

Classes for 2015

Yoga Classes with Jo Wheeler



Mondays at 9:15 – 10:30
Cost for £48 for 6 sessions
or £10 to drop in

Jo is a 45 year old mum of three with a great passion for Yoga. She is a fully qualified Sun-Power™ Yoga teacher and loves sharing her passion and enthusiasm with her students.

Jo's vibrant and motivational yoga-flow classes are a unique blend of several innovative styles of yoga; including Hatha for alignment, Ashtanga Vinyasa for heat, flexibility, strength and stamina and Sivananda for subtle mind and breath work.

Classes are aimed at men and women of all levels of practice.

Pilates Classes with Sam Pratt



Tuesdays at 6:30-7:30pm and a further class from
7:30-8:30pm (designed for riders)
Cost £45 for 6 sessions

Sam has been teaching Pilates for 8 years at all levels, ages and sexes, from beginners to advanced. She is an experienced Chartered Physiotherapist, and an Australian Pilates Institute Qualified Instructor APPI.

Life Drawing Classes with Linda Powell



Five week life drawing classes
Wednesdays 25th Feb then 4th, 11th, 18th and 25th March 2015
6-8 pm
Cost £75 for the whole 5 weeks / 10 hours.
£18 per session Drop In

Attendees to bring an A2 drawing pad and basic drawing materials, though we shall have additional paper, pencils, erasers, charcoal, pastels as well as easels, drawing boards etc available. Tea coffee and biscuits available throughout.

To book your place on any of these classes or workshops please contact Mandy on 01264 889889 or email mandy@project-workshop.co.uk and complete booking form and send to Project Workshops with cheque. All classes and workshops are filled on a first come first served basis..