

Events

Aberlady Autumn Fair

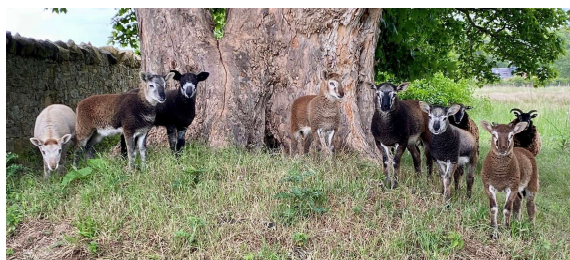
Sat 27 Sept, 2-4pm, Aberlady Village Hall
Please come along to the annual Autumn fair, run by Aberlady Parent Council to raise money for the school. There will be tea, coffee and tasty home baking available, some lovely raffle hampers, tombola stalls and so much more! Free admission but bring money (cash or card) to spend!

Celebrate 20 Years with the Scottish Ornithologists' Club (SOC)

Sat 4 Oct, 10am-4pm, Waterston House, Aberlady
Join the SOC to mark two decades at their beautiful home in Aberlady. A fun-filled open day, including guided bird walks, creative crafts, live music and refreshments. Everyone is welcome to help celebrate this special milestone!

Aberlady Community Flock Gates Open Afternoon

Sat 11 Oct, 2-5.30pm (drop-in), Coo Park (field next to The Gardens)
Come along to meet the sheep and lambs and find out more about this community project. There will be demonstrations and kids' activities. Our original flock of six has become 20, with the spring arrival of lambs and wethers. If you think you could help us with sheep checks or anything else, or you just want to know more, please get in touch at hello@aberlady-flock.org. Find out more at aberlady-flock.org.



Yoga: Coorie Down

Sun 12 Oct, 7-8.30pm, Aberlady Village Hall
Sun 16 Nov, 7-8.30pm, Aberlady Kirk Stables
Sun 14 Dec, 7-9pm, Aberlady Kirk Stables
Sun 11 Jan, 7-8.30pm, Aberlady Kirk Stables

Time to step off your world and reset with gentle movement and deeply relaxing yoga. Optional reiki/micro head massage with curated essential oils. Leave your reverie as Angela gently guides you by chanting, song or instrument - a perfect end to your weekend.

The Festive Coorie Down on 14 December is a 2 hour rest and restore session with the added element of mini sound bath, song and chanting, and a wee seasonal treat to take home.

Investment £18 (£28 for 2 hour festive special).
Book via www.bookwhen.com/satanamayoga.

Remembrance Sunday Community Lunch

Sun 9 Nov, after church service, Aberlady Village Hall

Those whom commemorate Remembrance at the Aberlady War Memorial, then attend the church service are invited along to the Aberlady Village Hall for a free light lunch and space to share memories/stories of those who gave their today so we can have our tomorrow.

Gentle Chair Yoga (ACA fundraiser)

Sat 29 Nov, 11am-1pm, Aberlady Village Hall
Join Angela for a 50 minute gentle chair yoga class, followed by tea/coffee and home baking. The class combines the principles of yoga, but from a seated posture (some poses can be taken standing if preferred). Open to all levels. An opportunity to explore the benefits of this wonderful practice.
£7 (inc refreshments). Book via www.bookwhen.com/satanamayoga.

Barre Ibiza Tunes Extravaganza! (ACA fundraiser)

Sat 29 Nov, 2-4pm, Aberlady Village Hall
Join Angela, for a 45 minute barre class, based on ballet, but think funky - with classic Ibiza tunes selected! A low impact class that packs a punch. Not a dancer? Doesn't matter, just come and be prepared to join the fun! Followed by tea/coffee and home baking.
£10 (inc refreshments). Book via www.bookwhen.com/satanamayoga.

All profits from the Chair Yoga and Barre classes will go towards the Aberlady Village Hall redevelopment project. With big thanks to Angela Edwards for donating her time and expertise!