

What's on at Lordship Hub in July

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 . Last class 23rd July. Restarts September.	£5
	11.30-1.30	Watercolour class. Price includes paints & brushes. Paper & pencils 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. Last class 16th July. Restarts September.	Donation
	5-6pm	Capoeira – for children 5-12yrs. Drop in or book in advance. See facebook.com/bambinhos . Only 2nd July.	£5/7.50
	7-8pm	Capoeira for all ages, experience & ability. Combining dance, combat, acrobatics & music. www.facebook.com/bambinhos . First class FREE.	£5
	7-8.30pm	Contemporary dance & improvisation class with Aphrodite. For more info 07435735091, aphrodite.th1@gmail.com . £5. First class FREE. Not on 23rd & 30th.	£5
Tuesday	9.30-10.30	Awareness through Movement: Feldenkrais Method® ease, flexibility & improved posture www.movementaware.co.uk . First class FREE.	£6
	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! Not on 3rd July.	£2
	1-2pm	Green Gardeners Group. Every 4th Tuesday of the month. This month baby plant sharing. This month: 24th July.	Free
	2-4pm	Wildlife Group. Every 4th Tuesday of the month. Planning conservation work in the rec & optional practical work. This month: 24th July.	Free
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels welcome. £5 per session. Visit: dorcas.yoga.com . First class FREE.	£5
7-8pm	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	10.00-11.00	Baby Yoga from 6wks to 8months. For more info contact Karen: first-touchmassage@hotmail.co.uk . Not on 18th & 25th July.	£7*
	11.15-12.00	Baby Yoga 8month+. For more info contact Karen: first-touchmassage@hotmail.co.uk . Not on 18th & 25th July.	£7*
	7-8pm	Pilates mat class. perrylauren@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5. Not on 4th & 11th July.	£8/5
	7.30-9pm	New. Kundalini Yoga – sessions held in Italian, everyone welcome. Esercizi fisici, rilassamento e meditazione. . Drop in £10 or book on website for £8. See: yogainitaliano.co.uk . Starts 4th July	£10/8
	7.30-10pm	Tottenham Photography Club. Open to all photography enthusiasts. See: www.facebook.com/groups/TottPhotoClub/ . This month: 11th July.	Free
Thursday	9.30-10.30	Yogasana Flow - Open Level. A creative Yoga journey through body movement, prana flow, philosophy, music, mantras etc. See: MarcellaShivShaktiYoga.com .	£5
	11-2pm	Parent/Carer & Toddler drop-in playgroup. Charge covers a drink & snack for you & the little one. Not 5th and 19th July.	£2
	12-2pm	Pattern Cutting workshops. 16+ All levels welcome, materials provided. Book online www.houseofakunna.com/book-online . Or drop in £10. Book a block of 4 for discounted rate £30. Every 1st and 3rd Thursday of the month, 5th and 19th July.	£10/7.50
	2.30-4.30	Drop in Mixed Media Art sessions for adults. More info - Sandra: lastdoorstudio@gmail.com . Booking essential.	£3
	7-8pm	Yoga with Dorcas. Vinyasa flow. All levels welcome. £5 per session. Visit: dorcas.yoga.com . First class FREE.	£5
	7.30-9pm	Monthly Yin Style Yoga class. Offers deep relaxation & a chance to turn your attention inward. beccy.yoga . This month: 5th July. Booking essential.	£15
Friday	10-10.45am	Fun music classes for babies & toddlers. Singing, bubbles, instruments, dancing. Siblings £2.50. hollyaisbitt@hotmail.com .	£5
	11.45-12.30	Barefoot African Dance for Toddlers. umzimba.dance@gmail.com / 07496905611. See: www.umzimba.co.uk Siblings £2.50.	£5
	7-8pm	New Ashtanga Yoga Led class. Dynamic practice following Ashtanga Primary series to a teacher's count. All welcome. For more info val@exploreyouredge.co.uk . Drop in £7 or book blocks (valid 6 weeks) of 4 classes at £20. Starts 6th July.	£7/5

FOR WEEKEND CLASSES SEE OVER Check Hub website "What's On" page in case of any cancellations or changes: www.lordshiphub.org.uk *Concessions available

From 27th July to 2nd September Lordship Hub Café will be open until 8pm on Friday, Saturday and Sunday

Saturday	
9-10am	Pilates mat class perrylauren@hotmail.com . Drop in £8 or book blocks at discounted rate £7/£5
9-10am	Open level Vinyasa Yoga Flow. Check beccy.yoga Drop in £7 or book blocks at discounted rate £5 .
10.10-11.40	Antenatal Yoga. Stay fit, strong & supple during pregnancy. To book: www.yogaavenue.guru . £7 or Block of 4 classes £20. Booking essential.
10.15-11.15	Toddler Yoga. 20 months to 4yrs. Stretch, move & relax together. first-touchmassage@hotmail.co.uk £8 / £40 for 6 sessions. Not 21st & 28th July.
11.30-12.15	Family Singing. Music, rhythm & singing sessions with a difference. 0-7yrs. Drop In. andymusichall@gmail.com . £5 (£2 siblings). Not on 14th and 21st July.
11.45-1.15	Special Magic Workshop. Monthly drop-in for 8-12yrs. Learn magic and have fun. Contact: info@thomasdixonmagic.com . This month: 7th July. £7
11.45-1.15	Kids Fashion Design workshop. For 8-12yrs. Create and have fun! Materials provided. Contact Jesslyn on 07531656635 , akunnaofficial@gmail.com . Every 2nd Sat of the month. This month: 14th July. £5
2-5pm	Hub Music Circle in Café. Every 1st Sat of the month. Take turns to play a song, sing or read a poem. This month: 7th July. Free.
Sunday	
10-11am	Vinyasa Yoga Flow – All levels. Beginners welcome! Check beccy.yoga . Drop in £7 or book blocks at discounted rate £5 .
11-12am	Chi Kung. Exercises based on the principles of Chinese medicine. Contact: darcyphil@hotmail.com . £5
11.15-12.15	Slow Flow Yoga. Suitable for all levels, but especially beginners. Drop in £7 , book blocks at discounted rate £5 . Check beccy.yoga .

Volunteer at Lordship Hub

Gain new skills or share the ones you have!
If you would like to volunteer at the Hub contact: carola@lordshiphub.org.uk

HUB NEWS

New Classes

Kundalini Yoga – sessions held in Italian, everyone welcome. Esercizi fisici, rilassamento e meditazione. Drop in £10 or book on website for £8. www.yogainitaliano.co.uk. Starts 4th July.

Ashtanga Yoga Led Class. Dynamic practice following Ashtanga Primary series to a teacher's count. All welcome. For more info val@exploreyouredge.co.uk. Drop in £7 or book blocks of 4 classes at £20 (valid 6 weeks). Starts 6th July.

Park Café Trail

SPECIAL GUIDED WALK THROUGH TOTTENHAM (6 miles approx) passing through 9 parks, including Lordship Rec, 7 with cafés. Chestnuts Park to Markfield Park
Sat 14th July. Meet at 11am at Chestnuts Park Café, St. Ann's Road, N15
Contact: hello@lordshiphub.org.uk

Upcoming Park Events

YOUTH FEST
12th August in Lordship Rec, 2-5pm in the Rec
A variety of sports, activities and workshops for young people 8-18yrs. Contact: 07930 484492

TOTTENHAM FLOWER AND PRODUCE SHOW
15th September, 11-5 in Lordship Rec
Get growing, baking and creating your exhibits for the show. Entry is free from 8.30-11am.
Talks, workshops, activities and stalls all day 11-5.
Special Scarecrow Competition for children.
Find out more: info@gogrow.org.uk

LORDSHIP HUB
Community building in every sense

JULY 2018 PROGRAMME



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

LordshipHub

Lordship Recreation Ground,
Higham Road, N17 6NU
020 8885 5684
hello@lordshiphub.org.uk
www.lordshiphub.org.uk

[@LordshipHub](https://www.facebook.com/LordshipHub) [f](https://www.facebook.com/LordshipHub) LordshipHub
Phone us re disabled vehicle access to the park