

Susan Jones

Qualified Yoga Teacher

"In the yoga workshops we will explore the *asanas* or positions and use them in a class. Then we will discover how everyone can do yoga in a chair-based yoga session. We will finish with *pranayama* or breathing and a relaxation or meditation session."

Susan

Sunday
1st August



Please wear either yoga clothing or loose fitting clothes and bring a yoga mat and any blocks or belts you may need. All-day workshop, timetable:
10.30 meet to have coffee or tea and sort out our mats.
11.00 workshop starts where we will look at *asanas* in depth using equipment if necessary. This will be followed by a yoga class using what we have learnt.
1.00 break for either a packed lunch or a light lunch at the Olde Windmill Inn.
2.30 classes start again with a chair yoga class until 3.30pm followed by a short break for a walk in the grounds or tea and coffee.
3.30 final session of the day is a half hour class based around pranayama or breathing techniques and meditation. Workshop day ends at 4.30.



Sarah

Saturday 21st August

Summer Sing

Sarah Rodgers, conductor

"Take part in a casual choir and enjoy learning songs both old and new. We will end with a performance for friends and family followed by some taste-tingling mocktails in the grounds."

All Summer events at The Hive are free. Each event welcomes a suggested donation to support on-going activities.



Summer at The Hive

TEL: 07976 286645 or EMAIL: thehiveplace@gmail.com

FOLLOW US ON facebook: /GreatCressinghamHive

THE HIVE, CHALK HILL, GREAT CRESSINGHAM, NORFOLK IP25 6NP

SUNDAY 4 JULY at 1.00pm

Wild Church - Connecting with nature

FRIDAY 23 JULY at 7.30pm

Music for Body, Mind and Soul

SUNDAY 1 AUGUST - 10.30 to 4.30

Yoga for All - day workshop

SATURDAY 14 AUGUST - 11.30 to 3.00

Hidden Histories - Outdoor signs and clues

SATURDAY 21 AUGUST - 2.30 to 6.30

Summer Sing - Music and mocktails

SUNDAY 5 SEPTEMBER at 1.00pm

Wild Church - Connecting with nature

Pick up a programme or scan the QR code or email thehiveplace@gmail.com to find out more





Charlie Houlder-Moat
Certified Forest Ranger



Wild Church on July 4th and September 5th

“Bring a picnic and join in with nature related activities and games. In July we will be going on a bug hunt, building a community bug hotel and making our own to take home, plus toasting marshmallows on the fire pit. There will also be opportunity to chill out in the breathing space zone and space to reflect/pray/chat together. The session will last 90 minutes.”

Charlie

**Please wear clothing suitable to the activity.
There is an indoor toilet available.**

Friday 23rd July

Music for Body, Mind and Soul
Geraldine Allen, clarinet and wind synthesiser
Sarah Rodgers, composer and pianist

“Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.” – Plato



“Come to a relaxed performance of different styles of music. Experience ‘deep’ listening; discover more in the music that you hear; connect to melody and harmony in a new way. 60 minutes of music followed by cordials and canapés.”

Geraldine

Saturday 14th August

Hidden Histories with David Jones

“We all go for a walk, but what do we really see and know of our surroundings? As we walk around Great Cressingham, the aim of “Hidden Histories” is to look at ways in which to increase our awareness, and hopefully enjoyment of this and any walk we may go on.”



David