

'SPRING AWAKENING'

14TH-16TH APRIL, IN STROUD AT THE SPACE*

BRING OUT YOUR JOY DE VIVRE!

Beginners and the experienced are welcome

All discounts to be paid for by 1st April.

Crèche available if pre-booked

	8.30-9.30 (£6ea)	10.30-12.30 (£12ea)	2-3.30 (£10ea)	7.30-10.30 (£15ea)
14th	yoga	morning waves	shintido	5 rhythms meets tango
15th	yoga	morning waves	spring singing	movement and massage
16th	yoga	morning waves	dancing & drawing	celebration of spring, dance ritual, live music
all 3 price	£15	£30		
Season ticket £75. Day Ticket £35.				

Mornings: Yoga with Sarah Harlow, followed by Shapeshift **5 Rhythms**.

Afternoons: Masashi Minagawa, **Shintiado** master, a playful grounded presence. Seasonal **songs**, Sheila Macbeth, well loved local singing teacher. Laura invites you to connect movement and art.

Evenings: We have 3 exciting events programmed including Tango with Janet and Klaus, movement and massage with Dawn and a celebration of spring with Dawn & Nick Twilley.

