

## Classes for 2012

### **Yoga Classes with Jane Borley**



**Mondays at 9:30am**  
**Thursdays at 7:00pm**  
**Price £42 for 6 sessions**

Jane is a yoga teacher and has been teaching Vinyasa and Chakra yoga for eight years.

### **Pilates Classes with Sam Pratt**



**Tuesdays at 6:30-7:30pm** and a further class from  
**7:30-8:30pm (designed for riders)**  
**Price £50 for 6 sessions**

Sam has been teaching pilates for 7 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 Amy Goodman**



Five week life drawing classes  
**Wed 18<sup>th</sup> April to 16<sup>th</sup> May 2012 6-8 pm**  
**Price £60 for the whole five weeks / 10 hours.**

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.

To book your place on any of these classes or workshops please contact Mandy on 01264 889889 or email [mandy@project-workshop.co.uk](mailto: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.

## Workshops for 2012

### **Make a Willow Platter with Judith Needham**

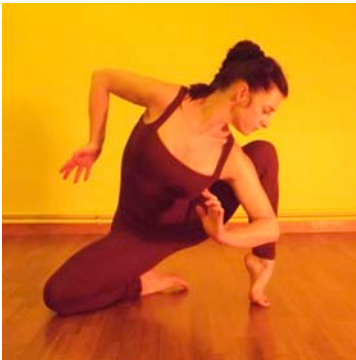


**Saturday 10am to 4pm 17<sup>th</sup> March 2012**

**Price £48 includes tuition, all materials, tea, coffee and biscuits supplied throughout the day, please bring a picnic lunch.**

This workshop is ideal for beginners, all materials are provided and you will take home the Willow Platter you have made at the end of the day.

### **Shadow Yoga Workshop with Jana Appleyard**



**Saturday 28<sup>th</sup> April 9am-11am and 4pm-6pm**

**Sunday 29<sup>th</sup> April 9am-11am**

**Price £55**

Jana has been teaching yoga full-time since 1999 and over the years she has had the good fortune to study with Zander Remete and Emma Balnaves, who have guided the path of her practise. This is a great opportunity to immerse yourself into a weekend of shadow yoga with an amazing teacher such as Jana. The weekend is broken into three sessions to allow you to take in and digest the wonderful flowing, fluid patterns and the dynamic and opening effects it has on mind, body and spirit.

**For a very special intensive introduction to shadow yoga. If you do one thing for yourself this year- do this!!**

### **Anodised Aluminium: Intensive Colour with Lindsey Mann**



**Saturday and Sunday 10am to 4pm each day**

**5<sup>th</sup> and 6<sup>th</sup> May 2012**

**Price £200 includes tuition, and some materials**

This two-day workshop offers an in depth introduction to the decorative colouring of anodised aluminium – perfect for jewellery and sculpture. Students will learn about the anodising process and be introduced to a wide variety of techniques including direct application, dip-dyeing, printmaking and the use of resists, all of which can be tried out on pre-anodised sheet to create samples. The focus is on decorative colouring and not a finished piece, although some specific assembly techniques will be shown and advice on tools given. You will come away from the workshop with plenty of samples to use for your own projects or to keep as reference. Additional pre-anodised aluminium, dyes and Lindsey's book will be available to buy during the weekend.

## Colourful Aluminium Jewellery with Lindsey Mann



**Saturday and Sunday 10am to 4pm each day  
16<sup>th</sup> and 17<sup>th</sup> June 2012  
Price £200 includes tuition, and some materials**

This workshop offers an introduction to decorative anodised aluminium and is perfect for anyone looking to inject a little colour into their jewellery-making. Students can expect to make at least two pieces of jewellery during the course whilst learning colouring processes and simple jewellery-making techniques. Both beginners and more experienced jewellery-makers are welcome. Additional pre-anodised aluminium, dyes and Lindsey's book will be available to buy during the weekend.

## Calligraphy Workshop with Viv Brett



**Saturday 10am to 3.30pm 30<sup>th</sup> June 2012  
Price £55 includes tuition, all materials and attendance certificate,  
tea, coffee and biscuits supplied throughout the day, please bring  
a picnic lunch.**

This workshop focuses on consolidating foundational hand with dip pens, inks, papers, decoration, gilding and introducing different hands like Gothic Black and Uncial. Stretch yourself to produce a unique 'ex libris' - bookplate or choose from the projects on offer.

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