



# Wellness Workshop

14th October 2018

10.30am - 4pm

@: Barton Peveril Sixth Form College, Eastleigh, SO50 5ZA

Tickets: £25 (flute players) £20 (non flute players)

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth. As a flute player, come and experience different ways to incorporate wellness into your flute playing. The day will be led by flautists Sarah Newbold and Niall O'Riordan. There will be flute playing throughout the day as well as sessions on bodymapping with Sarah Newbold, Feldenkrais with Niall O'Riordan, yoga with Gemma Witcomb and pilates with Hannah Plom.

Non-flute players are also invited to attend and can experience yoga, pilates, bodymapping and Feldenkrais.

**Book now:**  
**[www.ticketsource.co.uk/  
hampshiremusic](http://www.ticketsource.co.uk/hampshiremusic)**



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