

All About The Calm Club

We are looking forward to meeting you when you come to The Calm Club - a session of Yoga, Homemade Food & Mindful Craft. Below is some more information about us and what we do so you can have a better idea of what The Calm Club will look like on the day in Stroud!

Who are we?

You will meet some of these adults when you come along:



Hi! I'm Flo, I'll be leading the yoga workshops! I can't wait to meet you :)



Hi! I'm Claire, I'll be here to help with the Yoga and Craft, and to help with any questions!

Where are we?

This is where we will be for our activity session. Soudley Village Hall [Soudley Village Hall](#)



Accessibility Information -

- Disabled parking on site in the car park
- Ramp access & accessible access to the space via the front door
- Disabled toilets,

What will we be doing?

Below is an outline of what our day will look like:

Time	Activity
9am	Welcome circle and introductions
9.30am	Yoga Class
10.30am	Snack & Playtime Outside
11pm	Arts & Mindful Crafts
12pm	Lunch
1.pm	Food & nutrition workshop
1.45pm	Leaving circle
2pm	Kids hometime!

If we have to change anything, we will let you know at the start of the day.

If you still have any questions about the activity, you can contact us by using the details below:

Email: hello.shiftmovement@gmail.com

Claire Telephone: 07412589919

OR

Email: info@thecalm-club.co.uk

Tash Telephone: 07707038934

Social Media: @thecalm_club

If you have any questions or worries during the day, Flo will be here to help you.

Now you know who we are, we would love to get to know you better. If you would find it helpful, you can fill out the 'All About Me' form in the link below. This will let us know how best to welcome you on the day:

<http://forms.gloucestershire.gov.uk/AllAboutMe>

We look forward to meeting you in person and having fun!