



The HIP List

Your Pull
Out Guide
To What's
Happening
In Hastings

Want your event listed?
Contact us now
Ian Greensmith (music),
Nadine Hayward (art,
cinema, theatre &
performance), Hugh
Sullivan (sport) and Rod
Webb (events, classes)
on listings@yourhip.co.uk

MUSIC

Friday 8 September

McNiff's Folk Sundowner

The Jenny Lind, High St, 5.00pm

Borough Council + Bellza

+ Last Living Cannibal

The Piper, Norman Rd, 7.30pm

Sound Syndicate

Pisarro's, South Terrace, 8.30pm

Hastings Bass Champions -

Roots & Rhythm x Wheel Up

The Pig, White Rock, 9.00pm

Saturday 9 September

Jo Whiley's 90s Anthems

+ Guest Huey Morgan

De La Warr Pavilion,

Bexhill, 2.00pm

Pier Beats & Bass: Bass Kulture

Hastings Pier, 2.00pm

Seafront Session: Poco Mondo

The Albion, George St, 4.00pm

Cushty

The Jenny Lind, High St, 6.00pm

Aquarius International Club

Downstairs at the White

Rock Hotel, 8.00pm

Murderers Are Optimists

+ Sunday Club

The Pig, White Rock, 8.00pm

Wasted Youth

The Piper, Norman Rd, 8.00pm

Loose Change

East Hastings Sea Angling

Association, The Stade, 8.45pm

Punk Night

The Carlisle, Pelham St, 10.00pm

The Time Machine

The Brass, Havelock St, 10.00pm

Sunday 10 September

Los Twangueros

The Jenny Lind, High St, 4.00pm

Dark Waters

The Carlisle, Pelham St, 4.00pm

Tom Cole & Henry Bristow

The Stag, All Saints St, 5.00pm

Vinyl Night

The Jenny Lind, High St, 7.00pm

Monday 11 September

Mick Knight's Acoustic

Blues Club

The Jenny Lind, High St, 7.30pm

Tuesday 12 September

Jazz Hastings: Corrie

Dick's Sun Swells

East Hastings Sea Angling

Association, The Stade, 7.45pm

Albion Skiffle Co

The Albion, George St, 8.30pm

Traditional Folk Session

The Stag, All Saints St, 8.30pm

Wednesday 13 September

Open Mic with James & Jules

Tin Tins, Robertson St, 8.00pm

Medicine Wagon

The Seadog, Station Rd, 7.30pm

Thursday 14 September

Sea Song Sessions with

Seth Lakeman Plus Jon

Boden, Ben Nicholls, Emily

Portman & Jack Rutter

De La Warr Pavilion,

Bexhill, 7.00pm

Berth of the Cool: Jazz DJs Ben

Thompson, Herbie Greensmith

& Guests the Dainty Tudor

Duke and Susan's Leg Policy

Downstairs at the White

Rock Hotel, 7.00pm

Open Mic with James

& Meredith

The Pig, White Rock, 8.00pm

Lord Jasper The Reluctant

Hippy Presents the

Blues + Guests

The Royal Standard, East

Beach St, 8.00pm

Live Jazz: The Jazz

Organisation plus Special

Guest Stuart Jackaman (Guitar)

The NUR, Robertson St, 8.00pm

Shanty Night with

Completely Scuppered

The Jenny Lind, High St, 8.30pm

Friday 15 September

McNiff's Folk Sundowner

The Jenny Lind, High St, 5.00pm

Dead Calm

Pisarro's, South Terrace, 8.30pm

Saturday 16 September

Mike Oldfield's Tubular Bells:

50th Anniversary Celebration

De La Warr Pavilion,

Bexhill, 7.30pm

Seafront Session: Milton Hide

The Albion, George St, 4.00pm

Mister Super Juice

The Jenny Lind, High St, 6.00pm

The Bevis Frond + Eliza Skelton

The Piper, Norman Rd, 7.30pm

Freakz: A night of Post-

Punk, Goth & Electronica

with DJs Vinyl Tap, Dave

Reading & Andy T

The Pig, White Rock, 8.00pm

Cushty

East Hastings Sea Angling

Association, The Stade, 8.45pm

Maelstrom

The Carlisle, Pelham St, 9.00pm

Mojo Workin': All Vinyl

Soul Extravaganza with

DJ Jody Lee-Hooker

The Piper, Norman Rd, 9.00pm

Silent Disco

The Brass, Havelock St, 10.00pm

Sunday 17 September

Wendy May's Locomotion

presents Sunday Shakedown

Regency Rooms, Crown

House, Marina, 3.00pm

Ska Sunday with Guest

Selectors Andy One Time

1200 Postcards, Queens

Rd, 3.30pm

Stone Junction

The Jenny Lind, High St, 4.00pm

Black River

The Carlisle, Pelham St, 4.00pm

Doctor Savage

The Albion, George St, 7.00pm

Vinyl Night

The Jenny Lind, High St, 7.00pm

Temtris

The Pig, White Rock, 7.00pm

Tuesday 19 September

Irish Music Session

The Albion, George St, 8.30pm

Traditional Folk Session

The Stag, All Saints St, 8.30pm

Wednesday 20 September

Open Mic with James & Jules

Tin Tins, Robertson St, 8.00pm

Jam Night

Pisarro's, South Terrace, 8.00pm

Bertie Whuksters:

Ukulele Jam Session

The Seadog, Station Rd, 8.00pm

Thursday 21 September

Benoit Viellefon and

His Hot Club

Crown House, Marina, 8.00pm

Live Jazz: The Jazz

Organisation plus Special

Guest Greg Heath (Sax)

The NUR, Robertson St, 8.00pm

Open Mic with James & Meredith

The Pig, White Rock, 8.00pm

Lord Jasper The Reluctant

Hippy Presents the

Blues + Guests

The Royal Standard, East

Beach St, 8.00pm

Shanty Night with

Completely Scuppered

The Jenny Lind, High St, 8.30pm

Rattlebag Sing-a-Round

The Stag, All Saints St, 8.30pm

CINEMA

Friday 8 September

Pretty Red Dress

Electric Palace, High St, 7.30pm

Mission Impossible: Dead

Reckoning Part 1

Kino-Teatr, Norman Rd,

3.00pm, 7.30pm

Saturday 9 September

Squaring the Circle: The

Story of Hipgnosis

Electric Palace, High St, 7.30pm

Scrappier

Kino-Teatr, Norman Rd.

3.00pm, 7.30pm

Sunday 10 September

PhotoHastings: The Light

Will Shine Through Them

Electric Palace, High St, 11.00am

Scrappier

Kino-Teatr, Norman Rd, 2.00pm

Wednesday 13 September

The People's Train of Culture

Electric Palace, High St, 7.30pm

Thursday 14 September

The Unlikely Pilgrimage

of Harold Fry

Electric Palace, High St,

11.00am, 7.30pm

Friday 15 September

The Unlikely Pilgrimage

of Harold Fry

Electric Palace, High St, 7.30pm

Saturday 16 September

Stories from the She Punks

Electric Palace, High St, 7.30pm

Animotion – Art &

Music in Motion

(Animated short films by

local creatives + Q&A with

directors and composers)

Kino-Teatr, Norman Rd, 3.00pm

Sunday 17 September

Return to Ghandi Rd

Electric Palace, High St, 11.00am

Tuesday 19 September

Co-Dependent Lesbian

Space Alien Seeks Same

Electric Palace, High St. 7.30pm

Thursday 21 September

The Blue Caftan

Electric Palace, High St,

11.00am, 7.30pm

Empire of Light

Isabel Blackman Centre,

All Saints St, 2.00pm

Sussex Exchange

Queensway – for film listings go to:

cinema.thesussexexchange.co.uk

Odeon Hastings

Queens Rd - for film listings go to:

odeon.co.uk/cinemas/hastings

PERFORMANCE

Friday 8 September

One Night in the Many Deaths

of Sonny Liston (rehearsed

reading, free tickets)

Stables Theatre, The

Bourne, 7.30pm

Saturday 9 September

Vicki Vivacious

Forbidden Fruit, Grand

Parade, 9.30pm

Sunday 10 September

Bicycle Ballet Company –

Blazing Saddles

Heritage Bandstand,

Bexhill, 1.00pm, 3.00pm

Tuesday 12 September

The Serial Killer Next Door

White Rock Theatre, 7.30pm

Friday 15 September

The Caterpillar and the

Blackbird – A Musical

Spectacular

De La Warr Pavilion,

Bexhill, 1.30pm, 6.00pm

Lovinia Belle



7.30pm
White Rock Hotel, Hastings
Facebook @HastingsHumanists

CLASSES

Mondays

Overeaters Anonymous

7.30-8.30
Clifton Centre, 1-2 Stainsby
St, St Leonards 31
oagb.org.uk

Slow and Easy Fitness

11.30-12.30pm, £3
Bewellfit, at Clifton Rd
& 9, The Ridge
Exercise for older adults
07817 144812:
bodymoveshastings.com

Drum Club

4.15pm-5.15pm, £6.50
West Hill Community Centre
For 15-16 year olds,
booking essential.
juliansambadrum@gmail.com

Art Classes, including

Life Drawing

10.00am-12.15pm and
12.45pm-3.00pm
Ore Community Centre, 455 Old
London Rd, Hastings
£10.50 per session
sjflack.art

Darragh Dance

5.30pm-7.00pm, £10,
£5 concessions
Afri-Co-Lab, 3 Marine
Court, St Leonards
Get your joy on with movement
director and choreographer
Darragh O'Leary.
afri-co-lab.org

Silver Swans Beginners

Ballet Class

(Closed Bank Holiday)
11.15am-12.15pm
Isabel Blackman Centre
Annie 07704 711772

Silver Swans Ballet Class

4.00pm-5.30pm and
6.30pm-8.00pm
Ore Community Centre, Studio 2
Annie 07704 711772

Art Class for Adults

10am-12.15pm & 12.45-3.00pm
Ore Community Centre
All levels, £10.50 per session
sjflack.art

Choir Practice!

11.00am
The Chapel of Christ
Stillness, Moon Cottage,
Guestling, TN35 4HJ
New singers of all ages welcome.
thechapelofchristsstillness.co.uk

Feel better with

Therapeutic Movements

2.00pm-3.00pm
Salvation Army Hall, St
Andrew's Square, Hastings
Suitable for all ages.
qigongsigrid@gmail.com

Candlelit Yoga

6.00pm-7.00pm

Hastings Old Town
oldtownyoga.co.uk
Absolute Beginners
Argentine Tango
7.00pm-8.30pm
Upstairs at the Piper,
1 Norman Rd
£40pp or £70 couple
pennythepoetess@yahoo.co.uk

Argentine Tango Improvers

Drop-In Class

8.30pm-9.30pm, £6
Upstairs at the Piper,
1 Norman Rd
pennythepoetess@yahoo.co.uk

Beginners Vinyasa Flow

9.30am and 6.30pm
Hot Yoga Hastings,
21 St Peter's Rd, Hastings
hotyogahastings.co.uk

Slow Flow Yoga (Open Level)

9.30am-10.30am
Azur Marina Pavilion
karen@yoga-by-the-sea.co.uk

Silver Swans Ballet Class

4.00pm-5.30pm
Ore Community Centre, Studio 2
Annie 07704 711772

Beginners Pointe Class

5.30pm-6.30pm
Ore Community Centre, Studio 2
Annie 07704 711772

Alexander Technique

Taster Sessions
1.30pm-5.00pm
Braybrooke Rd
livingtenderly@yahoo.co.uk

Kundalini Yoga &

Meditation with Yeli

7.30pm-9.00pm
Wellington Centre, Hastings
yeli@happinessholistichealth.uk

Ballet Barre

7.15pm-8.00pm.
Hastings Old Town
oldtownyoga.co.uk

Yoga Over 60 – maintaining movement

11am-12.30pm
St Leonards Studio @
Azur Marina Pavilion
zowie@stleonards.studio

Hastings Punk Choir

7.00pm-8.30pm
Electric Palace, 39A
High St, Hastings
(And generally a drink or two
in the Jenny Lind afterwards.)

Tuesdays

Ore Youth Club Sessions

4.30pm-6.00pm
Ore Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800

The Crown Knitters

10.30am
The Crown, 64-66 All
Saints St, Hastings
Fortnightly first and
second week of month
A weekly knitting group who
knit lovely things to sell to raise
money for local charities.

thecrownhastings.co.uk/events

Sew Social with Karen Arthur

7.00pm-9.00pm, £10,
£5 concessions
Afri-Co-Lab, 3 Marine
Court, St Leonards
A monthly gathering on first
Tuesday of the month for
Global Majority crafters.
afri-co-lab.org

Baby & Toddler Social Meet Up

12.00pm-3.00pm
The Common Room, Eagle House,
27-29 Cambridge Rd, Hastings
A welcome space for people
with small people to meet.
umbrellasussex.org.uk/news

Needle Felt

11.00am-12.00pm and
1.00pm-2.00pm
Isabel Blackman Centre
One of several classes
covering all topics.
isabelblackmancentre.co.uk

Online Chair Yoga

Zoom, 2.00pm-3.00pm
sueyoga1066@gmail.com
Creative Writing at The Crown
10.00am-11.30am
The Crown, Hastings, £8
£15 – lots more classes
available for all levels
Nicky 07938 734871

Life Drawing

10.00am-12.00pm
Art in the Park, Alexandra Park.
£15 (concessions available)
info@artsonprescription.org

Classical Guitar Tuition

Tuesdays, Wednesdays, Fridays
Bexhill, from £15, free
taster sessions
bexhillclassicalguitar.co.uk

Pilates with Lucy Paffard

St Leonards, 9.30am
lucypaffard@gmail.com
Painting Workshop
1.00pm-3.00pm

Art in the Park, Alexandra Park
£12 (concessions available)
Materials provided.
Info@artsonprescription.org

Photography Workshop

6.00pm-8.00pm
Art in the Park, Alexandra Park
£12 (concessions available)
Own camera required.
Info@artsonprescription.org

Country Dancing

7.45pm-9.45pm
St Matthew's Church,
London Rd, St Leonards
hastingscountrydanceclub.org.uk

Vinyasa Flow (Levels 1-2)

6.00pm-7.00pm
Horntye Sports Centre, Hastings
karen@yoga-by-the-sea.co.uk

Knitting Yarns:

5.00pm-6.30pm
Sugar Pie Honey Buns
235 London Rd, St Leonards
Rachel: 07397794879

Yin Yoga & Relaxation

7.30pm-8.30pm, £7

Azur Marina
karen@yoga-by-the-sea.co.uk

Daoist Qi Gong

9.00am-10.00am
The Azur Pavilion, St Leonards
andreacorsoQG@yahoo.com
Pilates: with a roller
with Sally Paffard
9.00am-9.30am, Zoom
sallypaffard@gmail.com

Pilates with Sally Paffard

5.30pm-6.30pm
Small class
Westhill Community Centre
Sally: 07973 530911

Hot Yoga Hastings

21 St Peter's Rd, Hastings
hotyogahastings.co.uk

Yoga at the White Rock

11.00am-12.00pm
White Rock Hotel, Hastings
Healing Breath, Yoga Nidra
& Tibetan Bowls, £10.
myranicol@gmail.com

Silver Swans Ballet Class

6.30pm-8.00pm
Ore Community Centre, Studio 2
Annie 07704 711772

Gary Marriott's Tune

up Tuesdays
5.15pm-6.30pm
Fun Acapella Choir
Hastings Town Centre, £3
Text 07986911083 for more info

Ashtanga Yoga - Assisted

Self Practice
07.30am-09.30am, £15
Wellington Health & Wellbeing
Centre
ashtangayogahastings@gmail.com

Salsa Tuesdays with

Phyre Dance

The Piper, Norman
Rd, St Leonards
Times vary see Facebook page.
From beginners to social
dancing and practice.
@facebook.com/
events/576448847887517

French for Beginners

11.00am-12.00pm
The Cottage, 7 The
Alley TN34 1HB
Also, French Conversation at the
Common Room, Eagle House
Contact George at
07835808318 for details.

Wednesdays

Slow and Easy Fitness

10.30am-11.30am, £3
Ore Community Centre, 455
Old London Rd TN35 5BH
Exercise for older adults
07817 144812:
bodymoveshastings.com

Hatha Yoga for You

2.00pm-3.00pm
Sunroom, Azur, Marina Pavilion,
44-37 Marina, St Leonards
Louise@stleonards.studio

Mystical Yoga at The

Bale House
5.45-7.00pm, £10

Hastings Country Park, Lower
Coastguard Lane, Fairlight,
Hastings, TN354AD
enchantedmalas@gmail.com
Elemental Yoga with Catherine
10.30am. Class Cost: £7
The Azur Pavilion
catherineburnett12@gmail.com
Laughter Yoga with Bev
6.30pm-7.30pm
Upstairs, Jenny Lind
bevjonas@laughyourself
tohealth.com

Wellbeing Wednesday

11.00am-2.00pm
Art in the Park, Alexandra Park
info@artsonprescription.org

Buddhist Meditation and

Dharma Teaching

7.00pm-9.00pm
In person and via Zoom.
hastingsbuddhistgroup.co.uk
Yoga on the Harbour Arm
(outdoors) 5.30pm-6.30pm
oldtownyoga.co.uk

Kundalini Yoga and

Meditation Class

7.30pm-8.45pm
The Ballroom, Bank Hotel &
Bistro, St Leonards, £10.
soulpowerkundaliniyoga.co.uk
Relaxation: Zoom class with

Pilates teacher Sally Paffard

8.00pm-9.00pm, £4
sallypaffard@gmail.com
Spanish – Adult Beginners
10.00am-12.00pm
First Floor, 7 Cambridge
Rd, Hastings

£15 – lots more classes
available for all levels
Españoles en Hastings FB page
spanishonseaschool@gmail.com

Argentine Tango Social Dance

8.00pm-11.00pm
White Rock Hotel,
Downstairs Bar
A friendly social tango for those
already dancing tango with
music from tango's golden age.
£5 dancers, £2 non-dancers
pennythepoetess@yahoo.co.uk
Qigong with Sigrid
5.30-6.30pm
Community Hall of Greek
Orthodox Church, St Leonards
Suitable for all ages.
Sigrid: qigongsigrid@gmail.com

Adult Tap Class for Beginners

6.15pm-7.00pm
7 Mercatoria, St Leonards
kimhaviand@gmail.com

Therapeutic Yoga

12.30pm-1.30pm
Hastings Centre, The Ridge,
Hastings TN34 2SA
£7 – All abilities welcome
ninayoga.co.uk

Legs Bums & Tums

1.00pm-2.00pm
Isabel Blackman Centre,
Winding St.



LISTINGS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE... HASTINGSINDEPENDENTPRESS

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One of several classes covering all topics.
isabelblackmancentre.co.uk

The Class Choir

7.00pm-9.00pm
The Unitarian Church,
South Terrace, Hastings
Friendly, Fun Uplifting
Women's choir
Free taster sessions, no music
reading or auditions.
theclasschoir@gmail.com
"Street sketchers" /
"plein air" group
First Wednesday of each month
9.00am start: Outside Hastings
Contemporary Gallery
11.00am reconvene: Eat@
TheStade for refreshments
and discussion
meetup.com/south-coast-skyers

Thursdays**Tilekiln Youth Club Sessions**

5.30-7.00pm
Tilekiln Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800

Co-working social media Sessions

10am
The Crown, 64-66 All
Saints St, Hastings
Free group working sessions for
creative business owners and
freelancers designed to help you
spend focused, productive time
creating and sharing content.
Insta: @brassbeemarketing,
catherine@
brassbeemarketing.com

Tai Chi for Health and Relaxation

10.30am-11.30am, £5
St John's Parish Hall, Brittany Rd
Stuart 07961 949715

Nature Walks with HESNHS

Times and venues vary.
hastingsnaturalhistory.org
Meditation and Breathwork with Jung-ui
7.30pm-8.30pm, £55
West Hill Community Centre
A four-week course.
jung-ui.co.uk

Teens Art Club

4.00pm-6.00pm
Art in the Park, Alexandra Park
info@artsonprescription.org

Hastings Town Singers

7.00pm-9.00pm
Castledown School, Priory Rd
A friendly non-auditioning
community choir.
Free taster sessions.
hastings townsingers.co.uk

Adult Art Club

1.00pm-3.00pm
Art in the Park, Alexandra Park,
£12 (concessions available).

info@artsonprescription.org

Yoga at Hastings Contemporary

9.50am-10.50am
oldtownyoga.co.uk
Move It or Lose It!
10.00am-11.00am
The Hastings Centre
Friendly, low impact exercise for
older adults. Improves strength
and balance. Seated or standing.
£6 per class. First class free.
lucy.jenner@moveitorloseit.co.uk
Yoga on the Harbour Arm
5.15pm-6.15pm
(outdoors)
oldtownyoga.co.uk

Online Vinyasa Flow with Elena Voce

12.45pm-1.30pm
Classes for all levels.
Pay-what-you-can
yogawithelena voce.co.uk
Vinyasa Flow
9.30am-10.30am
Azur Marina Pavilion
karen@yoga-by-the-sea.co.uk

Kundalini Yoga & Meditation with Yeli

6.00pm-7.30pm
Wellington Centre, Hastings
yeli@happinessholistichealth.uk

Mandala Vinyasa Flow (Advanced)

Hot Yoga Hastings,
21 St Peter's Rd, Hastings, 6.30pm
hotyogahastings.co.uk

Iyengar Yoga for Beginners

8.00pm-9.00pm
Arthur Easton Centre,
St Leonards
Mats, blocks, ropes and barre
work. Pay as you are able.
myranicol@gmail.com

Pilates (beginners)

3.00pm-4.00pm
Isabel Blackman Centre,
Winding St.
One of several classes
covering all topics.
isabelblackmancentre.co.uk
Ashtanga Yoga – Assisted Self Practice
07.15am-09.15am, £15
Wellington Health &
Wellbeing Centre
ashtangayogahastings@gmail.com

HESNHS Walking Group

Walk 4-6 miles with this friendly
natural history walking group.
Picnic or pub lunch options.
hastingsnaturalhistory.org
Andrew: *ajw.hesnhs@btinternet.com*, 07597 003407

Fridays**Broomgrove Youth Club Sessions**

4.30-5.30
Broomgrove Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800

Feel better with

Therapeutic Movements
9.30-10.30am

Salvation Army Hall, St
Andrew's Square, Hastings
Suitable for all ages.

Sigrid: qigongsigrid@gmail.com

Elements Yoga, Wash Away The Week

5.30-6.30pm, £6.50
Arthur Easton Centre at
St Michael's Hospice
hello.elementsyoga@gmail.com

Breathe + Stretch with**Karen Arthur**

7.30am-8.20am, £10,
£5 concessions

Afri-Co-Lab, 3 Marine
Court, St Leonards
Greet the day and start
the weekend energised
and refreshed.

afri-co-lab.org

Traditional Yoga

Horntye Club Room,
Horntye Sports Centre
9.30am-10.40am, £10
For the yoga enthusiast

Yin Yoga

11.30pm-12.30pm, £7
All abilities.

ninayoga.co.uk

Yoga on the Harbour Arm

(outdoors), 9.00am-10.00am
oldtownyoga.co.uk

Pilates: mixed ability**with Sally Paffard**

Zoom, 9.00am-10.00am
sallypaffard@gmail.com

Beginners Creative**Writing Group**

6.15pm-7.15pm
The Clifton Centre (previously
Southwater Community Centre)

Mindful Yoga – An introspective practice

10.30am-12.30pm

Chair Yoga – A**supported approach**

2.30pm-3.30pm
St Leonards Studio @

Azur Marina Pavilion

zowie@stleonards.studio

Gong Bath sessions

11am
Unitarian Church, 7a
South Terrace
Text Karen Hayler: 07986 911083

Senior Strength

3.00pm-3.45pm
Isabel Blackman Centre,
Winding St.

One of several classes
covering all topics.

isabelblackmancentre.co.uk

Saturdays**Chess Club**

2.00pm-4.00pm
The Common Room, Eagle House,
27-29 Cambridge Rd, Hastings
An amateur club for
amateur players
umbrellasussex.org.uk/news

Zoom Hatha Yoga

9.00am-10.00am (online only)
Pranayama, practice and

relaxation, video available.

Louiselovesyoga@gmail.com

Meditation and Breathwork with Jung-ui

10.45am-11.45am
The Stables Theatre, Hastings
jung-ui.co.uk

Yoga at Hastings**Contemporary**

9.50am-10.50am
oldtownyoga.co.uk

Strong Yoga with Lucy

Morning Yoga via Zoom
10.00am-11.15am

lamiles@hotmail.co.uk

Hot Yoga Hastings,

21 St Peter's Rd, Hastings
Book: *hotyogahastings.co.uk*

Gong Bath sessions

Weekly starting 1 April, 2pm

4 Courts Wellbeing Centre

off Sydney Close

Text Karen Hayler: 07986 911083

Antenatal Taster Class

10.00am
64-66 All Saints St, Hastings
First Saturday every month.
Free taster sessions to
learn about antenatal and
hypnobirthing with Siobhan
from The Mothership Antenatal.
themothershipantenatal.co.uk

Sundays**Yin Yoga**

21 St Peter's Rd, Hastings. 3.00pm
hotyogahastings.co.uk

Historical Dance Group**Regency Dance Workshop**

2pm-4.45pm, monthly
St Peter and St Paul's Church Hall
dianadancer@btinternet.com

"Street sketchers" /**"plein air" group**

First Wednesday of each month
4.00pm start: South side,
The Stade open space

6.00pm reconvene:

East Hastings Angling Club,

The Stade for refreshments

and discussion

meetup.com/south-coast-skyers

Sunday Brunch-time**Kid's Art Club**

10.00am-12.00pm, £5, Drop-
in or stay full 2 hours

Outside the Smokeshack,

St Andrew's Mews,

Waldegrave Rd, Hastings

Join Artist and Arts Educator

Charlotte CHW for different

creative projects every

week at the revamped St

Andrew's Mews. 5-10 yrs.

c.hwatts.art@gmail.com

DISTANT VOICES ACADEMY PRESENTS

TV & FILM
PRODUCTION
TRAINING

Level 2: Television & Film Production
(A week long training course)

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