

New Classes @ The Heene

Wigglebums – Weekend Family Yoga
Sundays at 9.45am with Deena

Drop-In Beginners Yoga with Wendy
Wednesdays 7.30pm

Yoga With Anja – 3 Classes starting 14th March
Beginners Class –Thursdays 6pm

Restorative (Yin) Yoga – Thursdays 7.15pm

Freedom Yoga – Thursdays 8.30pm

Chair Exercise with Emma B - Fridays at 11.50am
Starting on 15th March for a block of 4 weeks

Café One22 – Valentine’s Special



The Valentine's Special Raffle raised an impressive £265.00 for St Barnabas House. Firstly, thank you to Kevin from Cafe one22 for providing all the

scrumptious Valentine cakes. Secondly, thank you to everyone who bought a ticket!

Wedding Reception - Testimonial



“Thank you for providing the perfect venue for Laura and James's wedding reception yesterday. The hall looked lovely and the catering by Kevin

was first class. Everyone was commenting on the amazing food, including vegan options, and the spectacular dessert tower. Thank you Jo and Kevin, and all your helpers, for making it the perfect day” Amanda Cooper.

Activities Programme

Pick up the latest copy of the Activities Programme to see all the fabulous classes on offer here!

In The Spotlight

Lady Amethyst Spiritual Centre

Lady Amethyst Spiritual Centre has presented Charity Evenings of Clairvoyance with a guest medium on the 2nd Saturday evening of each month for over three years. Carol organises a raffle, refreshments and buffet with all the money raised, going to the Medical Day Care Centre at Worthing Hospital.



Facebook: Lady Amethyst Spiritual Centre Worthing

Tombola Gifts Wanted for Fayre

We are collecting donations, including any unwanted Christmas presents for the Summer Fayre on Saturday 22nd June. Please bring in your items to the office. We would love any bottles, toiletries, candles, biscuits, chocolates for our Tombola stall. Thank you!

Greg Harper & Friends Concert



Tickets on sale from the office @ £10.00 each for this popular evening concert on Saturday 15th June. Not to be missed!
www.gregharpermusic.com

Competitive Prices

There are several, different sized rooms available for hire, during the day, evening or weekend. The Tennyson Room is suitable for small classes, meeting and workshops. The



upstairs Byron & Browning Rooms together are perfect for smaller parties, with refreshments in one room and the entertainment in the other room.