

the Big Shed

NEWSLETTER NO: 39

Autumn (October) 2017

Weekly Yoga



Our weekly Yoga session is every Friday morning during term time from 10.30 to 12.00 with Emma. The cost is £6 / session and your first class is free! All welcome.

Dates for your diary

Rural Wisdom Visit

A UK wide project seeking ideas to make rural communities better for older folk
6th October at 12.30 (free lunch!)

Yoga workshops(include lunch)
23rd &/or 24th Sept 1 session £25,
A few spaces left – book quickly!

Sun 22nd October – 1 day (£45)
with Morgan Windram-Geddes

**Strength, Length and Alignment:
How to Ease & Manage Back Pain with Yoga**
Guys – that includes you too!
find out more at www.bigshed.org.uk

Book via 0750 864 5453 or email
websitecontact@bigshed.org.uk

Music:

Sat 21st October – 10-30 - noon
drumming workshop
Tickets £14/£7(kids) – family discount

Please pre-book via The Scottish
Crannog Centre: 01887 830 583

Sat 21st October 7.30 – Matthew Fox
Tickets, £10, available at the door
**Remember to BYOB – tea, coffee
and soft drinks will be provided**

2017 AUTUMN EVENTS



AFRICAN DRUMMING WORKSHOP (21st Oct)

With creative roots in Nairobi, Kenya, dancer/performer Adam Chienjo & singer musician Izo now travel the world with their artistic talents. This workshop will offer participants the rich experience of African drumming and percussive rhythms together with simple rhythmic movement. It is suitable for all ages and levels of physical mobility. Adam is a teacher & choreographer for a mixed ability dance group so understands the needs of those with limited movement. Children (7+) are very welcome to take part but must be accompanied by an adult who remains on the premises.

BLUES CONCERT - MATTHEW FOX (21st Oct)



A guitarist and songwriter, rooted in Georgia & Texas, Matt has steeped himself in a variety of styles from acoustic blues to swing and his acclaimed originals are rooted in the great Texas story-song tradition. We welcome him back to the Big Shed for a third visit!

Event Photos



Children's Classic Concerts and Rose Room Orchestra playing traditional music with local musicians.

A really impressive bonfire in the Big Shed's firepit



For more information about the Big Shed, look at:
www.bigshed.org.uk and our Facebook page
<https://www.facebook.com/theBigShedTombreck>

Price Guide

COMMUNITY HALL

Hourly rate: From £8 an hour Day
rate: From £60 a day

KITCHEN

Hourly rate: From £3 an hour Day
rate: From £30 a day

STUDIO

Available from October 2016

Monthly rate negotiable

WHOLE BUILDING

Half day / full day / whole weekend
Rates negotiable

To make a booking, contact

0750 864 5453

websitecontact@bigshed.org.uk

Check www.bigshed.org.uk for
our pricing calculator with rates
and calendar for availability.

More.....

20th anniversary celebrations



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