **Starts:** Saturday 13 February 2021 10.30am - 3.30pm 1 Wk **Price:** £35.00

Come and join this informal course designed to demystify Shakespeare. This class will build your understanding and appreciation of how brilliant Shakespeare's text is and less fear about reading, watching or performing it.

Burlesque Dance Workshop

Course code: OD110D

Tutor: Claire Phipps **Starts:** Saturday 13 February 2021 11.00am - 1.00pm 1 Wk **Price:** £15.00

Learn the art of posing, peeling and teasing in a supportive environment. Claire will help you discover your confident and glamorous burlesque alter-ego as you learn to strut, shimmy and set pulses racing. This workshop is fully clothed - we will put more on before we take it off.

Bollywood Dance Course code: OD07OD

Tutor: Aanchal Gupta **Starts:** Tuesday 12 January 2021 5.30pm - 6.30pm 5 Wks **Price:** £35.00

In this course we will touch two different dance styles from India and create a beautiful routine. Training in each style right from the basics with technical breakdown and understanding the expression behind each move. Bollywood music is peppy and dance moves are dynamic making each session enjoyable more than the previous one.

Salsa Dance Workshop Course code: OD06OD

Tutor: Aanchal Gupta **Starts:** Saturday 23 January 2021 10.30am - 12.30pm 1 Wk **Price:** £15.00

You can dance from home! in this special workshop designed to bring you a Salsa class from your own home. Learn some salsa dance salsa, keep fit and have fun. Beginners Salsa workshop with basic footwork, turn patterns and moves to feel good.

Vogue & Waacking Dance Workshop Course code: OD04OD

Tutor: Stacy Dorling **Starts:** Tuesday 19 January 2021 6.30pm - 8.30pm 1 Wk **Price:** £15.00

Waacking and Vogue are dances that started in the LGBT community and have spread in popularity and are loved by dancers all over the world. This class will teach you the basic elements of both styles learning to have fun and express yourself in a safe environment. This will be a super-fun class where you can strike a pose, have a laugh and move your body. All levels welcome.

Chakra Movement Course code: OD03

Tutor: Stacy Dorling **Starts:** Saturday 23 January 2021 4.00pm - 6.00pm 1 Wk **Price:** £15.00

Come and move and dance at home in this enjoyable and healthy dance workshop. We will be working with breath, meditation and guided movement, to open the chakras and become more secure and grounded within ourselves.

Beyonce Dance Workshop Course code OD10

Tutor: Claire Phipps **Starts:** Saturday 30 January 2021 11am - 1.00pm 1 Wk **Price:** £15.00

Discover your inner Sasha Fierce on this Beyonce workshop focusing on learning the iconic Single Ladies dance routine. Learn how to strut, pose and work your hips like a true pop queen!

Circle Dance Course code: OD14

Tutor: Christine Power **Starts:** Monday 11 January 2000 1.30pm - 2.30pm 5 Wks **Price:** £35.00

Circle dance is a mix of traditional dances from all over the world and new dances which have been choreographed in modern times. After witnessing round dances in Europe during the 1950s, Bernard Wosien brought them to a community in Scotland and was inspired to create his own. These were then introduced to the wider community where other teachers have created more. All abilities welcome.

Beginners Line Dance Course code: OD15

Tutor: Christine Power **Starts:** Monday 11 January 2000 3.00pm - 4.00pm 5 Wks **Price:** £35.00

Thought to originate in the U.S. Line Dancing has become a global phenomenon. With set sequences to remember, Line dancing is exercise for the mind as well as the body. A class for complete beginners or those who would like to revise beginner dances. Suitable for all ages & fitness levels.

Intermediate Line Dance Course code: OD16

Tutor: Christine Power **Starts:** Monday 11 January 2000 10.30am - 11.30am 5 Wks **Price:** £35.00

A friendly class for those who have attended a dance class of any style for more than one year. This course is designed as a progression from the improvers class.

Advanced Line Dance Course code: OD17

Tutor: Christine Power **Starts:** Thursday 14 January 2021 10.30am - 11.30am 5 Wks **Price:** £35.00

For experienced dancers, to diverse rhythms, with some fast and complicated steps. This course is designed as a progression from the intermediate class, and it is ideal if you have previously attended that course here at the Folk House.

Advanced Plus Line Dance Course code: OD18

Tutor: Christine Power **Starts:** Thursday 14 January 2021 12.30pm - 1.30pm 5 Wks **Price:** £35.00

For enthusiastic dancers who have ideally attended the Advanced Line Dance Class here at the Folk House.

Writing

Creative Writing - Exploring Narrative Viewpoint

Course code: OW01

Tutor: Joanna Backhouse **Starts:** Wednesday 13 January 2021 7.00pm - 9.00pm 5 Wks **Price:** £70.00

For anyone wanting to explore narrative viewpoint in their creative fiction writing by stepping inside their characters' heads, or observing them at a distance. We will begin with a discussion of the various viewpoints fiction writers use, for example whether the story is told through the eyes of the main character, or in the third person, or from multiple points of view.

Scriptwriting

Course code: OW02

Tutor: Mark Breckon **Starts:** Wednesday 13 January 2021 7.00pm - 9.00pm 10 Wks **Price:** £140.00

This accessible course will provide a hands-on-guide to writing drama whether you are interested in screenwriting, theatre or radio. With lots of practical exercises to motivate and inspire you, we will be covering dramatic structure, developing ideas, character and dialogue. Beginners welcome.

Short Fiction

Course code: OW03

Tutor: Liz Cashdan **Starts:** Monday 11 January 2021 5.30pm - 7.30pm 10 Wks **Price:** £140.00

This course is for those who have an interest in writing short stories. We will look at structure and narrative and, through writing exercises and student feedback, we will improve your work. We will examine characterisation, setting, pace and dialogue while sharing and discussing your work in a supportive environment. Beginners welcome.

Creative Writing for All

Course code: OW04

Tutor: Liz Cashdan **Starts:** Tuesday 12 January 2021 10.30am - 12.30pm 10 Wks **Price:** £140.00

Whether you are new to writing creatively, or just fancy somewhere to kickstart new writing, this is the course for you. With fun exercises and supportive group endeavour we will explore story and poetry, and you will learn techniques for improving your writing skills. Be prepared to be surprised and to fire up your imagination.

Writing a Commercial Novel

Course code: OW05

Tutor: Rosemary Dun **Starts:** Monday 11 January 2021 5.30pm - 7.30pm 10 Wks **Price:** £140.00

This course will cover: how to write a beginning to grab your reader, the elements and how-to of a plot, finding your unique voice, research and the importance of time and space, how to develop characters your reader will care about, gaining a writing practice, and insight into the publishing process and more.

Creating Characters the Leap of the Page

Course code: OW07

Tutor: Stefan Mohamed **Starts:** Saturday 30 January 2021 11.00am - 1.30pm 1 Wks **Price:** £20.00

In this in-depth workshop, explore the importance of character when planning a story. Stefan will share his experience of developing characters for his four published books, detailing his process and the lessons he has learned over more than 15 years of novel writing. The workshop will also include time for students to write, and a period of discussion where tutor and students can offer feedback.

Writing Poetry - Find your Poetic Voice

Course code: OW08

Tutor: Stefan Mohamed **Starts:** Thursday 14 January 2021 7.00pm - 9.00pm 5 Wks **Price:** £70.00

Find your poetic voice, workshop material and experiment with performance ideas in a low pressure environment tailored towards those who may be interested in poetry but do not yet feel confident taking to the stage. Enjoy constructive tutor and peer feedback on your work, experiment with translating a page poem to the stage, play around with different styles and share as much - or as little! - as you feel comfortable.

Introduction to Creative Writing

Course code: OW09

Tutor: Grace Palmer **Starts:** Tuesday 12 January 2021 7.30pm - 9.30pm 10 Wks **Price:** £140.00
Explore writing short stories, poetry and creative non-fiction. Through fun practical exercises we'll stimulate your imagination and help your stories flow. In this course we look at different forms of writing and give practical help to help your writing shine. Have a go at writing short stories, poetry, flash fiction, blogs and creative non-fiction.

Writing: Play and Imagination

Course code: OW10

Tutor: Samantha Forrest **Starts:** Wednesday 13 January 2021 10.00am - 12.00pm 5 Wks **Price:** £70.00
A 5 week online course to explore and expand the realms of your imagination, discover characters and dive into stories as they unfold. We will play with language, pictures and objects to find and develop stories through the written word for young and older alike. A great course for new writers, those looking for fresh inspiration and people wishing to bring more creativity into their lives.

Languages

Italian: Beginners Entry Level

Course code: OL01

Tutor: Denise Vargiu **Starts:** Wednesday 13 January 2021 7.15pm - 8.45pm 10 Wks **Price:** £110.00

Italian: Beginners Plus

Course code: OL02

Tutor: Denise Vargiu **Starts:** Monday 11 January 2021 8.15pm - 9.30pm 10 Wks **Price:** £95.00

Italian: Level 1

Course code: OL03

Tutor: Denise Vargiu **Starts:** Monday 11 January 2021 7.00pm - 8.00pm 10 Wks **Price:** £75.00

Italian: Level 2

Course code: OL04

Tutor: Davide Ariasso **Starts:** Wednesday 13 January 2021 5.00pm - 6.30pm 10 Wks **Price:** £110.00

Italian: Level 3

Course code: OL05

Tutor: Davide Ariasso **Starts:** Wednesday 13 January 2021 6.45pm - 8.00pm 10 Wks **Price:** £95.00

Spanish: Beginners Entry

Course code: OL06

Tutor: Gorka Diaz **Starts:** Monday 11 January 2021 7.45pm - 9.15pm 5 Wks **Price:** £57.50

Spanish: Beginners Plus

Course code: OL07

Tutor: Gorka Diaz **Starts:** Wednesday 13 January 2021 7.45pm - 9.15pm 5 Wks **Price:** £57.50

Spanish Level 1

Course code: OL08

Tutor: Gorka Diaz **Starts:** Tuesday 12 January 2021 7.45pm - 9.15pm 5 Wks **Price:** £57.50

Spanish: Level 1.2

Course code: OL09

Tutor: Gorka Diaz **Starts:** Monday 11 January 2021 6.00pm - 7.30pm 5 Wks **Price:** £57.50

Spanish: Level 2

Course code: OL10

Tutor: Gorka Diaz **Starts:** Wednesday 13 January 2021 6.00pm - 7.30pm 5 Wks **Price:** £57.50

Spanish: Level 3

Course code: OL11

Tutor: Gorka Diaz **Starts:** Tuesday 12 January 2021 6.00pm - 7.30pm 5 Wks **Price:** £57.50

German Beginners Plus Course code: OL12

Tutor: Martina Mackintosh **Starts:** Thursday 14 January 2021 7.15pm - 8.15pm 10 Wks **Price:** £75.00

German: Level 2 Course code: OL13

Tutor: Martina Mackintosh **Starts:** Thursday 14 January 2021 6.00pm - 7.00pm 10 Wks **Price:** £75.00

French: Beginners Entry Course code: OL14

Tutor: Catherine Sforza **Starts:** Tuesday 12 January 2021 6.00pm - 7.15pm 10 Wks **Price:** £95.00

French: Beginners Plus Course code: OL15

Tutor: Catherine Sforza **Starts:** Monday 11 January 2021 6.00pm - 7.00pm 10 Wks **Price:** £75.00

Life and Leisure

Social History - Activism, Arts & Culture in 20thC Feminist Movements C code: OM01

Tutor: DM Withers **Starts:** Tuesday 12 January 2021 7.00pm - 8.30pm 5 Wks **Price:** £57.50

In this five-week course you will learn about the fascinating and dynamic history of how feminists mobilised cultural forms to claim social space, communicate political messages and build international networks. Our main focus will be the feminist movements of the 70s and 80s. You will also learn about the cultural activism in Suffrage movements of the Edwardian era, inter-war international peace organisations and post-war Afro-Asian networks.

An Introduction to Social Media for Business and Hobbies Course code: OM02

Tutor: Lisa Malyon **Starts:** Saturday 06 February 2021 10.00am - 12.30pm 2 Wks **Price:** £35.00

Terrified by tweets? Hesitant to use a hashtag? Learn how social media can be an enjoyable way to interact and a useful tool to help promote your business or hobby for free. This workshop will be online and split over two dates. Saturday 6th Feb Part I, 13th Feb Part II.

Wellbeing

Comfortable Sitting - Feldenkrais Method Course code: OG01

Tutor: Jackie Adkins **Starts:** Saturday 23 January 2021 10.00am - 12.30pm 1 Wk **Price:** £20.00

Explore how sitting can be a dynamic activity, rather than a static position. The workshop will be particularly useful for those who sit at a desk or computer. The Feldenkrais Method is a unique way of learning to move more comfortably, using subtly, powerful floor-based movement lessons to increase our awareness of how we use ourselves.

Effortless Walking - Feldenkrais Method Course code: OG02

Tutor: Jackie Adkins **Starts:** Saturday 27 February 2021 10.00am - 12.30pm 1 Wk **Price:** £20.00

Discover how walking can become effortless by learning to let go of unhelpful habits and to use more of your body. The Feldenkrais Method is a unique way of learning to move more comfortably, using subtly, powerful floor-based movement lessons to increase our awareness of how we use ourselves.

Mindfulness: Finding Peace in a Frantic World Course code: OG03

Tutor: Zoe Pither **Starts:** Saturday 16 January 2021 10.00am - 11.30am 10 Wk **Price:** £105.00

Mindfulness is increasingly recognised as a life-changing way to help us deal with the stress and pressure that we can experience from the fast pace of modern life. It can help us to embrace life and be kinder to ourselves, whatever comes our way. Start your weekend in the healthy way, with this morning 10 week Saturday morning course.

Yoga - Breathe, Connect and Be

Course code: OG04

Tutor: Claire-Louise Symonds **Starts:** Thursday 14 January 2021 12.30pm - 1.30pm 5 Wks **Price:** £35.00
Our bodies are like a unique and exquisite instrument: exploring how we move is like learning to play music. Engaging our curiosity whilst moving with the breath is like experimenting with melody, tone, volume and pitch. In this way our practice can become more like a meditative dance where the breath, body, mind and soul are interconnected and we become more in tune with ourselves, each other, and the earth.

An Introduction to Mindfulness: For Wellbeing and Stress Reduction

Course code: OG05

Tutor: Claire-Louise Symonds **Starts:** Saturday 23 January 2021 10.00am - 1.00pm 1 Wk **Price:** £22.50
Have you ever wondered what mindfulness actually is and how it can help you? If so, then this workshop is for you! In this workshop we will explore what mindfulness is, how it can benefit us in relation to stress reduction and wellbeing. We will look at the scientific evidence behind mindfulness and have a go at a variety of mindfulness practices so we can gain a lived experience of the different techniques.

Mind & Body Connection, Exploring Movement

Course code: OG06

Tutor: Claire-Louise Symonds **Starts:** Saturday 06 February 2021 10.00am - 1.00pm 1 Wk **Price:** £22.50
This workshop will combine yoga (mindful movement) with some mindfulness-based techniques to explore and connect what is going on in the mind with that of the body. We will learn how to pause and feel into the body and then base our movement on what is showing up.

Wellbeing with Flower Essences

Course code: OG07

Tutor: Ellie Little **Starts:** Sunday 07 February 2021 6.00pm - 8.00pm 1 Wk **Price:** £25.00
Flower essences are very popular worldwide and used to support emotions and balance subtle energies. In this workshop you will learn some background about the theories, history and practice of using flower essences. You will then get to connect and discover flower essences for your self, as we go on a journey with a guided meditation and a chance to try the essence that will be sent to you in the post.

Winter the Spring of Genius - A Writing Course for Self Discovery & Wellness

C c: OG08

Tutor: Leah Larwood **Starts:** 14 January 2021 6.30pm - 8.00pm 5 Wks **Price:** £57.50
This writing for wellbeing course offers a safe and creative space to harness the season's wild and still nature, in all its magnificent messiness and seeming harshness. Discovering what you can learn about yourself, through poetry and other writing exercises, this course is about finding the twinkles in the coal pile.

Fitness

Gentle Pilates

Course code: OF01

Tutor: Deborah Newth **Starts:** Monday 11 January 2021 12.00pm - 1.00pm 5 Wks **Price:** £40.00
Pilates is an exercise system designed to improve posture by stretching tight muscles, improving joint mobility and building strength in the deep core muscles of your midsection. This is a mat based class so the ability to get up and down from standing to seated and lying positions unaided is essential.

Pilates Mixed Ability Classes

Course code: OF03 and OF02

Tutor: Deborah Newth **Starts:** Monday 12 January 2021 5.45pm - 6.45pm 5 Wks **Price:** £40.00
Starts: Tuesday 13 January 2021 12.30pm - 1.30pm 5 Wks **Price:** £40.00
Pilates builds strength from the inside out by targeting deep postural muscles to improve muscle tone and give you great posture. Exercises are non impact and performed in standing, seated and lying positions with the focus on body alignment and core stability. Unsuitable for Pre & post natal women. This course is for mixed levels.

50+ Strength and Balance Pilates

Course code: OF04

Tutor: Deborah Newth **Starts:** Friday 15 January 2021 11.00am - 12.00pm 5 Wks **Price:** £40.00
Challenging Body Awareness, breathing, range of movement and strength & balance from your core, whilst focusing on the pelvic floor and deep abdominal muscles. A combined Chair, standing and Mat based practice of controlled movement and stretch that allows both the mind and body to grow in physical strength, settle and release. Designed to encourage ease of movement within the body and a release in the mind.

Yoga: Lunchtime Class

Course code: OF07

Tutor: Aimee Smith **Starts:** Tuesday 12 January 2021 1.00pm - 2.00pm 5 Wks **Price:** £35.00
Enjoy a lunchtime yoga session. Experience how the practice of simple Yoga postures and breathing techniques can be refreshing. All levels welcome.

Mindful Yoga

Course code: OF08

Tutor: Zoe Pither **Starts:** Wednesday 13 January 2021 5.30pm - 6.30pm 5 Wks **Price:** £35.00
Mindful yoga combines yoga postures with mindful awareness as a way to become more present both on and off the yoga mat. In this class we work with movement and stillness, bringing breath and body into harmony as a way to encourage release and relaxation in the mind and body. All levels welcome.

Qi Gong

Course code: OF09

Tutor: Ann Sheldon **Starts:** Thursday 14 January 2021 6.15pm - 7.15pm 5 Wks **Price:** £35.00
A gentle, safe, effective Chinese exercise system to lift the spirits and develop energy for self-healing. Taijiwuxigong exercises are linked to Tai Chi. Tensions are released and balance improved. Activating the flow of Qi refreshes our vital energy.