

## Weekend Workshops

Saturday and Sunday one day health workshops are available most weekends. New listings are advertised in January and April 2010. We try to meet your demand.

Weekend Workshops												
Learn a Basic Massage Routine (Family and Friends - enrol in pairs)	Sun	11:30	15:30	26 Sep 2010	1	Beginners	A1859	ISW	£30	£12	£0	£1
Learn How to give a Hand and Arm Massage with Essential Oils	Sat	11:30	13:30	02 Oct 2010	1	Beginners	A2032	ISW	£30	£12	£0	£1
Make your own Lotions and Potions for Everyday Skin and Hair Care	Sun	11:30	15:30	03 Oct 2010	1	Beginners	A2033	ISW	£30	£12	£0	£3
Learn a Basic Massage Routine (Women)	Sat	11:30	15:30	09 Oct 2010	1	Beginners	A2034	ISW	£30	£12	£0	£1
Learn a Reflexology Routine	Sun	11:30	15:30	10 Oct 2010	1	Beginners	A2035	ISW	£30	£12	£0	£1
Learn a Basic Massage Routine (Family & Friends - please enrol in pairs)	Sat	11:30	15:30	16 Oct 2010	1	Beginners	A2036	ISW	£30	£12	£0	£1
Learn a Basic Indian Head Massage Routine	Sun	11:30	15:30	17 Oct 2010	1	Beginners	A2037	ISW	£30	£12	£0	£1
Learn How to give a Facial Massage (Women)	Sat	11:30	13:30	23 Oct 2010	1	Beginners	A2038	ISW	£30	£12	£0	£1
Pilates TASTER	Sat	11:30	13:30	23 Oct 2010	1	Beginners	A2183	ISCW	£19	£19	£0	£0
Gentle Exercise to Improve Posture and Reduce Backache	Sun	11:30	13:30	24 Oct 2010	1	Beginners	A2040	ISW	£30	£12	£0	£0
Make your own Lotions and Potions for Everyday Skin and Hair Care	Sat	11:30	15:30	06 Nov 2010	1	Beginners	A2039	ISW	£30	£12	£0	£3
Learn a Tension Busting Neck and Shoulder Massage Routine	Sun	11:30	15:30	07 Nov 2010	1	Beginners	A2042	ISW	£30	£12	£0	£1
Tai Chi TASTER	Sat	11:30	13:30	13 Nov 2010	1	Beginners	A2184	ISCW	£19	£19	£0	£0
Learn a Reflexology Routine	Sat	11:30	15:30	13 Nov 2010	1	Beginners	A2041	ISW	£30	£12	£0	£1
Learn How to give a Back Massage Women Only - (enrol in pairs)	Sun	11:30	14:30	14 Nov 2010	1	Beginners	A2044	ISW	£30	£12	£0	£1
Learn How to give a Basic Back Massage Routine (Family & Friends - enrol in pairs)	Sat	11:30	14:30	20 Nov 2010	1	Beginners	A2043	ISW	£30	£12	£0	£1
Learn a Basic Massage Routine (Family & Friends - please enrol in pairs)	Sun	11:30	15:30	21 Nov 2010	1	Beginners	A2046	ISW	£30	£12	£0	£1
Discover Meditation	Sat	11:30	15:30	27 Nov 2010	1	Beginners	A2045	ISW	£30	£12	£0	£0
Learn a Basic Indian Head Massage Routine	Sun	11:30	15:30	28 Nov 2010	1	Beginners	A2048	ISW	£30	£12	£0	£1
Gentle Exercise to Improve Posture and Reduce Backache	Sat	11:30	13:30	04 Dec 2010	1	Beginners	A2047	ISW	£30	£10	£0	£0
Family Learning (Orienteering)												
Dads and Kids do Map reading and Orienteering	Sat	10:00	12:00	TBA	5	Beginners	A4867	ISCW	£0	£0	£0	£0