

What's On – The Pavilion Hall

Monday & Wednesday

9.00 – 11.30am

Lisa Tomkinson Yoga

I am a Hatha yoga teacher, British Wheel of Yoga trained. The Class begins with a period of quiet and stillness for grounding and centring, followed by appropriate warmup exercises. Depending on the lesson plan for the day, there will be a series of slow flowing poses (asanas) where we take the spine through its full range of movement – moving mindfully from one asana to the next, linked together with the breath, which creates an internal heat making the body supple. The dynamic flow turns into a meditation in motion. A number of static held poses will be included, which build strength and flexibility. When combined, the passive and dynamic asanas, teams with breath awareness, bring about an equilibrium physically, mentally and emotionally in a balanced and harmonious way. Breathwork (pranayama), mindfulness meditation, snippets of yoga philosophy and relaxation are included in each lesson.

Tel: 07854 577723. hatha-yoga@virginmedia.com;
LCT-hatha-yoga@outlook.com.

Monday 6.00 – 7.30pm

Debbie Jones Yoga

Debbie offers a yoga class that is both welcoming and nurturing. "You will be taken gently through a series of yoga postures, to encourage a stronger and more flexible body and just as importantly each class will give you the opportunity to calm your nervous system and learn new practices of yoga breathing to access a more peaceful and relaxed mental state". Debbie looks forward to welcoming you to her class of likeminded and friendly yoga practitioners. Tel: 07543 629952

deborahyogajones@aol.co.uk

What's On – The Pavilion Hall

Tuesday 10.00am – 2.00pm

Community Post Office



Tuesday 4.00 – 6.30pm &

Wednesday 4.00 – 6.45pm



Strike Martial Arts
Solihull, Cheswick Green and Hockley Heath

Our team is dedicated to helping children grow in confidence, build their teamwork and social skills, and develop focus. Contact us today to find your nearest school and help your child to reach their full potential!

For class times, prices or further information please don't hesitate to get in touch!

Find us on Facebook WWW.FACEBOOK.COM/STRIKEKARATE
07803 370130. info@strikekarate.co.uk

Tuesday 6.45 – 8.15pm Cubs



For more information please contact:

gsl@hockleyheathscouts.org.uk

What's On – The Pavilion Hall

Wednesday

12.00noon – 1.00pm

Faye Hadley Pilates

Please contact Faye if you wish to join a class (classes are not a drop-in style).

Tel: 07779100927

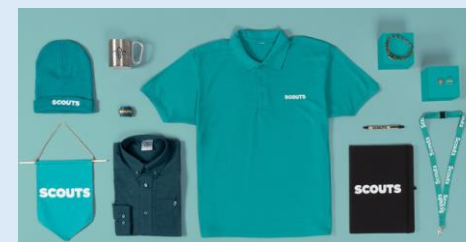
fayehadleypilates@gmail.com

<https://www.facebook.com/fayehadleypilates>



Wednesday 7.15 – 8.45pm

Scouts



For more information please contact:

gsl@hockleyheathscouts.org.uk

Thursday 9:45am - 1.00pm



9:45am: Happy House (Confident Walkers – Toddlers (inc. siblings))

11:00am: Baby Beeps (Sitting – Newly Walking (inc. crawlers))

12:15pm: Baby Bells (Newborn - Newly Sitting)

Book now: <https://bookeyo.com/hartbeepswmsolihull>
https://www.facebook.com/hartbeepswestmidlands_solihull/

www.instagram.com/hartbeepswestmidlands_solihull/

Contact: nicola.wicks@hartbeeps.com

for more information.

Thursday 6.30pm – 7.30pm



Zumba is based on four basic Latin dance rhythms: Merengue, Salsa, Cumbia and Reggaeton. Every song has its own routine and the moves repeat several times throughout the song, helping you to get to know the choreography fairly quickly.

Zumba is for everyone, any age or level of fitness because all the moves can be adapted to suit you and your own ability. It's not called "exercise in disguise" for nothing. Apart from getting fit and burning calories, it is about having fun, enjoying moving to upbeat music and leaving the class feeling energised with a smile on your face... and it's important to remember ... **"there are no wrong moves in Zumba, only accidental solos!"**

Research confirms that Zumba is an excellent way in which to improve memory function and lengthen attention span and focus – but above all that, it's really enjoyable! Fee £6 (pay per class / cash or bank transfer)

Book a place at:

<https://helenampcaron039szumba.setmore.com/>

Email helenlakin@btinternet.com / Text 07495 331236

Sunday 2.00 – 3.30pm

(2nd Sunday in the month)

(no Café in August)

Café in the Park



Sunday 6.15pm – 8.45pm

(1st Sunday in the month)

Meditation

From Jenny – "My sessions are sound healing and meditation evenings, They are full sound baths with Himalayan crystal bowls, chau gongs, shamanic buffalo drum, ocean drum, Native American drone flute, steel tongue drum, mark tree and wind chimes". Doors open at 6.45pm and run to 8.30pm and are (usually!!) the first Sunday of every month for £20 if booked direct via 07876 573667 or [jen.pollock79@icloud.com](mailto:jenn.pollock79@icloud.com) (slightly more if booked on Eventbrite).