



The
Sanctuary
Workshops
www.sanctuaryworkshops.com

Autumn /Winter Newsletter

The countdown is on for Christmas! Back by popular demand is the **EVE OF CHRISTMAS FAIR CHAPTER 2** on **Saturday 23rd November!**

The event will include lots of unique gifts stalls & ideas for Christmas. Organised by two local ladies who call themselves "**Ms Serendipity**", the event promises to be full of surprises including "**Jordan Williams**" a talent singer singing Michael Bubl  classics. **FREE ENTRY** Starts 17.30-20.30pm

For more info Contact: msserendipityeventsuk@gmail.com

HATHA YOGA EVERY WEDNESDAY

Come down on a Wednesday and escape the stresses of everyday life with a Hatha Yoga class with Debbie (BWY)

The aim of Yoga is to quieten the mind through breathing practices & meditation. Hatha Yoga includes postures to develop & maintain strength and flexibility for the body . All ages welcome over 18. Classe times 4.15pm-5.45pm & 6.15pm-7.45pm suitable for beginners. www.yogasquirrel.co.uk



**FEELING STRESSED ?
REIKI MIGHT HELP!
meet Katie from
Reiki Balance
WEDS 23rd Oct 8pm
OR TEL 07793 272884**



The Eve of Christmas Fair
Chapter 2

Get ready for the most luxurious shopping experience in town.

The red carpet will be rolled out, a glass of wine will be waiting for you upon arrival and making a special appearance for the evening singing Michael Buble is the spectacular Jordan Williams.

For this event it will be **FREE** entry, so why not bring along your family and friends for a night to remember.

Ms Serendipity x

Saturday 23rd November
17:30 - 20:30.
The Sanctuary Workshops Sanvey Lane
Aylestone LE2 8NG
photos by shutterstock editor




WINTER WELLBEING

Sunday 3rd November 2019
2pm-6pm
The Sanctuary Workshops
Sanvey Lane Aylestone Leicester LE2 8NG

*TAI CHI QUIONG * HATHA YOGA
*TROPIC SKINCARE ADVICE
*REKI
*HEALTHY WARMING FOOD & ADVICE

£35 PER PERSON INCLUSIVE

EMAIL US FOR MORE INFO & TO BOOK
sanctuaryworkshops2012@gmail.com

www.sanctuaryworkshops.com



www.piknmix.co.uk

For Parents

PIK 'N' MIX PARTIES BASED AT THE SANCTUARY PROVIDES BUSY PARENTS AN AFFORDABLE PARTY OPTION WITH AN ALL INCLUSIVE PACKAGE THAT INCLUDES EVERYTHING A PARTY NEEDS.

FROM THE VENUE TO FOOD, CAKE, PARTY BAGS, GAMES, ACTIVITIES, BOUNCY CASTLE DECORATIONS AND EVEN TEA AND COFFEE FOR THE ADULTS!

PIK N MIX YOUR ACTIVITIES, SONGS, PARTY BAGS AND GAMES TO MAKE YOUR BESPOKE PARTY AND THEN WE DO THE REST RIGHT FROM THE INVITATIONS TO TIDYING UP AT THE END!

BOOK TODAY (QUOTING PNMOCT) FOR 20% OFF!

WWW.PIKNMIX.CO.UK

INFO@PIKNMIX.CO.UK

07784 827648

OR VISIT US ON FACEBOOK

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NORMALITEA -

Parenthub

STARTING 22ND OCTOBER

AT THE SANCTUARY WORKSHOPS IS A NEW WEEKLY GROUP FOR PARENTS. RUN BY LOCAL MUM SARAH, 'NORMALITEA' WILL PROVIDE WEEKLY SESSIONS FOR PARENTS TO MEET, HAVE A CUP OF TEA AND CHAT ALL THINGS PARENTING.

INFORMAL AND SUPPORTIVE SETTING TO COME AND MEET OTHER PARENTS AND ASK FOR ADVICE ON ANYTHING FROM HEALTHY EATING TO HOMEWORK HELP.

LITTLE ONES WELCOME TOO.

EVERY TUESDAY 9.30 - 11.30 STARTING TUESDAY 22ND OCTOBER.

WANT MORE INFO OR GOT SOMETHING YOU THINK PARENTS WOULD LIKE TO KNOW ABOUT? PLEASE EMAIL SARAH AT BACKTONORMALITEA@GMAIL.COM

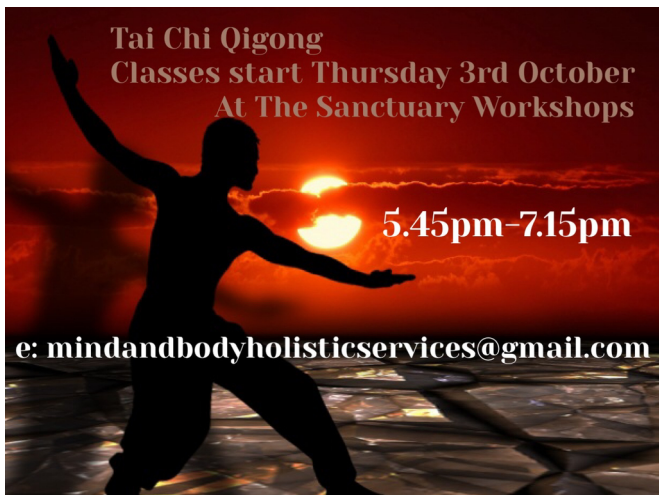


FANCY AFTERNOON TEA AT THE SANCTUARY?

The last Friday of every month we are taking bookings from 2.30pm - 5pm

Come & have sandwiches, cakes & scones at our lovely Victorian church !

email for details - Group bookings taken sanctuaryworkshops2012@gmail.com



Tai Chi Qigong Starting 3rd October

Come along and join us at the Sanctuary Workshops for Tai Chi Qigong sessions. Our weekly evening sessions are designed to destress and gently unwind, promoting mindful relaxation for the body mind and spirit. Sessions commence from Thursday 3rd October 2019, 5.45pm-7:15pm.

£8 per session or block payments available.

For more info. email mindandbodyholisticservices@gmail.com

NEED A HANDY MAN ?

Contact the Sanctuary caretaker for all your odd jobs

Nigel K 07799 507000

HALL FOR HIRE

www.sanctuaryworkshops.com

We Love Pilates

Monday & Wednesday mornings & Monday evenings (excluding school holidays)

Do you wonder what Pilates is or what it can do for you? Our classes are mat based and we sometimes use the small equipment such as circles, bands and balls. All exercises can be progressed to make them more challenging or modified to make them accessible for everyone.

Monday Classes 10am - 11am , 7-8pm & 8-9pm Wednesdays 10-11am

www.welovepilates.com