

# the Big Shed

NEWSLETTER NO: 40

Winter (January) 2018

## Weekly Yoga



## 2018 EVENTS

Our weekly Yoga session is from 10.30 to 12.00 on Friday morning with Emma or Raquel. The cost is £6 / session and your first class is free! All welcome.

## Dates for your diary

### Councillor's surgery

Xander McDade will be at the Big Shed on Saturday 17<sup>th</sup> February from 2.30 till 3.00.

### Music:

Sunday 20<sup>th</sup> May 7.30  
Sarah Smout and Sophie Ramsay

Tuesday 6<sup>th</sup> June at 8pm  
Fran McGillivray & Mike Burke  
*Remember to BYOB – tea, coffee and soft drinks will be provided*

### Greenwood & Timber Framing:

An opportunity to learn greenwood and timber framing skills using round wood at the Scottish Crannog Centre, Loch Tay either 19<sup>th</sup> -23<sup>rd</sup> February, or 26<sup>th</sup> Feb to 2<sup>nd</sup> March

You'll find more details, plus costs and how to book from this link..

<http://www.crannog.co.uk/latest-news/306-greenwood-and-timber-framing-course-in-february>



## YOGA WORKSHOP – Sunday 11<sup>th</sup> March

### Strength, Length and Alignment: How to Ease & Manage Back Pain with Yoga

This is a workshop for people (not dogs), which will look at individual postures and spine structures to determine the best way for your body to do yoga poses and sequences which ease back pain. The primary causes of back pain are misalignment of spine and related joints and also weakness or tightness in supporting muscle groups.

It will be led by Morgan Windram-Geddes, who developed this workshop after several years of working with individuals with back pain. She trained in yoga and mindfulness through BodhiYoga International .... you may have enjoyed a workshop at the Big Shed with Sadhita, who founded BodhiYoga.

The workshop suitable for all abilities – even those who have not done yoga before (that includes men) & you don't need to have a sore back to come along!! You don't need fancy clothes – T shirt & jogging bottoms or even pyjama trousers are fine.

The Big Shed has mats, blankets and any other equipment you might need, but do bring your own if you wish.

The workshop costs £45 including a home-made vegetarian lunch. To book text or phone 0750 864 5453 or email the Big Shed.

## AGM invitation

The AGM is on Wednesday 28<sup>th</sup> February at 7.30pm in the Big Shed.

Please do come along if you can. The agenda is:

1. Present and Apologies:
2. Annual Reports: (Financial Report & Chair's Report)
3. Standing down of Directors
4. Nomination of Directors
5. Appointment of Office-bearers
6. AOCB

## WANTED

### Help with accounts & tax returns

For many years Dolan Betney has prepared the accounts and Corporation tax returns for Loch Tayside CIC. He would now like to retire, so the directors are looking for someone to carry out this important work for the board. (This is a paid role.)

If you would like to do this, or know someone who might, please let us know, either by email, by texting/phoning 0750 864 5453, or by Facebook messenger.

For more information about the Big Shed, check out:  
[www.bigshed.org.uk](http://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 March 2018

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](mailto:websitecontact@bigshed.org.uk)

Check [www.bigshed.org.uk](http://www.bigshed.org.uk) for  
our pricing calculator with rates  
and calendar for availability.

## Congratulations

....to director, Sue Gardener on her  
marriage to Dolan Betney, one of the  
founders of LTCIC



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