

What's on at Lordship Hub in March

Hub Café open daily from 11-5pm (10-5pm on Saturdays and Sundays) . For info on any activities below drop in, email: hello@lordshiphub.org.uk, ring 020 8885 5684 or visit www.lordshiphub.org.uk

Monday	9.30-10.30	Open level Vinyasa Yoga Flow. A dynamic sequence linking breath & movement set to music. Check beccy.yoga .	£5
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils available to buy. info@tottenhamartclasses.co.uk .	£8
	4.30-5.30	Kids Yoga, 8yrs upwards. For confidence, strength & flexibility. contact@jessicagreen.net . To book: https://www.eventbrite.co.uk/e/donation-kids-yoga-tickets-41922437138 . Suggested Donation £5.	Donation
	5-6pm	Capoeira – for children 5-12yrs. Drop in or book in advance. See www.facebook.com/bambinhos .	£5/7.50
	7-8pm	Capoeira for all ages, experience & ability. Combining dance, combat, acrobatics & music. www.facebook.com/bambinhos .	£5
Tuesday	10-11am	Postnatal Yoga. Focusing on maternal wellbeing and healing. Gently ease back into yoga. Sessions include calming breath work, pelvic floor & core toning, and overall strengthening and stretching. Babies welcome until crawling. carlysandland@hotmail.com 07985277315.	£8
	10.30-12.30	Silverfit. Exercise for 45+. Yoga, Cheerleading, Nordic Walking, Badminton. Non-members £2.50. info@silverfit.org.uk , www.silverfit.org.uk .	£1
	11-2pm	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one.	£2
	12.30-1.30	Chair Exercises. Chair-based exercise for health, balance and co-ordination for older and/or less agile people. Just come along!	£2
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels welcome. £5 per session. Visit: dorcasyoga.com . First class FREE.	£5
	7-8pm	New Mindfulness . Do you want a quieter mind? And to experience more peace and happiness into your life? Join us to learn to live in a stress-free way! For more information contact: Boyan 07543824928 , hello@boyanm.com .	£5
Wednesday	9.30-10.30	Awareness through Movement the Feldenkrais Method® for ease, flexibility and improved posture – lynda@movementaware.co.uk .	£5
	10.00-11.00	Baby Yoga from 6wks to 8months. For more info contact Karen: first-touchmassage@hotmail.co.uk .	£7*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk .	£7*
	7-8pm	Pilates mat class. Ellen: persistpilates@gmail.com . Drop in £8 or book blocks at discounted rate £7/£5.	£8/5
	7.30-10pm	Tottenham Photography Club. Open to all photography enthusiasts. See: www.facebook.com/groups/TottPhotoClub/ . This month: 14th March.	Free
	8-9pm	New Salsa Dance Class . Beginners. For more information contact Ceyhun: ceyhunburat@hotmail.com , 07522 318198 or www.jayjaydance.com	£5
Thursday	11-2pm	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one.	£2
	2.30-4.30	Drop in Mixed Media Art sessions for adults. More info - Sandra: lastdoorstudio@gmail.com . Booking essential.	£3
	7.30-9pm	New monthly Yin Style Yoga class . Offering deep relaxation & a chance to turn your attention inward. This month: 1st March. Check: beccy.yoga . Booking essential.	£15
Friday	10-10.45am	Fun music classes for babies & toddlers. Singing, bubbles, instruments, dancing. Siblings £2.50. hollyaisbitt@hotmail.com . Not on 30th March.	£5
	11.45-12.30	Barefoot African Dance for Toddlers. umzimba.dance@gmail.com / 07496905611. See: www.umzimba.co.uk Siblings £2.50. Not on 30th March.	£5
Saturday	9-10am	Pilates mat class Drop in £8 or book blocks at discounted rate £7/£5 persistpilates@gmail.com .	£8/5
	9-10am	Open level Vinyasa Yoga Flow. Check: beccy.yoga Drop in £7 or book blocks at discounted rate £5.	£7/5
	10.10-11.40	Antenatal Yoga. Stay fit, strong & supple during pregnancy. To book: www.yogaavenue.guru . Block of 4 classes £20. Booking essential. Not on 31st.	£7/5
	10.15-11.15	Toddler Yoga. 20mths to 4yrs. Stretch, move & relax together. Contact: first-touchmassage@hotmail.co.uk . £8 or £40 for 6 sessions.	£8/6.60
	11.30-12.15	Family Singing. Music, rhythm & singing sessions with a difference. Suitable for 0-4yr olds. Just Drop In. £2 for siblings.	£5
	11.45-1.15	Special Magic Workshop. Monthly drop-in for 8-12yrs. Learn magic and have fun. Contact: info@thomasdixonmagic.com . This month: 3rd March.	£7
	11.45-1.15	Special Tinkering Club. Monthly drop-in for 8-12yrs. Parents/carers please stay and tinker too! Contact Amy: 07813 069990. This month: 17th March.	£4
	2-5pm	Hub Music Circle in the Café. Usually every 1st Saturday of the month. Take turns to play a song, sing or read a poem. This month: 3rd March.	Free
Sunday	10-11am	Vinyasa Yoga Flow – All levels. Beginners welcome! Check: beccy.yoga . Drop in £7 or book blocks at discounted rate £5.	£7/5
	11-12am	Chi Kung is back. Exercises based on the principles of Chinese medicine. Contact: darcyphil@hotmail.com for further information.	£5
	11.15-12.15	New Slow Flow yoga . Suitable for all levels, but especially suited to beginners. Drop in £7 or book blocks at discounted rate £5. Starts 18th March.	£7/5
	1-3pm	Friends of Lordship Rec Open Meeting. For all Park Users to share news & views about the park. This month: 4th March.	Free

Always check Hub website "What's On" page in case of any cancellations or changes: www.lordshiphub.org.uk

* Concessions available

HUB NEWS AND SPECIAL EVENTS

New Classes

Salsa Dance Classes for beginners

Wednesdays 8-9pm (come with a friend)
Put on your dancing shoes! Good for absolute beginners! £5 per session.
ceyhunburat@hotmail.com, 07522 318198 or see www.jayjayedance.com.

Mindfulness - Tuesdays 7-8pm

Develop a quieter mind and experience more peace and happiness in your life. Join us to learn to live in a stress-free way! £5 per session.
For more information contact:
Boyan on 07543824928, hello@boyanm.com

Slow Flow Yoga – Sundays 11.15-12.15

Whether new to yoga and looking to develop a practise, or already experienced but wanting to explore poses in more detail, this slow flow class is suitable for all. Drop in £7 (discounted block booking available). Contact: info@beccy.yoga.

Monthly Yin Style Yoga

7.30-9pm starting Thursday March 1st

Yin yoga is about simply “being”. Postures are floor based and use longer holds – upwards of 2 minutes – to access a deep stretch into the connective tissue. It encourages surrender and stillness, allowing you to fully immerse yourself in your practise. Pre-booking essential, Contact: info@beccy.yoga. £15 per session.

Hire one of our two rooms at the Hub for a special party, celebration, meeting or workplace away-day, or if you want to run a one-off workshop or regular class. Or you can volunteer to help in the Hub café.
Contact: carola@lordshiphub.org.uk or ring the Hub office on 020 8885 5684.

Women's Events

Ladies Friday Night – CRAFT NIGHT

Friday 16th March 7-10pm
Celebrating women through art and craft
£3 donation for snacks, drinks and materials.

International Women's Day Event

Saturday 24th March, 1-6pm
Celebrating All Women
Workshops, Talks and Stalls
Organised by Women's Association of Lordship Rec

Inspirational Talks

Sunday 18th March, 2.30-4.30pm

Lynne Segal, psychology & gender studies professor, life-long feminist, socialist activist/campaigner and author of: *Radical Happiness*, *Out of Time – the pleasures and perils of ageing*, *Making Trouble: life and politics* and *Straight Sex: rethinking the politics of pleasure*. She will talk about her life, work and politics. Entry: minimum donation £3 (Hub fundraiser)

Sunday 25th March, 2.30-4.30pm

Eat, Live, Enjoy – Joan Riley, Master gardener, will share with participants how simple lifestyle changes can impact on health and wellbeing. Participants will be able to sample a number of her home made products. Free entry.

Every Body Talking

Workshop - Thursday 15th March 6-8.30pm

Do you know what you and those around you are saying without saying a word? The ability to calibrate **body language**, like any skill, can be developed with practice. Join this workshop to find out more.
Entry by donation. No booking required.
Contact: val@exploreyourege.co.uk

LORDSHIP HUB
Community building in every sense

MARCH 2018 PROGRAMME



Lordship Hub is a community building at the heart of Lordship Rec, co-operatively run by staff and volunteers

LordshipHub

Lordship Recreation Ground,
Higham Road, N17 6NU
020 8885 5684

hello@lordshiphub.org.uk
www.lordshiphub.org.uk

[@LordshipHub](https://twitter.com/LordshipHub) [f LordshipHub](https://www.facebook.com/LordshipHub)

Phone us re disabled vehicle access to the park