



# What's OM in at The Rocci Tree this Autumn...?

## 1st Sunday of the Month

### Yoga Rocs - Self Practise Session

For this session we open our studio for anyone who would like space for self-practise. Our teacher's will be available for advice, support and encouragement.  
Donations for our charity of the month.

## 3rd Sunday of the Month

### Dad and Baby Massage

A fun practical session introducing you to baby massage. We will concentrate on how to help windy and colicky babies, a useful skill for any parent! Mats, oils and handouts will be provided. As well as tea and biscuits.

## 4th Sunday of the Month

### Family Yoga

Time for you and your family to spend quality time doing something healthy, non-competitive and fun. Suitable for parents, grandparents, aunts and uncles. Kids from 5yrs - 15yrs old

## September

Introduction to Yoga - 4 Week Course  
1st, 8th, 15th, 22nd - 10:00-11:30

Moving Meditation - Workshop  
9th - 14:30-17:30

Mindfulness - 6 Week Course  
Sept 29th, Oct 6th, 13th, 20th, 27th, Nov 3rd - 10:00-11:30

108 Sun Salutations - Special Event  
30th - 10:00-13:00

## October

Healthy backs - Workshop  
14th - 9:30-12:30

Birth Preparation - 3 Week Course  
18th, 21st, 1st Nov - 9:30-12:30

## November

Yoga for Men - Workshop  
11th - 9:30-12:30

Yoga for Men - 3 Week Specialised Course  
17th, 24th, 1st Dec - 9:30-12:30

## December

Yoga for Men - Workshop  
9th December - 9:30-12:30

Contact  
Rocci

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All Workshops  
held at

The Forster Institute  
1A Waterloo Road  
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For more information on all our regular classes, or details on how to book your place please visit our website

[www.theroccitree.co.uk](http://www.theroccitree.co.uk)