

Newsletter



*Wishing all of our friends in the Coln Valley and beyond, a very
Happy Christmas and peaceful New Year.*

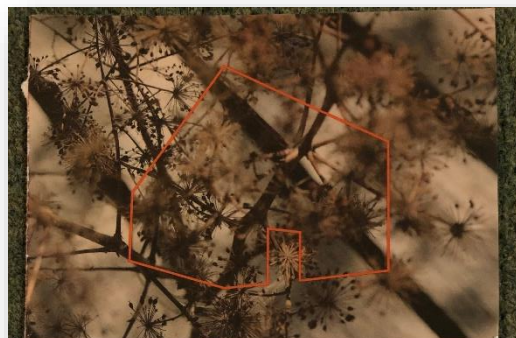
We hope to see you again in 2022!



A very big **THANK YOU** to everyone who popped along to our MacMillan coffee morning back in October. You all helped to raise an incredible **£490!**

They've sent our amazing organiser, Wendy a lovely note as a token of their appreciation which we would like to share with you all.

THANK YOU!



15-10-2021
Dear Wendy
We wish to personally thank you and the other members of Coln Valley Village Hall for your kind donation of £490, raised at a coffee morning and to express how much this means to us.
We couldn't be here, doing what we do best without the support of people like you.
With our very best wishes
The Team at Raggie's Cleeveham.





If you're already planning a healthy kick-start in January 2022, why not try some of the amazing fitness, yoga and our new Pilates classes?

We also have space in our hall so that you can organise your own event or get fit with a friend, so check out our website for availability!



MEDITATION CLASS

Thurs 25 Nov

10am – 11am

Coln Valley Village Hall

£15 fee

Learn a method of meditation
Based on the Loving Kindness Technique
Interspersed with Restorative Yoga

Contact Anne Sutherland
anne@yogaspring.co.uk
0777 523 2089



GONG BATH

Last Sat Each Month 2022

10.30am – 11.30am

Coln Valley Village Hall

£20 fee

With Julia Black
Sound Therapy Session
Relax in the Healing Frequencies

Bookings: Anne Sutherland
anne@yogaspring.co.uk
0777 523 2089



evolve

body therapy & movement

FORM • FUNCTION • FITNESS

PILATES GROUP CLASSES STARTING 2022

COLN VALLEY VILLAGE HALL

Tuesday January 4th – February 8th
11:00 – 12:00 noon • 6 weeks - £60

BOOKING
REQUIRED

- ✓ Improves posture & core strength
- ✓ Balances and improves strength & flexibility
- ✓ Increases stability & peripheral mobility
- ✓ Heightens mind body awareness
- ✓ Improves balance, coordination & proprioception
 - ✓ Injury prevention
 - ✓ Effective post-rehabilitation
 - ✓ Low impact, easy on joints
 - ✓ Customized workouts

FUN
CLASSES!

Small classes • individual attention • own equipment required • government guidelines compliant

carole@evolvebodytherapy.co.uk
evolvebodytherapy.co.uk
07528 703675



STOTT Pilates Instructor, MELT Method Instructor & Massage Therapist

YOGA

8 x Classes weekly ONLINE
& in person 3 x a term at
COLN VALLEY VILLAGE HALL



Contact:
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www.yogaspring.co.uk
See Calendar Page