



RUN OF THE MILL!

Halton Mill

Activities at Halton Mill, June-July 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...

Sunday 25th June - **Reckless Sleepers present The Last Supper** - a theatrical exploration of last things and final choices.

Thursday 20 July - **Re-Wilding the Voice**. An introduction to vocal improvisation.

Sunday 23 July - **Story Telling at the Mill**. An open mike night, hosted by storyteller Jacqueline Harris.

See the 'one off workshops and events' page or check out our website for more details.

Cancelled: Saturday 17 June - Millfest. Look out for lots of music activities through the autumn and another Millfest next year!

'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/haltonmilliftfund](http://www.justgiving.com/crowdfunding/haltonmillliftfund)

Regular activities

Yoga from the inside with Sue Garner (BWY Dip): Mondays 12:15-13:15 'Revitalising lunch break'. 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.

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

Mindfulness Meditation Classes with Marianne Potts. 6 Tuesdays from June 13th, 6.30-7.30 and 7.40-8.40. £7. Tel 07513 192372 or see www.cmarianne.com

Creative Writing with Marian McCraith. Fridays 10:00-12:00. To 23 June. Lancashire Adult Learning, 0333 003 1717.

Silver Jewellery with Rachel Hearne to 26 June. Mon 09:30 (beginners/ beginners +), Tuesday 18:30 (intermediate/ advanced). Lancashire Adult Learning, 0333 003 1717.

Yoga for Healthy Lower Backs with Karen Holroyd, Thursdays 13:00-14:30, 6 week course starting June 15th. Contact Karen karenholroyd@gmail.com for more information.

Shamanic Journey and Drum Circle with the Way of the Buzzard. First Thursdays (1 June, 6 July), 19:30-21:30. £10. No experience needed, contact@thewayofthebuzzard.co.uk

Silent Writers Club Fridays 12:30-14:30. Motivate yourself to get that writing project done! Tel Fiona 07778 737681.

Ukelele Workshops Saturdays from 10 June. Booking essential, contact Kizzy haltonukes@gmail.com

Regular classes in the River Room (see www.theriverroom.org.uk)

Mondays: Pilates with Nickey Russell Monday 09:30-10:30, hotcatpilates@yahoo.com

Tuesdays: Iyengar Yoga with Rozz Cuttler, 10:00-11:30, rozzcut@icloud.com

Hatha/Flow Yoga with Rebecca Ellis, 12:30-14:00, rebecca@theriverroom.org.uk

Traditional Yoga with Oliver Thorne, 18:00-19:15, COThorne@hotmail.com

Seasonal Vinyasa Yoga with Emmaline Turley, 19:30-20:45, emmalinet@hotmail.co.uk

Wednesdays: Hatha/Flow Yoga with Rebecca Ellis, 18:15-19:45, Rebecca@theriverroom.org.uk

Yin/Restorative Yoga with Rebecca Ellis, 20:00-21:30, Rebecca@theriverroom.org.uk

Thursdays: Inner Sun Yin Yoga with Karen Holroyd, 09:30-10:45, karenholroyd@gmail.com

Pranacharya Yoga with Sonia Welch, 11:30-12:45, welchsonia3@gmail.com

Turn Inwards: Mindful Hatha Yoga with Sandra Tallon, 18:00-19:00, sandratallon24@gmail.com

Capoeira classes with Jason Ferdinand and Capoeira for all, 19:30-16.30 starting 1st June.

Contact jason@capoeiraforall.org

Iyengar Yoga with Rozz Cutler, 19:30-21:00, rozzcut@icloud.com

Fridays: Gentle Yoga with Rebecca Ellis 10.00-11.30, Rebecca@theriverroom.org.uk

Gong Bath with Ondray & Graham (2nd of every month: 9th June, 14th July) 19:30-21:00, ondray@hotmail.com



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 **4 June**, 11:00–16:00. **Halton Mill Open Day**. As part of Halton Garden Safari. Café open, craft fair, launch of new exhibition showcasing the work of artists working at Halton Mill. And a chance to see some of Lancaster Cohousing gardens.

Friday **16 June**, 12:30–5:30. **The Art of Telling a Story: Oral Storytelling for Everyone**. This upbeat workshop will help you find your inner storyteller and give it some skills to craft and tell tales! Contact Jacqueline Harris, £40, 07796 227507, email jah@storywheel.co.uk

Wednesday **21 June**, 19:00– 21:30. **Wine tasting** with Kerstin Cable and the (vegan-friendly) wines from her family's vineyard in Germany's beautiful Mosel valley. £15. To book: 07976 476326 or email kerstincable@gmail.com

Thursday **22 June**, 18:30. **First Aid** Covering CPR, use of the Defibrillator, recovery position, and choking. With Neil Howarth from M.A.D First Aid. Free, booking essential – email greenelephantcoop@gmail.com or tel 07582 789406.

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

Monday 26 June, 19:30. **'You can heal your life'** A talk about Louise Hay's philosophy of wellbeing, healing body and emotion. Free. For more information email Ric Caunce: ric@caunce.co.uk

Thursday **20 July**, 10:00–16:00. **Re-Wilding the Voice** An Introduction to Vocal Improvisation with Briony Greenhill. £25. kevin.frea@gmail.com

Sunday **23 July**, 19:30. **Story Telling at the Mill** Open mike night with storyteller Jacqueline Harris. Our first storytelling night – loose theme, 'Travel Stories'. Come and listen or come and tell a story. £5/£3, with bar. Preceded by: 14:00 **Storytelling masterclass** with Jacqueline Harris. Does your technique need a brush up before tonight? £10. Booking essential: 07582 789406 or emailgreenelephantcoop@gmail.com

One off events in the River Room (see www.theriverroom.org.uk)

Sat June 3rd 11:00–14.30 **Connecting to Agni – Pranacharya YogaVeda Workshop** with Sonia Welch email welchsonia3@gmail.com

Sun June 11th 10:00–15:00 **Surya Yoga Workshop** with Emmaline & Kirsty, email emmalinet@hotmail.co.uk

Sun June 18th 10.30–12.00 **Synth Salutation Yoga** with Rebecca & Miles, email Rebecca@theriverroom.org.uk

Sat June 24th 09:00–12.00 **Kaya Vidya Yoga Workshop** with Oliver Thorne, email COThorne@hotmail.com

Sat June 24th 13:00–16:00 **Yin Yoga Workshop** with Paul Wooding, email Rebecca@theriverroom.org.uk

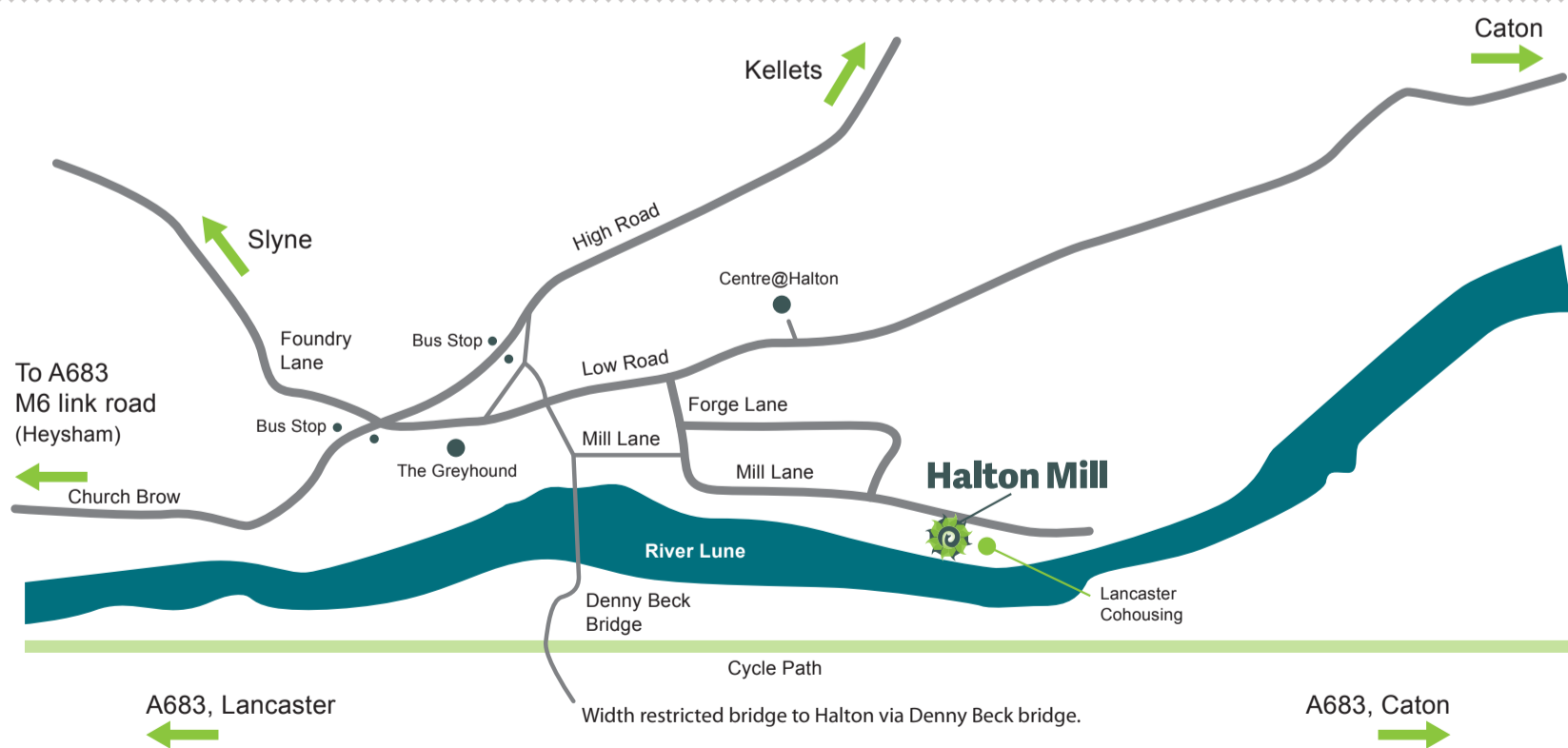
Sun June 25th 10.30–12.00 **Synth Salutation Yoga** with Rebecca & Miles, email Rebecca@theriverroom.org.uk

Sat July 1st 11:00–14.30 **Connecting to Ojas – Pranacharya YogaVeda Workshop** with Sonia Welch, email welchsonia3@gmail.com

Sun July 2nd 10:00–16:00 **Fluidity of Movement Yoga Workshop** with Dina Lew, email a.r.lew@lancaster.ac.uk

Sat July 8 th 10:00–16:00 **Yoga Workshop** with Richard Adamson, email richard.a.adamson@gmail.com

Sat July 22nd 14:00–17:00 **Summer Yoga Workshop** with Rebecca Ellis, email Rebecca@theriverroom.org.uk



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