

Family Club

Class Schedule

Many more exciting classes coming shortly!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30–10.30		Rainmakers Birth–12m				
10.30–11.30						
11.30–12.30						
12.30–13.30				Rainclouds 1yr–3yrs		
13.30–14.30						
14.30–15.30						Forest Fairytales Birth–7yrs
15.30–16.30						
16.30–17.30						
17.30–18.30						

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Tent Tricks

In this one-of-a-kind, circus-themed class, we'll combine physical movements with fun and interactive storytelling to help children to learn about kindness, specifically towards animals traditionally used in the circus.

Suitable for babies and children aged 12 months to 7 years.

Yogi Bebés

In this yoga-inspired class for mum and baby, we aim to help you connect and strengthen attachment bonds through both body and mind by using stretching, balancing and mindfulness techniques.

Suitable for babies and children aged 12 months to 7 years.

Rainmakers

Embracing natural play and mindfulness, in these sensorial sessions we'll explore objects, natural materials, sounds and smells to stimulate baby's senses. We welcome mums to join in the fun.

Suitable for babies aged 3 – 16 months.

Rainclouds

Teaching children about the environment and showing kindness to the world around us, each Rainclouds class explores a different theme inspired by the natural world, through mindfulness, art, language and games.

Suitable for children aged 2 – 5 years.

Forest Fairytales

Set under the wishing tree in our magical forest, we'll explore stories like never before, bringing them to life with fun, interactive elements such as puppet shows and story-specific activities.

Suitable for babies and children from newborns to 7 years.

Tender Tastes

In this interactive plant-based cooking class, children will learn not only how to prepare delicious, organic meals from salads to desserts but understand the textures, tastes and lifecycle of each ingredient. The best part? They'll get to take their creation home!

Suitable for children aged 2 – 10 years.

Collectable Creations

In this imaginative art class, we'll help children to understand the importance of being kind to the environment through the upcycling. We'll actively explore how by taking something old, like everyday household items, we can create something new and beautiful.

Suitable for children aged 2 – 7 years.

Madam Mandala

Through Mandala, a focussed form of art stemming from the far East which has been used to help strengthen meditation and increase focus, this class embraces a range of different mediums from painting to origami and pottery, helping to increase focus and mindfulness.

We offer two classes; one for children aged 2 – 5 years and one for children aged 3 – 7 years.

Yogi Bears

A fun, interactive yoga class for toddlers and early years children to help improve co-ordination, balance and concentration. Each week we'll focus on a different theme, pairing storytelling with movement.

Suitable for children aged 2 – 5 years.

Yogi Bellas

In this calming and nurturing yoga class for mums, we'll encourage deep relaxation and stretching, releasing any tension built up in the muscles and mind.

Suitable for adults of all levels including both pre and post-natal

Sign ME

Perfect for pre and post-natal parents with babies and children up to seven years old, we'll learn how to communicate together through baby sign language and sing-along, using music and Makaton.

Suitable for babies and children from newborn to 7 years.

String Quartet

Harnessing the healing powers of classical music, we teach children the use of the viola and violin, from holding the instrument to learning how to play, supporting fine motor control, cognition and coordination.

Suitable for children aged 3 – 7 years.

Ballet Bebés

Lead by expert instructors, children will be introduced to the world of ballet through exploration and fun, teaching the power of performance, concentration and mindfulness through movement.

We offer two classes; one for children aged 2.5 – 4 years and one for children aged 4 – 7 years.

Ballet Bellas

In this ballet class for mums, we focus on strengthening and toning muscles and improving form and posture through ballet.

Suitable for adults of all levels.

Botanical bliss

Little green fingers will learn about the power of flowers, herbs and plants, by understanding the lifecycle and climate in which they grow. In this interactive class, we will incorporate fun activities such as flower pressing and crafting herbal teas, encouraging children to be kind to all that grows around us.

Suitable for children aged 3 – 10 years.

Hibernating Habitats

Bringing together zoology, geology, science, art and geography, children will explore different environments around the world and the habitats and lifecycles of animals, with an emphasis on preservation and kindness.

Suitable for children aged 3 – 10 years.

Pilates

Helping to improve muscle coordination, flexibility, core strength and balance while releasing stress and tension, we adopt the method of Joseph Pilates.

Suitable for adults of all levels including both pre and post-natal mums.

Meditate MAMA

Harnessing the power of meditation, parents and carers are encouraged to practice mindfulness, supported through soft sounds, colour and elements of touch.

Suitable for adults of all levels.

Martial Minds

In this class, we begin with meditation, and then explore the movements of ancient martial arts. Teaching children the power of mind and body, they will develop greater self-control, balance and co-ordination as well as mindfulness.

Suitable for children aged 2.5 – 7 years.

Mindstorms Cauldron

Hubble, bubble, toil and trouble! Using a sprinkling of magic and a splash of science, we'll experiment with liquids, solids and materials to stimulate brain development and create our very own unique concoctions.

Suitable for children aged 2 – 7 years.

Dustbin Danger

This fun, educational class introduces different environmental dangers and our responsibility towards the environment. Children will learn about different materials and how to recycle them and protect the environment, through storytelling and interactive activities.

Suitable for children aged 2+ years.

