
GROUPS + CLASSES

SPRING 2018

MONDAY

Chair Yoga

11.00 – 12.00

Starts 9th April. 2nd + 4th Monday of the month. Learn basic breathing exercises and relieve aches & pains with simple movements for all levels and abilities.

Come along to a pay as you feel, informal taster session in Assembly Bar + Kitchen every Thursday 3.30–4pm!

Email Mel: somayogaleeds@gmail.com

Call Mel: 07498 297867

Website: facebook.com/somayogaleeds

Art Appreciation

11.00 – 12.30

2nd Monday of the month.

Call U3A for details: 07552 448834

Website: www.u3aleeds.org.uk

Intermediate French

13.30 – 15.00

Call U3A for details: 07552 448834

Website: www.u3aleeds.org.uk

Headingley Library Storytime

14.00 – 15.00

The Headingley Library will be closed until April 2018. Join us each Monday for their regular Storytime sessions!

Brush up your French

14.00 – 15.30

Call U3A for details: 07552 448834

Website: www.u3aleeds.org.uk

First Pick Guitar Tuition

18.00 – 21.30

Relaxed & friendly 1–1 tuition for all ages and abilities. Various slots available.

Call Geoff: 07749 904836

Email: geoff@firstpickguitar.co.uk

Website: www.firstpickguitar.co.uk

Yin Yoga

18.00 – 21.30

1st + 3rd Monday of the month. Poses supported with cushions, blankets & bolsters, held for 3–10 minutes. A deeply meditative practice, great for finding space and stillness in the mind & body.

Email Mel: somayogaleeds@gmail.com

Call Mel: 07498 297867

Website: facebook.com/somayogaleeds

Table Tennis

19.00 – 21.00

13+. All abilities welcome. No booking necessary. U16s must be accompanied.

Call Liz: 07904 297561

Email: e.jeffery111@ntlworld.com

Jazz Improvisation by

Jazz-at-Heart

19.30 – 21.00

Covering a range of improvisation techniques. All instruments, ages and abilities welcome.

Call Matt: 07807 327144

Email: lesley@jazz-at-heart.org.uk

Dru Yoga

19.30 – 20.30

Dru Yoga combines traditional Hatha postures with flowing movement sequences.

Text/call Sally: 07583 892077

Email: urbanroseyoga@gmail.com

Facebook: urbanroseyoga

TUESDAY

Creative Writing

10.00 – 12.00

W.E.A course covering poetry, short stories and life writing. 3 terms of 11 weeks.

Call: 0113 245 3304

Email: yorkshumber@wea.org

Reading + Discussion

10.00 – 12.00

Group members take turns to lead a discussion of a book from classic & modern lit fiction, non-fiction or poetry. New members very welcome.

Call Phillis: 0113 216 6644

Email: susanderrychambers@gmail.com

Literature

11.15 – 12.45

Call U3A for details: 07552 448834

Website: www.u3aleeds.org.uk

Sportif Judo for Kids

4.00–4.45pm Beginners 5–6 years

4.45–5.30pm Beginners 7–8 years

5.30–6.15pm Beginners 9–11 years

Starts 17th April – enrol now! Our aim is to create a friendly, positive environment for people to learn judo and ultimately to create confident, respectful and skilful judo players.

Call Preeti: 01578 730452

Email: info@sportifjudo.com

Website: www.sportifjudo.com

First Pick Guitar Tuition

18.00 – 21.30

Relaxed & friendly 1–1 tuition for all ages and abilities. Various slots available.

Call Geoff: 07749 904836

Email: geoff@firstpickguitar.co.uk

Website: www.firstpickguitar.co.uk

Hatha Yoga Flow

18.00 – 19.00

A Vinyasa based class exploring dynamic movement, targeting all areas of the body. Increasing strength, stamina and flexibility.

Call Silvana: 07957 578693

Email: silvanahathayoga@gmail.com

Qigong + Meditation

18.30 – 19.30

If you long for vitality, seek peace of mind or are trying to establish a deeper meaning to your life and the spiritual connection it has to this world, then study the ancient self healing art, with Taoist Qigong and meditation classes.

Call Michael: 07949 081335

Tuesday Night Live

20.00 – 22.30

Join us in Assembly Bar + Kitchen every Tuesday evening for live music from local artists. For full listings please see our monthly Events flyer, ask at reception or visit our website. Suggested donations of £3–£5 welcomed, but no one ever turned away for lack of funds.

www.heartcentre.org.uk/whats-on

WEDNESDAY

The Genius of Photography

11.00 – 12.30

2nd Wednesday of the month.

Call U3A for details: 07552 448834

Website: www.u3aleeds.org.uk

Hatha Yoga

18.30 – 19.30

Meditative focus as well as yoga exercises. Booking required.

Call Clare: 07914 204245

Email: clare.mcalpine@btconnect.com

Italian Conversation

18.30 – 20.30

Call Deborah: 07900 336912

Email: d.s.paffetti@hotmail.com

History of Art

19.00 – 21.00

Art History Lecture Series.

Call: 01937 844558 / 07771598435

Email: blanchard-s@sky.com

Choir

19.30 – 21.30

All abilities welcome.

Call Jack: 0113 2164394

Email: pianojack@hotmail.com

Poetry + Prose Evening

19.30 – 21.30

3rd Wednesday of the month.

Email: carol@leedscombinedarts.org.uk

Website: www.leedscombinedarts.org.uk

Mind, Body + Spirit Evening

19.30 – 21.30

4th Wednesday of the month.

Email: carol@leedscombinedarts.org.uk

Website: www.leedscombinedarts.org.uk

Oxfam Quiz

20.00 – 21.35

3rd Wednesday of month. Questions on film, music, books, trivia and picture rounds. £1 per person, max 5 per team.

Yorkshire Clarinet Ensemble

20.00 – 21.45

All ages and grade 5+ playing standard welcome. Fortnightly.

Call Deborah: 07910 414586

Email: mpenn.dpenn@ntlworld.com

THURSDAY

Choir

11.00 – 12.30

U3A sessions covering a variety of music. New members of all abilities very welcome, particularly those with voices in the lower registers.

Call Alison: 0113 256 6203

Website: www.u3aleeds.org.uk

History

11.00 – 12.30

Call U3A for details: 07552 448834

Website: www.u3aleeds.org.uk

Brush and Palette Art Group

13.00 – 16.00

Opportunity for artists to work alongside each other. Not tutor-led. Bring your own materials.

Call Paul: 0113 2301061

Email: paul.johnson9827@ntlworld.com

Chair Based Yoga Taster

15.30 – 16.00

Grab a coffee and try out a chair-based yoga taster session. Release tension from the neck, back and shoulders with some simple movements. All ages and abilities welcome. Pay as you feel.

Email Mel: melymelhibbert@gmail.com

Iyengar Yoga

17.45 – 19.00

Builds strength, flexibility, stamina and balance. For all ages & levels of fitness.

Email Gerda: gerdabayliss@gmail.com

First Pick Guitar Tuition

18.00 – 21.30

Relaxed & friendly 1-1 tuition for all ages and abilities. Various slots available.

Call Geoff: 07749 904836

Email: geoff@firstpickguitar.co.uk

Website: www.firstpickguitar.co.uk

Yoga For All Workshops

18.00 – 19.00

April 19th – May 24th. A six-week series of workshops that will delve deeper than the physical practice of yoga. Each workshop will focus on a different topic, and will include hand-outs and task sheets. Along with physical exploration of each topic, there will be time for sit down conversation, learning, and open discussion.

Call Charlotte: 07766 494503

Email: charlotteannabeljones@gmail.com

Headingley Games Club

18.30 – 22.30

Weekly games club. Wide variety of table top and board games. Newcomers are encouraged to join in.

Email Trevor: taj.bavage@ntlworld.com

Website: www.headingleygamesclub.com

Leeds Jazz Orchestra

19.00 – 21.00

Big band funky tunes. Sometimes vacancies for specific instruments (and usually room for trombonists!)

Call Ruth: 01423 525367

Email: leeds.jazzorch@btinternet.com

Adult ADHD Support Group

20.00 – 22.00

Last Thursday of each month. A group of ADHD adults looking to offer each other support, meet up, and raise awareness in a safe and friendly circle.

Call/text: 07452 900840

Website: www.leeds-adult-adhd.co.uk

FRIDAY

Headingley Library Rhymetime

9.30 – 10.30

The Headingley Branch Library will be closed until April 2018. Join us each Friday for their regular Rhyme Time Sessions!

Art – Looking at Paintings

11.00 – 12.30

Last Friday of the month.

Call U3A for details: 07552 448834

Website: www.u3aleeds.org.uk

Aromatherapy

13.00 – 15.00

W.E.A course. A journey to develop an understanding of aromatherapy which focuses on learning about the therapeutic and healing practise of aromatherapy. 1 term of 8 weeks.

Call: 0300 303 3464

Email: courseenquiries@wea.org.uk

Friday Support Group

13.30 – 14.30

A weekly support group for those who might feel lonely or isolated and are experiencing or have experienced mental health difficulties. Free.

Call Carol: 0113 2306043

headingleyfridaysupportgroup.org.uk

Leeds Healing Centre

12.00 – 15.00

(last session 14:30)

Healing offered by a professional team of volunteers, trained to the high standards set by UK Healers. No appointment necessary. £5 per visit.

Website: www.leedshealingcentre.org

Restorative Yoga / Yoga Nidra

18.00 – 19.00

3rd Friday of the month.

Email Treasa: treasacassidy@gmail.com

Vinyassa Flow Yoga

18.30 – 19.30

Suitable for all ages and abilities, taught using a modified Ashtanga Primary Series, focusing on aspects of self care, the rejuvenation of the body through movement, and giving time to connect to the individual self. With attention sent to the quality of breath, pranayama is also an important element of this class.

Call Charlotte: 07766 494503

Email: charlotteannabeljones@gmail.com

Friday Acoustic Night

20.00 – 22.30

Every 3rd Friday of the month, join us in the Cafe for an evening of live music. For full listings please see our monthly Events flyer, ask at reception or visit our website. Free.

SATURDAY

Oceann SM&ART

9.45 – 10.45 / 9.45 – 12.30

Supplementary education school, offering classes in Russian language (4–13 years), Russian as a foreign language (6–11 years), preparation for GCSE Russian exam (Pearson/Edexcel L1/L2), and creative art clubs for children and parents.

Call: 07414 454989

Email: reg@oceannsmart.org.uk

Website: www.oceannsmart.org.uk

Helen O'Grady Children's Drama Classes

10.00 – 11.00

Fun and creative drama classes for 5–11 year olds.

Call Vanessa: 01423 541834

Email: northleeds@helenogrady.co.uk

Website: www.helenogrady.co.uk

Leeds Korean School

10.00 – 12.00

Language classes for children.

Email Jihyun: krs.leeds@gmail.com

Website: www.lkrs.co.uk

Saturday Slowdown

15.00 – 16.30

Forget the shopping, leave the DIY, have some “me” time. A fusion of gentle Hatha yoga, somatic movement, breathing exercises and meditation.

Helpful for relieving chronic pain held in the body and for easing symptoms of stress, fatigue and burnout. Suitable for all ages and abilities.

Email Mel: somayogaleeds@gmail.com

Call Mel: 07498 297867

Website: facebook.com/somayogaleeds

Live music + events
Groups + classes
Room hire
Weddings + parties
Exhibitions
Shared workspace
Licensed restaurant

Info + booking

HEART, Bennett Road
Leeds LS6 3HN

0113 275 4548

admin@heartcentre.org.uk

www.heartcentre.org.uk

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Opening times

Monday – Saturday 8am – 11pm

Become a volunteer

HEART is always looking for volunteers to help support the running of the Centre. For more info, please visit our website, pop in for a chat, or give us a call!

Join our mailing list

If you would like to receive information about our events, exhibitions and offers, please sign up to our mailing list by visiting our website.

Assembly Bar + Kitchen

Nestled inside the building is Assembly Bar + Kitchen (formerly the HEART Café). Serving homemade food, cakes, a selection of hot and cold drinks, craft beers and wine it's a great place to enjoy a coffee or meal with family or friends. We are family friendly and welcome breastfeeding mothers. We have a lovely courtyard outside and even a small garden centre, The Green Yard.