

WELCOME BACK LISKEARD

DISCOVER : CREATE : ENJOY

**LIVE
PERFORMANCE**

**FREE
ACTIVITIES**



www.visitliskeard.co.uk



tourism@liskeard.gov.uk



01579 349148

FREE ACTIVITIES

SCREEN PRINTING
SAT 5TH MARCH
LISKERETT CENTRE
10AM - 4PM 1 HR SLOTS

Join Nicky Harwood for this fun screen printing workshop. Help make an original set of bunting to decorate Fore Street for our Spring Celebration Day on March 26th.

PEEK INTO LISKEARD'S PAST
SAT 12TH MARCH
TOWN VENUE TBC
12.30PM

Peek into Liskeard's past; the successes and struggles of its little known residents. Brian Oldham, author and museum volunteer will read true stories from the book, selected randomly by numbers from the audience.

WOODLAND WONDERS
SUN 13TH MARCH
HILLFORT WOODS
10AM - 1PM

Join Lizzie of Sparrows & Sycamores Forest School for fun, exploration and the development of new skills. With team games, den building, woodland craft and nature connections.

GELLI PLATE PRINTING
WEDS 16TH MARCH
LISKERETT CENTRE
10AM - 3PM

Join Nicky Harwood for a fun introduction to Gelli plate printing, a simple but exciting press free printmaking process. All materials supplied.

PAINTING WITH PETE NANCE
WEDS 16TH MARCH
LISKERETT CENTRE
10AM - 12.30PM

Atmosphere in the landscape with Pete Nance. Pete will be on hand for guidance during a demo and feedback you as you paint from a provided reference photo.

DRUMMING WITH SAMBA KERNOW
WEDS 16TH MARCH
HILLFORT PRIMARY
6.30PM - 8.30PM

Come and try your hand at a whole range of percussion instruments to experience the samba drumming style.



**DANCE WORKSHOP
WITH LOIS TAYLOR
16TH MARCH
LISKERRETT CENTRE
2-3.30PM**

**AN INTRO TO YOGA
THURS 17TH MARCH
SUKHA SHALA
10AM - 11.30AM**

**QIGONG - BEGINNERS
THURS 17TH MARCH
LISKERRETT CENTRE
1PM - 2PM**

**SOMATICS FOR PAIN
RELIEF
THURS 17TH MARCH
LISKERRETT CENTRE
2.30PM - 3.30PM**

**MOO MUSIC
THURS 17TH MARCH
THE SOCIAL
10AM**

Enjoy a little exercise, learn a fun dance routine and stay for a cuppa. If you like the dance routine you learn, you might want to be part of a group of people dancing with us on at 26th March!

Explore the different styles of Yoga with Christina. Touching on yoga philosophy, gentle stretching, standing poses and breath work (pranayama).

You will learn six exercises that you can take home to practise, so you can start to bring Qigong into your daily life. All movements can be adapted for sitting. Qigong is particularly good for balance and for relief from stress.

In this workshop you will learn some sitting movements to relieve tension in the neck and shoulders, and some lying down movements to address the tension held in the centre of the body.

Moo Music are a multi-sensory music and movement group and use a range of lights, puppets, instruments and a whole host of other props to have a lot of Moo Music fun! Suitable from birth to 5 years.



TO BOOK:

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**or pop in to see us at the
Tourist Information Office**



LISKEARD SPRING CELEBRATION

**DATE
26TH
MARCH**

FREE EVENTS **Fore St & The Parade**

10-1pm

Pop up activities

11am & 12pm,

Samba Kernow

11.30am

Dance Centred Performance

12.30-1.30pm

Company B Live Swing Band

1.30-3pm

Live Singer



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