



## Nordic Walking – Ulverscroft Manor

10am to 11am - Push the pace Nordic Walking with Penny - £3.00

Monday BH XX 18th BH May

Tones the upper and lower body at the same time - uses 90% of the skeletal muscle, burns up to 46% more calories than ordinary walking, reduces the pressure on knees and joints, great for the heart and lungs, ideal for neck, shoulder, and back problems. Sessions approximately one hour.

**Shuttlewood Ramblers - 11am to 12noon - Free - Meeting on Monday 11th & 18th May**

## PILATES - Seated Pilates\* with Liz – Activity Centre & Zoom - £4.00\*

Thursday 10.00 am Activity Centre & Zoom 7th XX 21st 28th

Chair-based Pilates aims to strengthen the body in an even way, with particular emphasis on core strength helping to improve muscle tone, balance, joint mobility, and posture, as well as relieving stress and tension.

## Relaxation with Lorna – 11.30am - Ulverscroft Manor - £4.00\*

Second Thursday of the month 14th May

Breathing is the most basic function of the human body, where breathing not only fuels the body with oxygen, it can also clear the mind and help strengthen muscles. Take the opportunity to improve your sense of well-being and inner calm with mindfulness, meditation and breathing techniques to relax your body and calm your mind.

## Shuttlewood Singers\* – with Caroline – 1.00pm – 3.00pm Activity Centre. £4.50

Every Tuesday 5th 12th 19th 26th May

Sing your cares away! Spend a couple of hours exercising your vocal cords and joining others in song, friendship, and tea! You don't need to have any singing experience to be able to join. You'll learn about how to make the best sound, how to look after your voice and even how to sing in harmony all while having fun.

## Stepping Stones for ANXIETY & DEPRESSION\* *Pre-booking is essential to secure a place*

Third and last Friday at Ulverscroft Manor 10.00am £4.00

Friday 1st & 15th May Climbing your way back to calm Only 1 date per person may be booked  
Friday 29th May Reflexology session

Each session includes a 60-minute workshop around a variety of mental health and well-being topics that offer people practical guidance, strategies and support.

If you require more specialist or 1:1 support, please explore LLR Joy:

<https://services.thejoyapp.com/>

### Sound Bath\* with Rhi – 11.45am - Activity Centre - £4.00\*

Every third Thursday

21st May

Each session will start with gentle seated stretches to release tension from the body. We will explore pranayama (breathwork), soothing the nervous system and quietening the mind chatter. Immerse yourself in a Sound Bath, where waves of sound and vibration will cleanse your energy and facilitate release.

### Chi Kung /Gentle Standing Yoga\* with Paula – 10.00am – Activity Centre - £5.00\*

Every Second Tuesday –

Cancelled

Chi Kung/Gentle Standing Yoga

This class will be a lovely mix of both Gentle Standing Yoga and Chi Kung. Moving slowly, mindfully with the breath.

### Yoga – Gentle Yoga\* (with Rhi) – 10.00am – Activity Centre - £5.00\*

Every first, third and last Tuesday –

XX

12th

19th

26th

May

A regular Yoga practice fosters a balanced state of mind, reduces stress levels, and brings harmony into your life. Through gentle postures, breath-work, relaxation, and meditation, you will enhance your own well-being and become stronger both physically and mentally.

### Yoga – Seated Yoga\* - £4.00\*

Every second Thursday - 10 am Activity Centre

14th May

Monday - Zoom only - 9.15am 11th & 18th May

Chair-based yoga uses gentle movements that focus on strength, flexibility, breathing and relaxation while helping to develop and nurture a greater sense of well-being.

**Book online with BookWhen - [bookwhen.com/shuttlewoodclarke](https://bookwhen.com/shuttlewoodclarke)**

Please call Ulverscroft Manor 01530 245860 for more information.

*\* A £1 discount is applied when classes are pre-booked and prepaid.*

*Advance payments for classes are non-refundable and non transferable. XX = cancelled*



**Ulverscroft Manor and grounds are closed to visitors on Wednesday 6th May**

