

the Big Shed

NEWSLETTER NO: 20

October 2013

Yoga



Yoga on Friday mornings
from 10.30 to 12 noon with
Emma Burtles £5.00

Tai Chi



Tai Chi classes Thursday
mornings 10.30 to 12 noon
with John Connelly
Re-starts in November

Therapy Sessions



Core Synchronism-body work
and relaxing oil massages,
Phone Lauri (07766 395491)
or Gabriela (07425 205420)
for more information or to
make an appointment.

Dates for your Diary

Saturday 2nd November:
Classical harp/horn concert
Saturday 9th November:
Yoga with Sadhita
Saturday 16th November:
Baby Isaac Blues/Jazz
Saturday 14th December:
Christmas Fair

RALLION



Saturday 5th October 8pm: Tickets £10
Rallion are a three-piece contemporary folk
group, (fiddle, guitar, bouzouki and vocals) hailing
from Loch Tay and Glasgow. They bring a wide
range of musical influences together to create
their unique sound.

YOGA WORKSHOP

Sunday 6th October 10am to 4pm
£35 including lunch

This will be a day of hatha yoga with an emphasis
on releasing tension in the lower back; which will
also benefit the rest of the body. The afternoon
session will be a restorative practice with a long
'yoga nidra'.

For information and bookings: Phone 0750 864
5354 or email websitecontact@bigshed.org.uk



Aberfeldy Beaver Scouts

Members of the 17th Perthshire (Aberfeldy) Beaver Scouts held a 'Pirate Weekend' at the Big Shed. With the Big Shed renamed the 'Big Ship', the 14 Beaver Scouts, 2 Beaver leaders and 2 parent helpers camped in 'pop-up' tents 'pitched' the hall, held treasure hunts, sword fights, and went down to the beach on the lochside twice. At the beach they made sand sculptures, paddled in the water and got wet feet, lit a fire and toasted marshmallows on sticks. It is reported that a brilliant time was had by all!

For information on events visit the Big Shed blog:
<http://thebigsheds.blogspot.com/>

Price Guide

COMMUNITY HALL

From £6 an hour to £60 a day

KITCHEN

From £3 an hour to £30 a day

STUDIO

From £4 an hour to £25 a day

WHOLE BUILDING

From £48 a half day to £115 a day

Weekend £150 to £350

To enquire about prices and availability or to make a booking, contact 0705 864 5353

websitecontact@bigshed.org.uk

More...

The Big Shed OR The Big Ship!



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