



RUN OF THE MILL!

Halton Mill

Activities at Halton Mill, April-May 2017

A low carbon workspace with a community feel. Offices; meeting & coworking spaces; artists' studios; event & rehearsal spaces; workshops & 'makerspace'!

Halton Mill supports individuals and organisations to put on events and courses. To find out more including details of costs, and to book, please contact the named organiser.

Featuring...

Saturday **6 May**, 11:00–16:00. **Local Food Festival with LESS.** A day of local-food themed activities and tastings, including pop-up farmers market, chocolate making, seed bombing, taster stop-motion animation workshops, foodie games and a film or two. Includes exhibition: **'The Faces Behind Our Food'** Monday **1** – Sunday **28** May.

Saturday **6 May**, 20:00. **Concert with Off the Rails and SASS!** World Jazz for your dancing needs from Off the Rails; support from SASS all woman acappella group. Halton Mill Lift Fundraiser. Pay what you can, £1-£15. Bar from 19:30.

Pura Vida at the Mill : A range of holistic therapies and beauty sessions Tuesday to Sunday. haltonmill.org.uk/pura-vida-at-the-mill

'You Can Flourish' cafe serving home made cake, barista coffees and lunches Tuesday, Wednesday and Friday, 11:00–14:00 - all welcome!

Please support our lift appeal, www.justgiving.com/crowdfunding/halton-mill-lift-fund

Weekly & Monthly activities

Yoga from the inside with Sue Garner (BWY Dip): Monday 12:15-13:15 'Revitalising lunch break' and 19:00-20:30 'Unwind the body, still the mind'. Individual sessions available. Tel 07814 295570, email info@yoga-with-sue.co.uk or visit www.yoga-with-sue.co.uk

Painting and Drawing Classes with Janet Mary Robinson. Tuesdays & Wednesdays 10:00–12:30, Thursdays 18:30–21:00, £70 for six sessions. Booking essential. janet@jmr.org.uk or 07786 868783. Moving to ground floor after Easter.

Infinite Tai Chi with Nicky Beardsworth. Wednesdays 18:00–19:00. Call 07949912540.

Creative Writing with Krystina Kellingley. Wednesdays 19:30–21:30. Call 077342 02220.

Creative Writing with Marian McCraith. Fridays 10:00–12:00 starts 28 April. Lancashire Adult Learning, 0300 123 6711.

New! Jump into Juicing 3x Wednesdays 16:30–17:30 from 5 April. Also in May, ask for details. £45. Achieve your perfect juice. Call Linda on 07582 789406.

Silver Jewellery with Rachel Hearne from Monday 24th April: Monday 09:00 (beginners/beginners plus), 18:30 (Beginners/beginners plus), Tuesday 18:30 (intermediate/ advanced). Lancashire Adult Learning, 0300 123 6711.

Shamanic Journey and Drum Circle with the Way of the Buzzard. First Thursdays (6 April, 4 May, 1 June), 19:30–21:30.

Silent Writers Club Fridays 12:30–14:30. Tel Fiona 07778 737681.

New! Sugar-free Baking 4x Fridays 16:30–18:00 from 7 April. Also in May, ask for details. £60. Demonstrations, bake-alongs, and tastings. Call Linda 07582 789406.

Ukelele Workshops Saturday mornings. For more info contact Kizzy at haltonukes@gmail.com

Classes in the River Room (visit www.theriverroom.org.uk for more information)

Mondays: 09:30–10:30 **Pilates** with Nickey Russell
19:00–21:00 **Mindfulness** with Martin Summerfield

Tuesdays: 10:00–11:30 **Iyengar Yoga** with Rozz Cutler
12:30–14:00 **Hatha/Vinyasa Flow Yoga** with Rebecca Ellis
19:30–20:45 **Seasonal Vinyasa Yoga** with Emmaline Turley

Wednesdays: 18:00–19:30 **Hatha/Vinyasa Flow Yoga** with Rebecca Ellis
20:00–21:30 **Yin/Restorative Yoga** with Rebecca Ellis

Thursdays: 9:30–11:00 **Inner Sun Yin Yoga** with Karen Holroyd
11:30–12:45 **Pranacharya Yoga** with Sonia Welch
18:00–19:00 **Turn Inwards: Mindful Hatha Yoga** with Sandra Tallon
19:30–21:00 **Slow Vinyasa Flow Yoga** with Robin Fish

Fridays: 10:00–11:30 **Gentle Yoga** with Rebecca Ellis
12:00–13:30 **Body, Breath & Being** Yoga postures, breathing and meditation with Richard Adamson
19:30–21:00 **Gong Bath** with Ondray and Graham (3rd Friday every month – 21 April and 19 May)

Sundays: 19:00–20:30 **Sound, Mantra and Sing Together** with Helen Leece, 26 March & 28 May.



Book Halton Mill for YOUR event or course. For a tour of our facilities contact Fiona:

e: greenelephantcoop@gmail.com t: 07582 789406

www.haltonmill.org.uk www.theriverroom.org.uk

Halton Mill: coworking, studios, & event space @haltonmill



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One-off workshops and events

Sunday **2 April**, 10:00–15:30. **Experiential Day: Exploring Flower Essences** with Dawn, £65, dawnkeyse@gmail.com or 07515 426670.

Sunday **2 April**, 23rd April and 21st May, 20:00. **Folk Session**. Bar.

Saturday **8 April**, 14:00–19:00. **Spring core-wake-up Yoga Workshop** with Rebecca Ellis. Rebecca@theriverroom.org.uk

Sunday **9 April**, 19:00. **Forgebank Political Café** 'For Catalonia...and Saint George!' A talk about the politics of Saint George by Dr Sam Riches, author of St George: A saint for all. Bar. Free entry.

Saturday **15 April** 10:30–11:30. **Synth Salutation Yoga** with Miles and Rebecca. £5 (dropin).

Saturday **21/Sunday 22 April**. **Communicate with Compassion and Clarity** Be assertive and transform conflicts into opportunities for building connection and trust. Sarah Ludford, 07906 350845 sarahbolera@yahoo.co.uk

Saturday **6 May**, 11:00–16:00. **Local Food Festival with LESS**. A day of local-food themed activities and tasters, including pop-up farmers market, chocolate making, seed bombing, taster stop-motion animation workshops, foodie games and a film or two. Includes exhibition: 'The Faces Behind Our Food' Monday **1** – Sunday **28** May.

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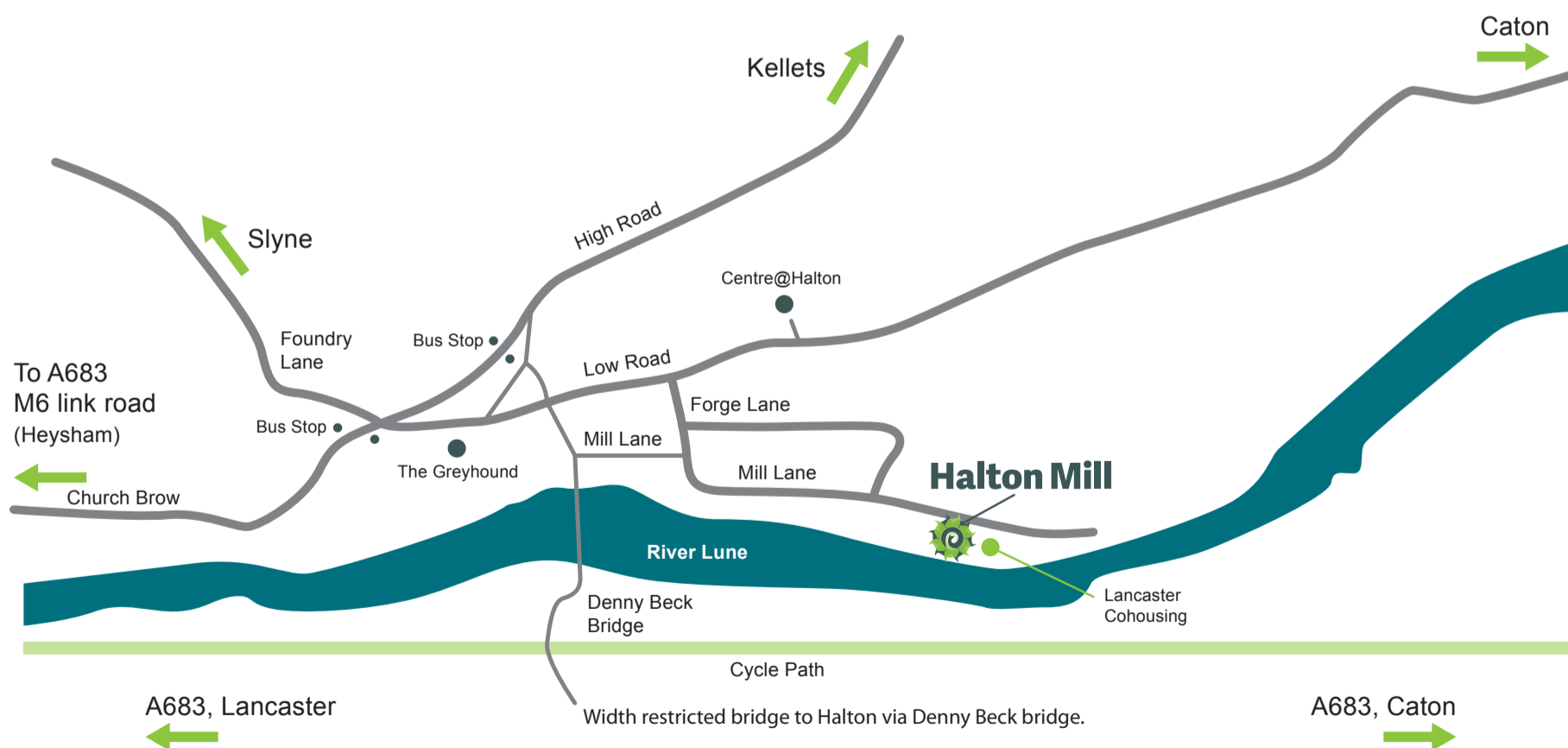
Sunday **14 May**, 19:30. **Political café: Food for People**. A talk on Food Sovereignty by Dr Beccy Whittle lecturer in sustainability in Lancaster Environment Centre. Bar. Free entry.

Tuesday **23 May**, 19:00. **The Bentley Effect** Feature length documentary telling the story of activists saving a large rural region from fracking in Australia, with Q & A session with filmmaker. Bar. £10/£5. Bar from 18:30.

Sunday **4 June**, 11:00–16:00. **Halton Mill Open Day**. As part of Halton Open Gardens. Café open, craft fair, launch of new exhibition showcasing the work of artists working at Halton Mill. Look out for posters!

Saturday **17 June**. **The return of Millfest** Live music, food, craft ale, family and kids activities. Ticket details to follow.

Sunday **25 June**, 19:30. **Reckless Sleepers present 'The Last Supper'** A theatrical exploration of last things and final choices. Tickets £10 from Francis Roe 07890728094. Bar.



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