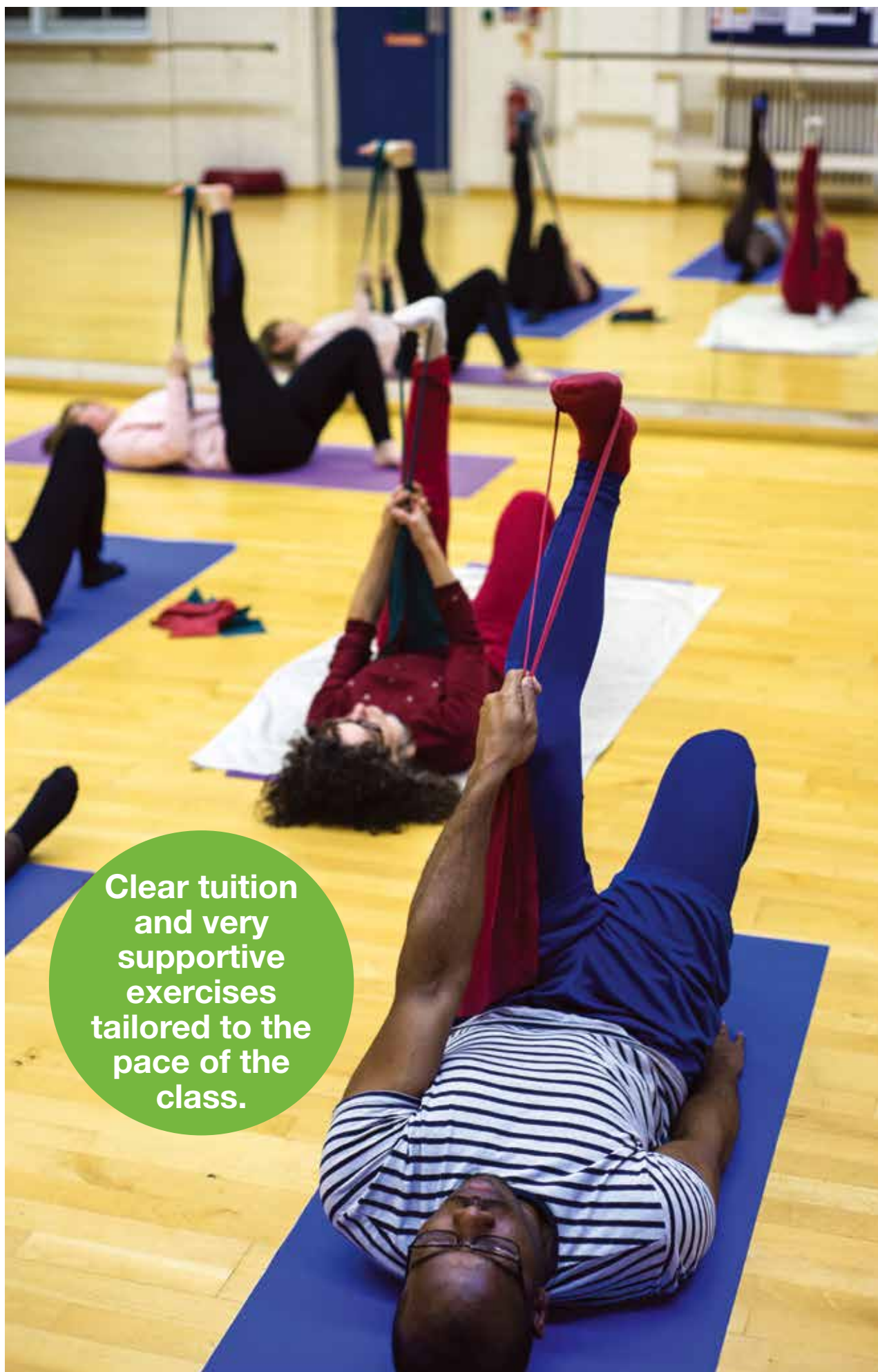




# Fitness, Health and Wellbeing



Clear tuition and very supportive exercises tailored to the pace of the class.



# Fitness

## Learning to use exercise to stay healthy and fit

If you want to stay healthy and fit through exercise, then we have lots of classes for you ranging from Yoga, Pilates and Zumba®. You could also choose from Circuit Training, Body Strengthening, Tai Chi and Kung Fu.

Classes are tailored to meet your needs, grouped on ability and available for those with particular needs, including some single sex classes. We also offer swimming for parents and children.

## CASE STUDY

### Alan Tucker

Walkie Talkie - Introduction to Guiding in Tower Hamlets



**I joined the course 'Walkie Talkie' as I wanted to find out more about tour guiding in Tower Hamlets. I learned how to research and prepare for a local walk, as well as how to lead a group in busy, noisy street.**

I enjoyed working with others in the group, but especially valued the tutor's enthusiasm and ability to get us all out in the locality, practising what we learned in the classroom. I have unearthed so much history about our area and as a result have now created my own walks.'

## Level of classes

### Fitness Classes

Classes within the fitness programme are generally offered at beginner, intermediate or 'all' levels. Remember, even if you exercise on a regular basis, you may wish to attend a beginner level course if you are new to that particular style or format of class.

### Beginners

This level is suitable for beginners or those with limited experience of the class style/format. Classes at this level will focus on developing the correct exercise technique. This level is also ideal for those who have not participated in that style for a long time and wish to refresh their skills.

### Intermediate

This level is aimed at people with good knowledge of the exercise style / format who want to improve and develop their skills and / or challenge their fitness level further. These classes will require a greater awareness of the class vocabulary than the beginner level courses.

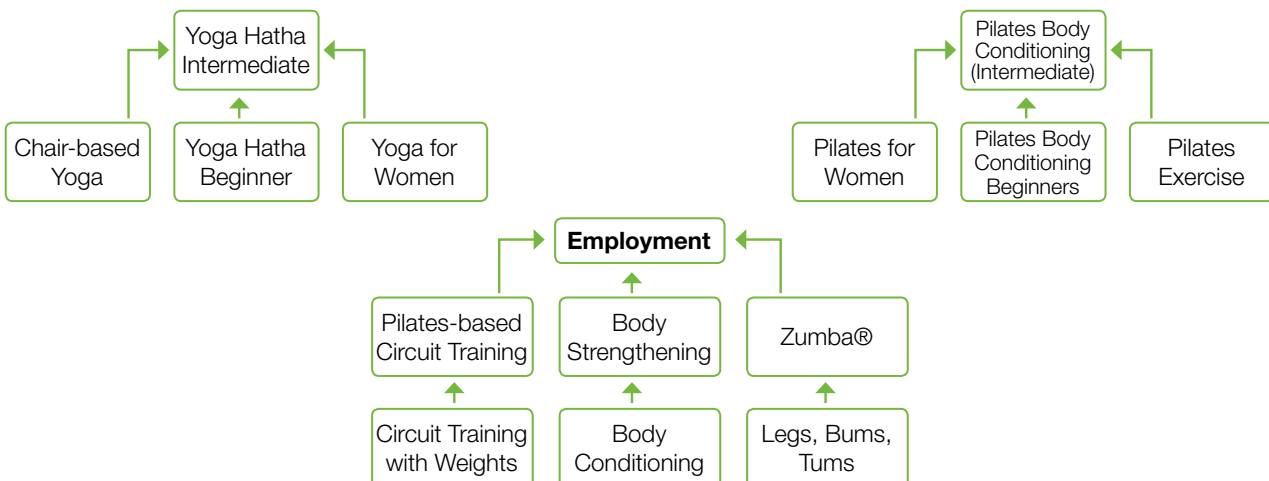
### All Levels

'All Level' courses are open to all and tutors will offer modifications to enable everyone to participate fully based on their experience and ability.

## Progression Route Health and Wellbeing

### New courses for this year

- Pilates-based Circuit Training
- Yoga - Pilates Fusion
- Get Fit with Kung Fu
- Stand Still, be Fit with Tai Chi





| Course Code | Day of Week | Timetable  |            |          |              |       | Course Fees |               |      |
|-------------|-------------|------------|------------|----------|--------------|-------|-------------|---------------|------|
|             |             | Start Date | Start Time | No Weeks | Hrs Per Week | Venue | Full Fee    | Concessionary | Band |

## Fitness

### Body Conditioning for Women - All Levels

|       |        |             |       |    |      |     |     |     |    |
|-------|--------|-------------|-------|----|------|-----|-----|-----|----|
| A2267 | Friday | 22 Sep 2017 | 11:15 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| B1925 | Friday | 12 Jan 2018 | 11:15 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| C1926 | Friday | 20 Apr 2018 | 11:15 | 10 | 1.00 | SHC | £38 | £13 | 2A |

### Body Strengthening - All Levels

|       |         |             |       |    |      |     |     |     |    |
|-------|---------|-------------|-------|----|------|-----|-----|-----|----|
| A0010 | Tuesday | 19 Sep 2017 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| B0011 | Tuesday | 09 Jan 2018 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| C0012 | Tuesday | 17 Apr 2018 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |

### Circuit Training with Weights - All Levels

|       |        |             |       |    |      |     |     |     |    |
|-------|--------|-------------|-------|----|------|-----|-----|-----|----|
| A1921 | Monday | 18 Sep 2017 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| B2268 | Monday | 08 Jan 2018 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| C2269 | Monday | 16 Apr 2018 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |

### Get Fit with Kung Fu - Beginners

|       |          |             |       |    |      |     |     |     |    |
|-------|----------|-------------|-------|----|------|-----|-----|-----|----|
| A0013 | Saturday | 23 Sep 2017 | 13:30 | 10 | 1.50 | ISW | £56 | £19 | 2A |
| B0014 | Saturday | 13 Jan 2018 | 13:30 | 10 | 1.50 | ISW | £56 | £19 | 2A |
| C0015 | Saturday | 21 Apr 2018 | 13:30 | 10 | 1.50 | ISW | £56 | £19 | 2A |

### Legs, Bums, Tums for Women - All Levels

|       |           |             |       |    |      |     |     |     |    |
|-------|-----------|-------------|-------|----|------|-----|-----|-----|----|
| A1918 | Wednesday | 20 Sep 2017 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| B1919 | Wednesday | 10 Jan 2018 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| C1920 | Wednesday | 18 Apr 2018 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| A2299 | Saturday  | 23 Sep 2017 | 10:00 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| B2300 | Saturday  | 13 Jan 2018 | 10:00 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| C2202 | Saturday  | 21 Apr 2018 | 10:00 | 10 | 1.00 | SHC | £38 | £13 | 2A |

### Walkie Talkie - Introduction to Guiding in Tower Hamlets (Pt1) - Beginners

|       |           |             |       |   |      |     |     |     |    |
|-------|-----------|-------------|-------|---|------|-----|-----|-----|----|
| A2439 | Wednesday | 20 Sep 2017 | 18:30 | 5 | 2.00 | SHC | £38 | £13 | 2A |
|-------|-----------|-------------|-------|---|------|-----|-----|-----|----|

### Walkie Talkie - Introduction to Guiding in Tower Hamlets (Pt2) - Beginners

|       |           |             |       |   |      |     |     |     |    |
|-------|-----------|-------------|-------|---|------|-----|-----|-----|----|
| A2460 | Wednesday | 01 Nov 2017 | 18:30 | 5 | 2.00 | SHC | £38 | £13 | 2A |
|-------|-----------|-------------|-------|---|------|-----|-----|-----|----|

### Walkie Talkie - Introduction to Guiding in Tower Hamlets (Pt3) - Improvers

|       |           |             |       |    |      |     |     |     |    |
|-------|-----------|-------------|-------|----|------|-----|-----|-----|----|
| C2535 | Wednesday | 18 Apr 2018 | 18:30 | 10 | 2.00 | SHC | £75 | £25 | 2A |
|-------|-----------|-------------|-------|----|------|-----|-----|-----|----|

### Zumba - All Levels

|       |          |             |       |    |      |     |     |     |    |
|-------|----------|-------------|-------|----|------|-----|-----|-----|----|
| A2283 | Thursday | 21 Sep 2017 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| B2284 | Thursday | 11 Jan 2018 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| C2285 | Thursday | 19 Apr 2018 | 18:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |

## Pilates

### Pilates Body Conditioning - All Levels

|       |           |             |       |    |      |     |     |     |    |
|-------|-----------|-------------|-------|----|------|-----|-----|-----|----|
| A2470 | Wednesday | 20 Sep 2017 | 18:00 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| B2471 | Wednesday | 10 Jan 2018 | 18:00 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| C2472 | Wednesday | 18 Apr 2018 | 18:00 | 10 | 1.00 | SHC | £38 | £13 | 2A |

### Pilates Body Conditioning - Beginners

|       |        |             |       |    |      |     |     |     |    |
|-------|--------|-------------|-------|----|------|-----|-----|-----|----|
| A3206 | Monday | 18 Sep 2017 | 18:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |
| B2273 | Monday | 08 Jan 2018 | 18:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |
| C1590 | Monday | 16 Apr 2018 | 18:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |





| Course Code | Day of Week | Timetable  |            |          |              |       | Course Fees |               |      |
|-------------|-------------|------------|------------|----------|--------------|-------|-------------|---------------|------|
|             |             | Start Date | Start Time | No Weeks | Hrs Per Week | Venue | Full Fee    | Concessionary | Band |

### Pilates Body Conditioning - Intermediate

|       |          |             |       |    |      |     |     |     |    |
|-------|----------|-------------|-------|----|------|-----|-----|-----|----|
| A3207 | Monday   | 18 Sep 2017 | 19:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| B2253 | Monday   | 08 Jan 2018 | 19:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| C2259 | Monday   | 16 Apr 2018 | 19:30 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| A3296 | Thursday | 21 Sep 2017 | 10:00 | 10 | 1.50 | ISW | £56 | £19 | 2A |
| B2254 | Thursday | 11 Jan 2018 | 10:00 | 10 | 1.50 | ISW | £56 | £19 | 2A |
| C2255 | Thursday | 19 Apr 2018 | 10:00 | 10 | 1.50 | ISW | £56 | £19 | 2A |

### Pilates Exercise for Women - Beginners

|       |         |             |       |    |      |     |     |     |    |
|-------|---------|-------------|-------|----|------|-----|-----|-----|----|
| A1510 | Tuesday | 19 Sep 2017 | 10:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |
| B1550 | Tuesday | 09 Jan 2018 | 10:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |
| C1587 | Tuesday | 17 Apr 2018 | 10:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |

### Pilates-based Circuit Training - Intermediate

|       |           |             |       |    |      |     |     |     |    |
|-------|-----------|-------------|-------|----|------|-----|-----|-----|----|
| A0001 | Wednesday | 20 Sep 2017 | 19:15 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| B0002 | Wednesday | 10 Jan 2018 | 19:15 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| C0003 | Wednesday | 18 Apr 2018 | 19:15 | 10 | 1.00 | SHC | £38 | £13 | 2A |

## Tai Chi

### Stand Still - Be Fit with Tai Chi - Beginners

|       |          |             |       |    |      |     |     |     |    |
|-------|----------|-------------|-------|----|------|-----|-----|-----|----|
| A2593 | Thursday | 21 Sep 2017 | 19:45 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| B2594 | Thursday | 11 Jan 2018 | 19:45 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| C2595 | Thursday | 19 Apr 2018 | 19:45 | 10 | 1.00 | SHC | £38 | £13 | 2A |

### Get Started in Tai Chi with Qi Gong - Beginners

|       |          |             |       |    |      |     |     |     |    |
|-------|----------|-------------|-------|----|------|-----|-----|-----|----|
| A2270 | Saturday | 23 Sep 2017 | 11:30 | 10 | 1.50 | ISW | £56 | £19 | 2A |
| B2271 | Saturday | 13 Jan 2018 | 11:30 | 10 | 1.50 | ISW | £56 | £19 | 2A |
| C2272 | Saturday | 21 Apr 2018 | 11:30 | 10 | 1.50 | ISW | £56 | £19 | 2A |

### Tai Chi (Yang Style) with Qi Gong - Intermediate

|       |          |             |       |    |      |     |     |     |    |
|-------|----------|-------------|-------|----|------|-----|-----|-----|----|
| A2102 | Saturday | 23 Sep 2017 | 10:00 | 10 | 1.50 | ISW | £56 | £19 | 2A |
| B2103 | Saturday | 13 Jan 2018 | 10:00 | 10 | 1.50 | ISW | £56 | £19 | 2A |
| C2104 | Saturday | 21 Apr 2018 | 10:00 | 10 | 1.50 | ISW | £56 | £19 | 2A |

## CASE STUDY

### Will Buckley

#### Tai Chi

**I joined the course to improve my movement and health. I discovered how to use my breathing to develop calmness and fluidity of movement. I really enjoyed learning the 24 form in its entirety.**

As a result of studying on the course, I am able to practise Tai Chi on my own and now support others in class in my role as Learner Volunteer. I also have taken up other sports such as swimming and feel more confident in social situations.

**I enjoyed developing my own strength and improving my co-ordination with a very friendly group of people and an excellent tutor.**





| Course Code | Day of Week | Timetable  |            |          |              |       | Course Fees |               |      |
|-------------|-------------|------------|------------|----------|--------------|-------|-------------|---------------|------|
|             |             | Start Date | Start Time | No Weeks | Hrs Per Week | Venue | Full Fee    | Concessionary | Band |

## Yoga

### Chair-based Yoga - Beginners

|       |         |             |       |    |      |     |     |     |    |
|-------|---------|-------------|-------|----|------|-----|-----|-----|----|
| A0004 | Tuesday | 19 Sep 2017 | 13:30 | 10 | 1.00 | ISB | £38 | £13 | 2A |
| B0005 | Tuesday | 09 Jan 2018 | 13:30 | 10 | 1.00 | ISB | £38 | £13 | 2A |
| C0006 | Tuesday | 17 Apr 2018 | 13:30 | 10 | 1.00 | ISB | £38 | £13 | 2A |

### Lunchtime Yoga - Hatha - All Levels

|       |           |             |       |    |      |     |     |     |    |
|-------|-----------|-------------|-------|----|------|-----|-----|-----|----|
| A2293 | Wednesday | 20 Sep 2017 | 12:30 | 10 | 1.00 | ISW | £38 | £13 | 2A |
| B2205 | Wednesday | 10 Jan 2018 | 12:30 | 10 | 1.00 | ISW | £38 | £13 | 2A |
| C2206 | Wednesday | 18 Apr 2018 | 12:30 | 10 | 1.00 | ISW | £38 | £13 | 2A |

### Yoga - Hatha Beginners

|       |         |             |       |    |      |     |     |     |    |
|-------|---------|-------------|-------|----|------|-----|-----|-----|----|
| A2093 | Monday  | 18 Sep 2017 | 18:00 | 10 | 1.50 | ISW | £56 | £19 | 2A |
| B2094 | Monday  | 08 Jan 2018 | 18:00 | 10 | 1.50 | ISW | £56 | £19 | 2A |
| C2095 | Monday  | 16 Apr 2018 | 18:00 | 10 | 1.50 | ISW | £56 | £19 | 2A |
| A2114 | Tuesday | 19 Sep 2017 | 18:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |
| B2252 | Tuesday | 09 Jan 2018 | 18:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |
| C2122 | Tuesday | 17 Apr 2018 | 18:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |

### Yoga - Hatha Intermediate

|       |         |             |       |    |      |     |     |     |    |
|-------|---------|-------------|-------|----|------|-----|-----|-----|----|
| A2428 | Monday  | 18 Sep 2017 | 19:45 | 10 | 1.00 | ISW | £38 | £13 | 2A |
| B2361 | Monday  | 08 Jan 2018 | 19:45 | 10 | 1.00 | ISW | £38 | £13 | 2A |
| C2362 | Monday  | 16 Apr 2018 | 19:45 | 10 | 1.00 | ISW | £38 | £13 | 2A |
| A2120 | Tuesday | 19 Sep 2017 | 19:45 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| B2204 | Tuesday | 09 Jan 2018 | 19:45 | 10 | 1.00 | SHC | £38 | £13 | 2A |
| C2116 | Tuesday | 17 Apr 2018 | 19:45 | 10 | 1.00 | SHC | £38 | £13 | 2A |

### Yoga - Hatha for Women - All Levels

|       |          |             |       |    |      |     |     |     |    |
|-------|----------|-------------|-------|----|------|-----|-----|-----|----|
| A2117 | Thursday | 21 Sep 2017 | 10:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |
| B2118 | Thursday | 11 Jan 2018 | 10:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |
| C2119 | Thursday | 19 Apr 2018 | 10:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |

### Yoga - Pilates Fusion - All Levels

|       |          |             |       |    |      |     |     |     |    |
|-------|----------|-------------|-------|----|------|-----|-----|-----|----|
| A0007 | Saturday | 30 Sep 2017 | 11:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |
| B0008 | Saturday | 13 Jan 2018 | 11:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |
| C0009 | Saturday | 21 Apr 2018 | 11:00 | 10 | 1.50 | SHC | £56 | £19 | 2A |

## Swimming

### Mother and Baby Swimming 3 months - 23 months (One child per parent) - Beginners

|       |        |             |       |    |      |     |     |    |    |
|-------|--------|-------------|-------|----|------|-----|-----|----|----|
| A1888 | Monday | 25 Sep 2017 | 15:45 | 10 | 0.50 | SHS | £19 | £6 | 2A |
| C1890 | Monday | 23 Apr 2018 | 15:45 | 10 | 0.50 | SHS | £19 | £6 | 2A |

### Mother and Child Swimming 2 - 4 years (One child per parent) - Beginners

|       |        |             |       |    |      |     |     |    |    |
|-------|--------|-------------|-------|----|------|-----|-----|----|----|
| A1891 | Monday | 25 Sep 2017 | 16:15 | 10 | 0.50 | SHS | £19 | £6 | 2A |
| C1893 | Monday | 23 Apr 2018 | 16:15 | 10 | 0.50 | SHS | £19 | £6 | 2A |

### Parent and Baby Swimming 3 months - 23 months (One child per parent) - Beginners

|       |        |             |       |    |      |     |     |    |    |
|-------|--------|-------------|-------|----|------|-----|-----|----|----|
| B1889 | Monday | 08 Jan 2018 | 15:45 | 10 | 0.50 | SHS | £19 | £6 | 2A |
|-------|--------|-------------|-------|----|------|-----|-----|----|----|

### Parent and Child Swimming 2 - 4 years (One child per parent) - Beginners

|       |        |             |       |    |      |     |     |    |    |
|-------|--------|-------------|-------|----|------|-----|-----|----|----|
| B1892 | Monday | 08 Jan 2018 | 16:15 | 10 | 0.50 | SHS | £19 | £6 | 2A |
|-------|--------|-------------|-------|----|------|-----|-----|----|----|





# Health and Wellbeing

## Learn about Therapy and Health

Discover how to improve your sense of wellbeing and reduce stress through a range of introductory therapy courses including massage, aromatherapy and Reiki.

We also offer short courses and weekend tasters in improving general wellbeing, including Life Coaching and Mindfulness.

## CASE STUDY

### Emma Wigley

Reiki Level 2



**I joined the Reiki course out of curiosity. The course has certainly been a journey with some unexpected, but incredible experiences along the way.**

I was surprised that the course was not only about giving Reiki to others, but also to myself, which has been a great source of relaxation. Before I joined, I was able to meditate for 10 minutes at the most, now I can easily keep going for 45 minutes. I am not sure I realised all the benefits of Reiki before starting the course – but I definitely do now!

## Level of Classes

### Health Courses

The majority of health courses are offered at beginner level. These are short courses and are a good introduction to the topic; no prior experience is needed at this level. Tutors can advise learners of further courses or progression routes for those who are interested.

### Weekend Tasters

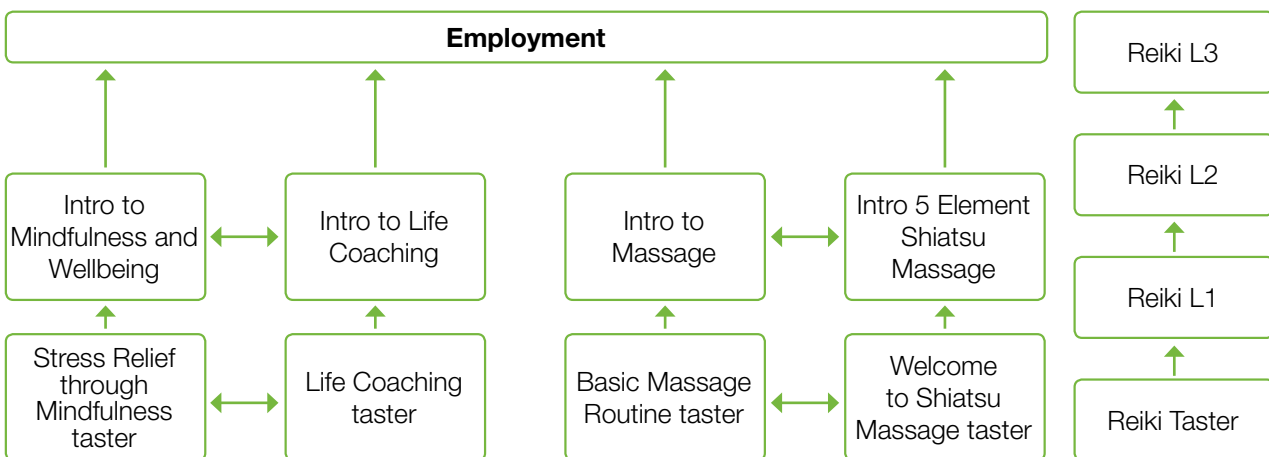
Weekend tasters are a great way to try something new without the commitment of a whole course. These classes are open to all but will be taught at beginner level.

Please note that the above descriptions are provided for indicative purpose only as these may vary depending on personal circumstances. If in doubt please contact a member of the Health and Fitness Team and/or relevant tutor for advice on [ideastore@towerhamlets.gov.uk](mailto:ideastore@towerhamlets.gov.uk)

## Progression Route Health and Wellbeing

**New courses for this year**

- Improve your posture (taster)
- Public Speaking
- Mental Health First Aid
- Reiki Level 3





| Course Code  | Day of Week | Start Date  | Start Time | No Weeks | Hrs Per Week | Venue | Course Fees |               |      |
|--|-------------|-------------|------------|----------|--------------|-------|-------------|---------------|------|
|  |             |             |            |          |              |       | Full Fee    | Concessionary | Band |
| <b>Aromatherapy</b>  |             |             |            |          |              |       |             |               |      |
| <b>Introduction to Aromatherapy - Beginners</b>              |             |             |            |          |              |       |             |               |      |
| A0021  | Wednesday   | 01 Nov 2017 | 18:30      | 5        | 2.50         | ISW   | £47         | £16           | 2A   |
| <b>Counselling and Personal Development</b>                  |             |             |            |          |              |       |             |               |      |
| <b>Mental Health First Aid - Beginners</b>                   |             |             |            |          |              |       |             |               |      |
| A0023  | Fri/Sat     | 27 Oct 2017 | 09:00      | 1        | 14.00        | ISW   | £78         | £43           | 2A   |
| <b>Mindfulness Meditation - Beginners</b>                    |             |             |            |          |              |       |             |               |      |
| A0022  | Thursday    | 02 Nov 2017 | 17:15      | 5        | 1.00         | ISCW  | £19         | £6            | 2A   |
| <b>Introduction to Life Coaching - Beginners</b>             |             |             |            |          |              |       |             |               |      |
| B2387  | Wednesday   | 21 Feb 2018 | 18:00      | 5        | 2.00         | ISW   | £38         | £13           | 2A   |
| <b>Voice Gym for Public Speaking - Beginners</b>             |             |             |            |          |              |       |             |               |      |
| B0020  | Thursday    | 22 Feb 2018 | 18:00      | 5        | 2.00         | ISW   | £38         | £13           | 2A   |
| <b>Introduction to Mindfulness and Wellbeing - Beginners</b> |             |             |            |          |              |       |             |               |      |
| B2480  | Saturday    | 24 Feb 2018 | 10:00      | 5        | 2.00         | ISW   | £38         | £13           | 2A   |
| <b>Massage</b>   |             |             |            |          |              |       |             |               |      |
| <b>Introduction to Massage - Beginners</b>                   |             |             |            |          |              |       |             |               |      |
| B2392  | Wednesday   | 10 Jan 2018 | 18:30      | 5        | 2.50         | ISW   | £47         | £16           | 2A   |
| <b>Introduction to 5 Element Shiatsu Massage - Beginners</b> |             |             |            |          |              |       |             |               |      |
| C2482  | Saturday    | 28 Apr 2018 | 13:30      | 5        | 2.50         | ISW   | £47         | £16           | 2A   |
| <b>Reiki</b>   |             |             |            |          |              |       |             |               |      |
| <b>Reiki Level 1</b>   |             |             |            |          |              |       |             |               |      |
| A2170  | Saturday    | 04 Nov 2017 | 10:00      | 5        | 3.00         | SHC   | £56         | £19           | 2A   |
| <b>Reiki Level 2</b>   |             |             |            |          |              |       |             |               |      |
| B0016  | Saturday    | 13 Jan 2018 | 13:30      | 10       | 2.50         | ISW   | £94         | £31           | 2A   |
| <b>Reiki Level 3</b>   |             |             |            |          |              |       |             |               |      |
| C0017  | Saturday    | 21 Apr 2018 | 10:00      | 5        | 2.50         | ISW   | £47         | £16           | 2A   |



The nursery rhymes and games in the water made swimming with my child fun and enjoyable.





| Course Code | Day of Week | Timetable  |            |          |              |       | Course Fees |               |      |
|-------------|-------------|------------|------------|----------|--------------|-------|-------------|---------------|------|
|             |             | Start Date | Start Time | No Weeks | Hrs Per Week | Venue | Full Fee    | Concessionary | Band |

## Weekend Workshops

### Aromatherapy - Beginners

|       |          |             |       |   |      |     |     |    |    |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|
| A2475 | Saturday | 14 Oct 2017 | 10:00 | 1 | 3.00 | ISW | £11 | £4 | 2A |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|

### Basic Massage Routine (Family and Friends - please enrol in pairs) - Beginners

|       |          |             |       |   |      |     |     |    |    |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|
| A2048 | Saturday | 30 Sep 2017 | 10:00 | 1 | 3.00 | ISW | £11 | £4 | 2A |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|

|       |          |             |       |   |      |     |     |    |    |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|
| B2266 | Saturday | 10 Feb 2018 | 10:00 | 1 | 3.00 | ISW | £11 | £4 | 2A |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|

### Improve Your Posture Taster - Beginners

|       |          |             |       |   |      |     |     |    |    |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|
| A0018 | Saturday | 23 Sep 2017 | 10:00 | 1 | 3.00 | ISW | £11 | £4 | 2A |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|

### Indian Head Massage - Beginners

|       |          |             |       |   |      |     |     |    |    |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|
| A2037 | Saturday | 21 Oct 2017 | 10:00 | 1 | 3.00 | ISW | £11 | £4 | 2A |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|

|       |          |             |       |   |      |     |     |    |    |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|
| B2262 | Saturday | 13 Jan 2018 | 10:00 | 1 | 3.00 | ISW | £11 | £4 | 2A |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|

### Life Coaching - Beginners

|       |          |             |       |   |      |     |     |    |    |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|
| B2543 | Saturday | 27 Jan 2018 | 10:00 | 1 | 3.00 | ISW | £11 | £4 | 2A |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|

### Public Speaking Taster - Beginners

|       |          |             |       |   |      |     |     |    |    |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|
| B0019 | Saturday | 20 Jan 2018 | 10:00 | 1 | 3.00 | ISW | £11 | £4 | 2A |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|

### Reiki - Beginners

|       |          |             |       |   |      |     |    |    |    |
|-------|----------|-------------|-------|---|------|-----|----|----|----|
| A2390 | Saturday | 28 Oct 2017 | 10:00 | 1 | 2.00 | ISW | £8 | £3 | 2A |
|-------|----------|-------------|-------|---|------|-----|----|----|----|

### Stress Relief through Mindfulness - Beginners

|       |          |             |       |   |      |     |    |    |    |
|-------|----------|-------------|-------|---|------|-----|----|----|----|
| A2542 | Saturday | 07 Oct 2017 | 10:30 | 1 | 2.00 | ISW | £8 | £3 | 2A |
|-------|----------|-------------|-------|---|------|-----|----|----|----|

|       |          |             |       |   |      |     |    |    |    |
|-------|----------|-------------|-------|---|------|-----|----|----|----|
| B2479 | Saturday | 03 Feb 2018 | 10:30 | 1 | 2.00 | ISW | £8 | £3 | 2A |
|-------|----------|-------------|-------|---|------|-----|----|----|----|

### Welcome to Shiatsu Massage - Beginners

|       |          |             |       |   |      |     |     |    |    |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|
| C2147 | Saturday | 21 Apr 2018 | 13:30 | 1 | 3.00 | ISW | £11 | £4 | 2A |
|-------|----------|-------------|-------|---|------|-----|-----|----|----|



Friendly atmosphere and helpful advice given by the tutor.