



Courses &  
Workshops at

**SPRING  
2015**



**Charlotte's Studio**

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Chale Green  
PO38 2LB

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There is a maximum of 8 people per class. You can also book small private groups or individual sessions at other times. More details on our website.  
[www.charlottes-studio.co.uk](http://www.charlottes-studio.co.uk). Concessions & funded courses available for a limited period of time.



Course Title	Cost	Date	Time
<b>Rag Rug making</b> Learn the basics techniques to make a traditional rag rug and other decorative items. Or complete unfinished projects	Per session <b>£20.00/</b> <b>£10.00</b> concessions  <b>£10.00/</b> <b>£6.00</b> concessions	<b>Friday 11th April, 9th May</b> Tools are provided. Please bring your own recycled cotton fabrics. (T shirts or sheets are great to use) and a sharp pair of scissors. <b>27th March</b>	<b>10-3pm</b> <b>5 hr</b>  <b>1.30-4.00pm</b> <b>2.5hr</b>
<b>Energy Medicine</b> Taster. Discover about your energy field & biofeedback & how energy medicine can help you.	<b>£4.00/</b> <b>£2.00</b> concessions per session	<b>Sunday 26th April, 24th May</b> A self discovery session. What is the human Aura , Chakras and how can Energy Medicine help with stress management and wellbeing. This will include live demonstrations of the Aura Biofeedback equipment.	<b>2.pm-4pm</b> <b>2 hrs</b>
<b>Jewellery.</b> Create a unique decorative jewellery piece with beads and enamel	<b>£20.00 /</b> <b>£10.00</b> concessions per session	<b>Sunday 12th April, Sun 10th May,</b> Please bring an apron . Please note .We will be dealing with hot metal and small beads, findings and tools.	<b>2pm -5pm</b> <b>3hrs</b>
<b>Felt making</b> 1st session Learn the basics Create a unique decorative pieces of felt  Session 2 make a <b>Seamless Bag</b>	<b>£25.00/</b> <b>£12.00</b> concessions <b>Bag making £27.00/</b> <b>£13.00</b> concession  Both sessions <b>£50.00 / 24.00</b>	<b>Saturday 2nd May beginners</b> <b>Sunday 3rd May intermediate</b> Bring a towel, apron and a picture that you would like to create in felt. <b>Session 2</b> you will also need to bring a image of a bag design or shape that you would like to make .	<b>10am-3pm</b> <b>5 hr</b>  <b>10am-4pm</b> <b>6 hr</b>
<b>Chakra Balancing Meditation with Crystals.</b> Learn how to use crystals and techniques to improve your wellbeing.	<b>£20.00/</b> <b>£10.00</b> concessions	<b>Saturday 4th April Sunday 24th May</b> A relaxing day balancing your energy field. A chance to see an Aura demonstration showing images of the human energy field before and after Meditation.	<b>10am-3pm</b> <b>5 hrs</b>
<b>Basket weaving</b> Learn simple weaving techniques	<b>£12.00/</b> <b>£6.00</b> concessions	<b>Friday 4th April</b> Make a little woven Easter basket with a solid base. Easy for beginners to make.	<b>10am-1pm</b> <b>3 hrs</b>
<b>Meditation</b> Learn techniques to relax and de stress with meditation. You need to attend min 6 sessions.	<b>£28.00</b> per block of 8 sessions (£4.00 per session)	<b>Thursdays every 2 weeks</b> <b>5th 19th Feb 5th 19th March 2nd 16th 30th April 14th 28th May</b> Discover your inner Zen, learn how to de stress and gain more mental clarity	<b>6.30-8.30</b> <b>6 x 2. hrs</b>
Concessions are the reduced prices on courses ( This is a Limited offer whilst support-funding is available)	Concessions are for those on state benefits (evidence required)	These courses are funded by the Skills Funding Agency and supported by Isle of Wight Council	

**TO BOOK Call Charlotte on 0845 4561397or fill out booking form online**