

Diary At a Glance

From April 2017

Mondays

Alliance Française French	10am-12pm	1-3pm	6:30-8.30pm
Exeter College Tai Chi		1:30pm-3:30pm	
Exeter College—Art in the Evening		6:30pm-9pm	
Global Centre Book Club:		7pm-8:30pm	
Vinyasa Flow Yoga		7:30pm-9pm	

Tuesdays

Active Yoga		10am-11am	
Alliance Française French	10am-12pm	1-3pm	6:30-8:30pm
Exeter Aikido		7pm-8:30pm	
Exeter College—Life Drawing		6pm-8:45pm	
Yoga To De-Stress		6pm-7pm	
Exe Coll—Yoga For Healthy Living	6pm-7:30pm,	7:30pm-9pm	
Spectrum Choir		7:30-9.30	

Wednesdays

Alliance Française French	10am-12pm	1-3pm	6:30-8:30pm
Exeter College- French Intermediate—(Part 1)	10:30-12:30pm		
The People's Acupuncture Project		12pm-6pm	
Exeter College Art—Watercolour and Drawing		1pm-3:30pm	
Feldenkrais		6pm-7:15pm	
Music Bird Community Choir		7pm-9pm	
Tina's Yoga_Beginners	7:30pm-	8:30pm	
Wren Choir		7pm-9pm	

Thursdays

Alliance Française French	10am-12pm	1-3pm	6:30-8:30pm
Yoga To De-Stress		10am-11am	
Exeter College —French Beginners	10:30-12:30pm		
Global Centre World at Lunch		1pm-2pm	
Aikido Yoshinkai Exeter		6:30pm-7:30pm	
Iyengar Yoga		6:30pm-8pm	
Vinyasa Flow Yoga		6:30pm-8pm	
Exeter College Pilates		7pm-8pm	

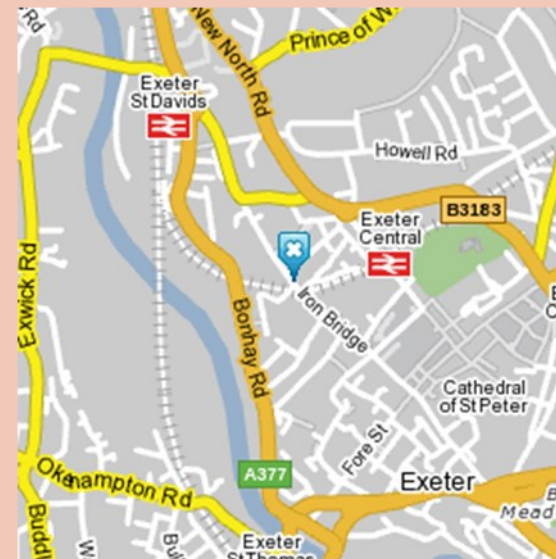
Fridays

Parkinson's Yoga Group	10:30am-11:30am		
Exeter Aikido		7pm-9pm	

Saturdays

Mindful Relaxation (monthly)	10:30am-12:30pm		
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Map showing the location of Exeter Community Centre.



Exeter Community Centre

**17 St David's Hill
Exeter
EX4 3RG**

Phone: 01392 420549

E-mail: admin@eccentre.org

Website: www.eccentre.org

Twitter: [@exetercommunity](https://twitter.com/exetercommunity)

**The Centre has good wheelchair access
and disabled parking.**

**Please phone to reserve your parking
space.**

**The Mulberry Tree Café is open from
8.30am-4pm Monday-Friday.**

Phone: Alex on 07957 195770

themulberrytreecafe@gmail.com

Brochure date 22/04/2017 V1



Activities and Events at Exeter Community Centre Summer Term 2017

Issue 1

Tel: 01392 420549

Information on classes at the centre



Tai Chi

Mon: 10 weeks 1:30pm–3:30pm
Room: Ballroom/Haldon
Cost: £79 or reduced fee £22
Starts: 24th April

Tai Chi for health, meditation and self defence, a wonderful system of body movement designed to relax, calm, centre and energise. These classes suit all levels.

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.



Art in the Evening

Mon: 8 weeks 6:30pm-9:00pm
Room: Art Room
Cost: £116 or £38 Reduced Fee
Starts: 24th April

Learn basic drawing, looking at line, tone & colour. Try out pastels, watercolour, acrylics & oils. Drawing pad (A3 size), pencil and rubber required.

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.



Vinyasa Flow Yoga

Mon: 7:30pm–9pm
Weds: 7:30-8:30 Beginners
Thurs: 6:30pm-8pm
Room: Ballroom

Cost: £7

Starts: Ongoing

An Energising Yoga practice to music that connects movement to breath in order to cleanse, nourish and heal. It is a pure and healthy balance of fun vitality and challenge, with relaxation healing and bliss.

An 8 week beginners class will run Wednesday evenings.

Contact: tina_jeffery@hotmail.com Tel: 07505 131261 or visit <http://www.tinajeffery.com/>



Active Yoga (Suitable for people with Parkinson's)

Room: Dinham
Tues: 10am –11am
Cost: 1st two sessions £7; Thereafter £42

for 6 sessions

Build muscle strength, flexibility, confidence and a solid foundation for physical activity, overall health and well-being.

Contact: Dawn Williams on 07891 015713 dawnwilliamsyoga@gmail.com



Life Drawing:

Tues: 9 weeks 6pm-9pm
Room: Northernhay Room
Cost: £175 or £77 Reduced Fee

Starts: 25th April

Working directly from the model, with individual tuition, you will learn drawing techniques– line tone, colour and abstracting. Paper, pencil and rubber required (or any other preferred medium).

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.



Yoga For Healthy Living

Tues: 10 weeks 6pm-7:30pm or 7.30pm-9.00pm
Room: Ballroom
Cost: £79 or £22 Reduced Fee

Starts: 25th April

You will improve your health, balance and flexibility with Yoga stretches and relaxation techniques for all levels.

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500



Yoga To De-Stress

Tues: 6pm – 7pm
Thurs: 10am-11am
Room: Richmond Room

Cost: £30 for 6 weeks, Drop-in £6.00

Starts: Ongoing

Learn how to manage stress in your life, how to still your mind and renew yourself through yoga. Bring your own mat.

For more information contact Dawn on 07891015713 or dawnwilliamsyoga@gmail.com



Aikido

Tues: 7pm –8:30pm
& Fri: 7pm-9pm

Room: Dinham Room

Cost: £35 per month (Concessionary fee £28) plus £15 insurance per annum

Starts: ongoing_ Join anytime.

The first class is free. Aikido is a Japanese method of self-defence. It is fundamentally non-aggressive and non-competitive. The strikes, throws, locks and pins can be used to neutralise and immobilise aggressors without causing them injury, if you so choose. Exeter Aikido is a technical and Budo based Aikido, soft but dynamic. The Instructors at Exeter Aikido have all received their grades in Japan.

Please visit our website www.exeteraikido.co.uk or phone 01392 496787 for more information.

Spectrum Choir

Tues: 7:30pm-9:30pm

Room: Haldon

Cost: £3-£5 1st session free.

Starts: 18th April

Devon's choir for all lesbian, gay, bisexual & transgendered people & their friends. Come along and join us for a fun, social, great sounding time! No singing experience or auditions necessary!

Contact: Stuart on 07989 441862 or visit us on Facebook

Information on classes at the centre



French Intermediate—(Part 3)
Weds: 6weeks 10.30am-12.30pm
Room: Heavitree
Cost: £64 or £22 Reduced fee
Starts: 26th April

For people who would like to practice speaking on a number of topical and cultural issues to increase their fluency and comprehension of spoken French. Suitable for students who have completed intermediate level or have at least two years' experience.
Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.



The Peoples Acupuncture Project
Weds: 12pm-6pm

Cost: Our ambition is to provide quality acupuncture to everyone who needs it, whatever their financial means. Our fees are based on a sliding scale from £15-£30, per treatment session. Pay whatever you can afford.

Room: Haldon Room

Book in advance: We treat a wide range of conditions including chronic illness, injury and pain, as well as giving emotional support for general well-being.

Contact: www.peoplesacupunctureproject.com info@peoplesacupunctureproject.com
 Call: 07444718395



Art: Watercolour and Drawing
Weds: 8 weeks 1pm—3:30pm
Room: Art Room
Cost: £116 or £38 reduced Fee
Starts: 26th April

You will work at your own pace in observational & expressive art techniques, from still life to landscape studies. Suitable for beginners or more experienced students.

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.

Feldenkrais Awareness Through Movement

Weds: 6pm-7.15pm
Room: Richmond
Cost: £8.50 Advanced booking: £12 on the day per class

Starts: 8.3.17—Usually twice a month
 Gentle movement class to explore posture and habitual movement patterns for improving mobility, posture, balance and co-ordination. Reduce stress and back/joint/muscular pain. Please bring a mat/blanket to lie on. To book please contact Nikhila Ludlow on 07989 394904, 01803 868766 info@lifeworks4.me.uk <http://www.lifeworks4.me.uk>



Music Bird Community Choir

Weds: 7-9pm (term time)
Room: Ballroom
Cost: 1st 'taster' session is free
Starts: 19th April

Free your voice and make new friends in a relaxed, playful atmosphere. From rock and roll through gospel, motown, country and pop songs mostly taught by ear, though notation is available with performances twice a year, Christmas and summer.

Contact: Rob Carney
T. 01364 631103
E. robcarneymusic@gmail.com



Wren Music
Weds: 7pm-9pm (term time)
Room: Dinham
Cost: 1st session free
Starts: 26th April

Voices In Common are the Exeter Folk Choir run by Wren Music. A great way to release your voice, make new friends & have fun. All abilities and voices are welcome— all you need to join is to want to sing. Sheet music is provided for those who prefer it. Many existing projects and performances including Sidmouth Folk Festival & Exeter Cathedral and 'wassailing' early each year.

Contact: Paul Wilson
T. 01837 53754
M. 0785508820319
E. paul@wrenmusic.co.uk



French Beginners (Part-3)
Thurs: 6 weeks 10:30am-12:30pm
Room: Heavitree
Cost: £64 or £22 Reduced fee
Starts: 27th April

For complete beginners or those who wish to brush up their skills. Learn the language you need for basic survival in French speaking countries, including how to ask and give basic information and have short conversations in a variety of settings.
Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.



Iyengar Yoga

Thurs: 6:30pm—8pm
Room: Dinham
Cost: £90 per 10 week block
Starts: Ongoing

The physical benefits of yoga are numerous and affect all systems of the body, helping to bring balance where there is imbalance and misalignment. As we begin to use the mind to work more skilfully with the body, the mind too receives the benefit of becoming more aware, more sensitive and the beginning of Self-knowledge takes place.

Contact: Isabelle Luterbacher 01626 867 057 or 07403 374 722 email: i_luterbacher@hotmail.com
 See www.gaiaitreeyoga.com for more information.

Information on classes at the centre



Pilates

Thurs: 10wks 7pm—8pm
Room: Haldon
Cost: £53 or £15 reduced fee
Starts: 27th April

You will learn an ordered series of exercises that work the entire body from top to bottom and with an extra focus on the core stability muscles. Prepare to strengthen, stretch and mobilise your body, whilst developing and increasing your body awareness, improve your posture, feel a lot more relaxed and experience rapid and long lasting results. Suitable for all levels

Contact: For more information visit www.exetercollege.ac.uk or telephone 01392 400500.



Parkinson's Yoga Group

Fri: 10:30am—11.30am
Room: Dinham
Cost: £7 per session or pay for 5 and get the 6th free!

A small and friendly class of people with early onset Parkinson Disease and their carers. Whether you are having a good or a bad day, the yoga class is created for you to stretch, relax and feel comfortable.

Contact: Dawn on 07891015713 or dawnwilliamsyoga@gmail.com



Mindful Relaxation

Sat: 10:30am—12:30am
Room: Dinham
Cost: £14 per session, £24 if two weeks are booked at the same time

Starts: Monthly ~ ongoing

This is a 2 hour session to practice mindfulness and to nurture yourself through breathing, restorative yoga postures, meditation and a deep relaxation at the end. It is suitable for all abilities.

Contact: For more information contact Dawn on 07891015713 or dawnwilliamsyoga59@gmail.com



Alliance Française-Devon

Learn French with the French!

Develop your spoken French in a safe and fun environment with our dedicated native French teachers. Beginning in September our language courses will boost your confidence and revive your enthusiasm for the French language. Please go to our website for exact timings, course information and prices or:- Call: 01803 864 242

Email: info@allianceexeter.co.uk

Visit: www.allianceexeter.co.uk



The WEA intend to run a number of courses throughout the year if enough interest is shown.

<u>Date</u>	<u>Title</u>	<u>Course Ref</u>
29th April	The Great Goddess	C3527914
6th May	Dream Plan	C3527915

Please contact; The Workers' Educational Association www.wea-sw.org.uk south-west@wea.org.uk, or call 01392 457300 for details



Global Centre: <http://www.globalcentredevon.org.uk>

DDE runs a programme of community events at the Global Centre in Exeter and occasionally in other parts of Devon. These events are listed here for your information, most are free and registration is not required unless you choose to show your interest.

World at Lunch_Thurs: 1pm to 2pm

Gown meets Town meets evenings

Book Club meets Mondays 6:30pm to 8pm