

Saturday 30 October 10.00 to 3.00

Stepping Stones to Quiet Spaces Day

“Step out of your daily routine for time to rest, refresh and replenish mind, body and spirit.”

Time to be still, as well as explore and nourish your own creativity, using either a range of creative resources available during the day, or by bringing your own.

This can be a time to reflect on where you are, life changes you may want to make, and to discover a deeper sense of your own self worth.” Deb

12 places available. Scan the QR code to book. Bring your own packed lunch and your favourite things to do — or try something new!



Deb Cousins is an experienced facilitator leading quiet days and retreats. Her passion and love is to encourage and help others to explore and nurture their own unique inner creativity, spirituality, and well being.

Saturday 20 November 2.00-5.00

Autumn Sing

Sarah Rodgers, conductor

“Take part in a casual choir and enjoy learning songs both old and new. Improve your singing technique and enjoy music with a festive theme, looking towards advent and Christmas.”

Sarah

All Autumn events at The Hive are free. Donations to support on-going activities are welcome!



Autumn at The Hive

creativity ♦ spirituality ♦ well-being

Chalk Hill, Great Cressingham, Norfolk IP25 6NP

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SUNDAY 10 October
2.30 - 5.00
YOGA for Well-being Workshop

SATURDAY 16 October
10.30 - 3.30
HIDDEN HISTORIES
Walking for Well-being

SUNDAY 24 October
3.00 - 4.00
CELTIC JOURNEYS
in poetry, art and music (1)

SUNDAY 7 November
3.00 - 4.00
CELTIC JOURNEYS
in poetry, art and music (2)

STEPPING STONES TO QUIET SPACES DAY
rest and renewal through creativity and reflection

SATURDAY 20 November
2.00 - 5.00
AUTUMN SING
Relaxed choir

SATURDAY 30 October
10.00 to 3.00

To book your place at any of the events pick up a programme or scan the QR code or email thehiveplace@gmail.com



Places to the YOGA workshop and the QUIET SPACES DAY are limited to 12



Susan Jones

Qualified Yoga Teacher

Sunday
10th October

The class starts at 2.30pm and will run to 5.00pm with a break.

“Following on from the YOGA day held in August, this session will be a workshop to explore more of the ‘asanas’ followed by a moving meditation and relaxation, all leading to the promotion of well-being.”

Please wear either yoga clothing or loose fitting clothes and bring a yoga mat and any blocks or belts you may need. Tea, coffee and soft drinks will be available midway through the afternoon.



Susan

**12 places
available -
scan the QR
code to book.**

Sunday 24 October & Sunday 7 November 3.00-4.00

Celtic Journeys

“Two occasions to gather and experience celtic spirituality through art, poetry and music and through the lives of the Celtic saints, Aidan , Brendan and Cuthbert.”



Geraldine Allen

Geraldine

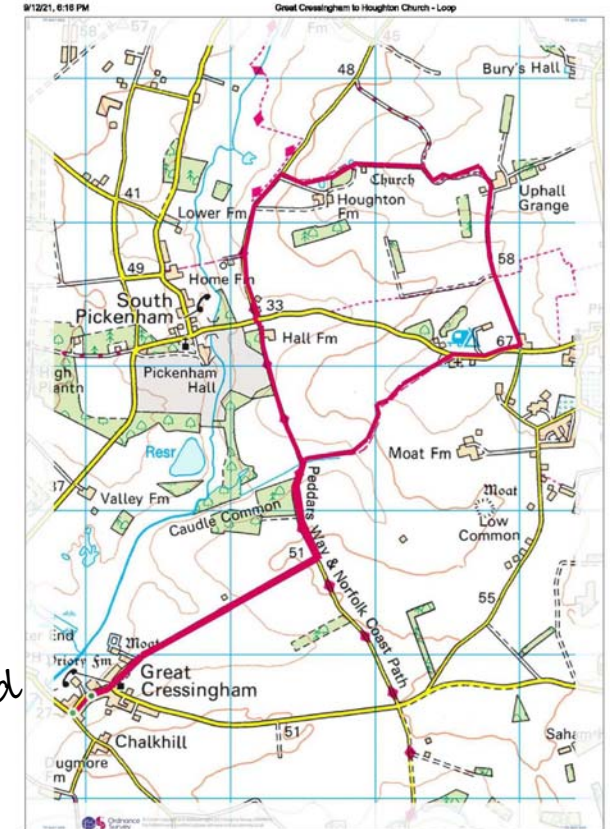


Saturday 16th October 10.30—3.30

Hidden Histories with David Jones

“A day’s walk covering a 12km loop starting and finishing at The Hive. The highlight will be a stop off at St Mary’s Houghton Hill for a presentation on the historic murals. There are various joining points for those who prefer a shorter distance.”

David



<https://bomaps.zenhanosurvey.co.uk/route/10012137/Great-Cressingham-to-Houghton-Church-Loop>

1/2

**Please email David on
dljdav@gmail.com
to discuss options for joining the walk.**

**Please wear clothing suitable to the activity.
There is an indoor toilet available at The Hive.**