

Yurt Tutor & Class Details

Gong Bath Meditation

Come and journey to the extraordinary sounds of the Gongs. Meditation, Dreamworld, Relaxation, Self-Healing, Release or Connection to the Infinite. All are possible to this sacred sound and in this sacred place. Bring a positive intent and something warm to lie on. I have blankets and eye pillows but bring anything else you need to aid your comfort. With love and Blue Feather Spirit. £10 per session.

For more info and to book your place call Tony on 07977582599

Empower Teen Yoga

Learn healthy ways to handle school stress and gain greater self-confidence in this all levels yoga practice specifically created for teenage girls. Improves body/mind awareness, focus and mood. With music: fun and creative. Ages 14-18. £6 per class or £20 for 4 consecutive weeks.

Call Louise 07508154476 to book your class!

Q i g o n g

Learn slow moving forms and static postures of Zhineng Qigong to nourish your life chi energy. Discover your own natural abilities to self-heal. Anyone can do it. Mindful visualisation and meditation techniques will gradually be introduced to take you deeper into the practice. £10 per class.

To book call Peter 07712051837 email: ideas@spaced.biz

Gentle Vinyasa Flow Yoga with Saffron

A gentle flowing class incorporating meditation, breath work and relaxation with a background infusion of essential oils. £10 per session.

To book call Saffron 07765416428 email: saffronleigh@icloud.com

Vinyasa Flow with Steph

Root and Radiate yoga classes with Steph are based on dynamic vinyasa flows which embrace many yoga lineages. Steph's aim is to provide modern, fun and informal classes, making yoga challenging but accessible and always closing with a satisfying savasana! £10 per session

To book call Steph on 07941 201574

The Yoga Patch

Join Jen for her fun and creative kids' yoga classes.
See website for more details!

To book contact Jen at www.theyogapatch.co.uk

Author Storytelling

These 'meet the author' events are free and book signings will be available. No need to pre-book and all welcome!

Sue Tweedie, Monty the Magical Magpie: "I hope that Monty the Magical Magpie – The first Journey, will inspire children to explore and love the natural world around them and to encourage and stretch the imagination into a world where anything is possible." Suitable for 4-9 years.

Laura James' Pug and Detective Flamingo books are popular with children aged 5+ years.

Circus Skills: Tightrope walking with Pheobie Bullzini

Tightrope walking taster session. Suitable for ages..... £12 per person. Children must be accompanied by an adult.

To find out more or book call 07805 391393.

BOP ABOUT DANCE Parties

Suitable for 2-5 year olds. A fun dance session with lots of fancy dress accessories and props provided. A parent/ guardian is responsible for their child in the space at all times and should stay in the yurt throughout.

£10 for first child, £8 for additional siblings.

Friday 23rd August 10:30-11:30am

Royal Princesses and Princes Dance Party 2-5 year olds 👑

Learn some fun 'Royal' themed dances and decorate a crown to take home. Lots of fancy dress accessories and props provided in this friendly, fun dance session

Friday 30th August 10:30-11:30am

Fairies and Elves Dance Party 2-5 year olds ✨

Magic-themed dance activities and decorate a wand to take home. We'll be dancing to lots of popular songs and casting lots of spells with all costume accessories and props provided.

To book, email: bopaboutdance@gmail.com

Moo-Music

Moo Music - Moosical Fun for your Little One

This summer, we will be off on a set of exciting adventures! Join us as we sing, moo'vers, play, learn and have lots of moo'sical fun!

We will have parachute games, puppets, instruments, sensory play, bubbles and so much more!

Classes are open to all, so please come along and give Moo Music a go!

Spaces are strictly limited so please book in advance to avoid disappointment. Visit www.moo-music.co.uk/yate to book yours. You can find out more about us by visiting our Facebook page - www.facebook.com/moomusicyate or by emailing nicolamoo@moo-music.co.uk

Moo Music sessions cost £4.50, with 50% off for siblings

Baby Moo sessions cost £3.50

