

Diary: At a Glance

From January 2022
Mondays

Tuesdays

Gentle Yoga to Release Tension & Stress	10-11am
WEA- Victorian Age in Literature	2:30-4:30pm
Exeter Aikido	7-8:30pm
Spectrum Choir	7:30-9.30pm

Wednesdays

The People's Acupuncture Project	12-6pm
Wren Choir	7-9pm

Thursdays

Gentle Yoga to Release Tension & Stress Online	6-7pm
Vinyasa Flow Yoga	6:30-8pm
Iyengar Yoga	

Fridays

Yoga for People with Parkinson's	10:30am-11:30am
Exeter Aikido	7-9pm

Saturdays

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

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: 07771 917671
skdelight624@gmail.com

Brochure date 15/01/2022



Activities and Events at Exeter Community Centre Spring Term 2022

Issue 1

Tel: 01392 420549

Information on classes at the centre



Gentle Yoga to Release Tension & Stress

Tues: 10am - 11am

Cost: £36 per calendar month

Learn how to connect to your body, to breathe with ease and feel in harmony with

yourself?

You will need to bring your own mat.

Classes remain online too.

Contact Dawn Williams on 07891015713 or

dawnwilliamsyoga@gmail.com for further details and for booking.



Adult Learning Within Reach

Victorian Age in Literature:

Tues: 2:30pm-4:30pm

Room: Richmond Room

Cost: £96 or Concessionary Fee

Starts: January 11th (12weeks)

This course aims to explore a number of novels that were each published at key moments in the Victorian year and to then consider the novel in their specific historical context.

Contact: www.wea.org.uk 0300 3033464



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: Ballroom

Cost: £3-£5 1st session free.

Starts: February 1st

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: hello@spectrumdevon.org.uk, visit spectrum-devon.org.uk or find us on Facebook.



The Peoples Acupuncture Project

Weds: 11am-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



Wren Music

Weds: 7pm-9pm (term time)

Room: Dinham

Cost: 1st session free

Starts: January 19th

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 paul@wrenmusic.co.uk

T. 01837 53754

M. 0785508820319

Bethany Vinyasa Flow Yoga

**Rose
Yoga**

Thurs: 6pm - 7pm

Room: Magdalen

Cost: £10 drop in

You can expect nourishing movement into all those corners, leaving you feeling renewed!

Contact: Bookings via - www.bethanyroseyoga.co



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.



Gentle Yoga for Arthritis & Similar Conditions is still online

Yoga to strengthen the nervous and immune systems Using posture, breathing and relaxation.

Contact: Dawn Williams on 07891

015713 dawnwilliamsyoga@gmail.com



Yoga for People with Parkinson's

Fri: 10:30 to 11:30am

Room: Dinham

Cost: £36 per calendar month

Classes have been created to help people adapt to the Yoga postures according to the

impact of the symptoms upon their bodies. The Yoga works on your body, breath, mind/emotions and well-being, so you leave feeling energised and relaxed.

You will need to bring your own mat.

Classes remain online too.

Contact: Dawn Williams on 07891 015713

dawnwilliamsyoga@gmail.com

Information on classes at the centre



CERAMEXE_A pottery cooperative working at the ECCT pottery studio. CeramExe is a group of mainly amateur potters who have come together from a diverse range of backgrounds to share a passion for making ceramics. Committed to working together maintaining the exchange of ideas and supporting each other. A co-operative group, making decisions collectively, exhibiting together, and sharing the tasks of running the group. Members pay a yearly membership fee and have access to work from the studio mid-day Thursdays to mid-day Saturdays.
Contact: ceramexpottery@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



School of Bodywork

Introduction to Massage, Individual Massage Tuition and Professional Massage Qualification courses available throughout the year.

Magdalen Room:

Course information and booking is available on the website: www.schoolofbodywork.com or call 07711 656011



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