

poplar
Union

WHAT'S ON



January
February
March
2020

- Classes & Workshops
- Theatre & Film
- Music & Dance
- Comedy & Spoken Word
- Kids & Family
- Neighbourhood
- Health & Wellbeing

WELCOME TO POPLAR UNION

Happy New Year to you, and Happy Birthday to us... Poplar Union is 3! And we're celebrating the only way we know how; with a whole host of vibrant and engaging events and activities especially for you!

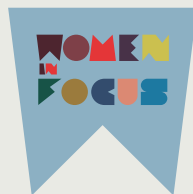
In January, we are proud to bring back POP-Goes Green for the second year, celebrating all things sustainable and eco-friendly. Helping you on your green journey are Sunny Jar with their new D*I*S Workshops (that's 'do-it-sustainably'); what better time to ditch the plastic and embrace the bio-degradable! Or teach the younger generation all about the environment through theatre with Really Big Pants' hilarious pirate show, Plundered!

We're pleased to support our local community's wellbeing this winter with a variety of physical and mental health services, in partnership with the Borough of Tower Hamlets, which we hope will provide much needed comfort and support.

We'll be feeling the love... or the heartbreak in February with Rosie Wilby's tragicomic live podcast recording of The Breakup Monologues, where comedians and writers share their tales of awful dates and failed romances. We'll also be hosting a new season of Live in the Library-free live music and delicious pizza from e5 Roasthouse, a perfect match.

And we're delighted to be producing our third International Women's Day festival: Women in Focus. With live music, cabaret, workshops and more to inspire, challenge and empower. Keep your eyes peeled for the line up announcement!

Beth Watton
Artistic Director



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FIND OUT MORE

www.poplarunion.com

☎ 020 3039 3333

✉ info@poplarunion.com

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OUR PARTNERS



STAMP

POPLAR HARCA

Classes & Workshops

Art Class



Tuesdays 7 January – 31 March

Time: 1pm-3pm
Suitable for ages 18+
Price: £3

Learn new skills and techniques, including portraiture, landscape painting and still life, perfect for beginners and experienced artists.

Evening Art Class



Wednesdays 8 January – 25 March

Time: 6.30pm-8.30pm
Suitable for ages 18+
Price: Drop-in: £8 / £5 conc.
6 week course: £40 / £25 conc.
12 week course: £75 / £45 conc.

Draw, paint and look with our evening art class. This is a chance to explore your creativity, discover different mediums and learn to capture a range of subjects in a supportive environment.

BOTH Dance Sessions



Thursday 9 January, 6 February & 5 March

Time: 6.30pm-9.30pm
Suitable for ages 16+
Price: £15 / £10 conc. / book all 3 classes and get the 3rd class half price

BOTH is the teaching initiative of Beatrice Ghezzi and Orley Quick, two London-based dance artists. These classes draw from contemporary dance, ballet, improvisation and yoga, and are for adult learners with previous dance experience.

Sounds Universal Choir

with Lyn Gerald



Fridays 10 January – 14 February
(6 week course)

Time: 6.30pm-8pm
Suitable for ages 16+
Price: Drop in: £5 | 6 week course: £25

If you have a love of singing then come along to the return of this 6 week choir course, where you can learn to sing music from around the world with community choir leader, Lyn Gerald.

* Performance on 14 February for Live in the Library (see pg. 15)

Script Club



Thursday 30 January, 27 February & 26 March

Time: 11.30am-2.30pm
Suitable for ages 18+ (professional/training writers & performers)
Price: £5

Script Club is a space for actors and writers to read new plays from beginning to end with a post reading discussion and feedback from fellow writers.

CONNECT



Saturday 1 & Sunday 2 February

Time: 12pm-6pm
Suitable for ages 18+ (Experience required)
Price: £30 / £20 conc. (2 days)

An invigorating physical theatre intensive delving into making strong, rooted connections to ourselves and to each other.

Classes & Workshops

Tabla Classes

with Yousuf Ali Khan



Wednesdays 5 February – 8 April

Suitable for ages 7+
Time and prices:
6pm-7pm: Group lesson
(4x people max) - £5 each
7pm-7.30pm: 1-2-1 lesson - £10 a lesson
7.30pm-8pm: 1-2-1 lesson - £10 a lesson

Learn to play the tabla with professional tabla player, Yousuf Khan, covering everything from rhythm to syllables.

Wrap a Hug Sling Library



Saturday 11 January, 15 February & 14 March

Time: 10.30am-12.30pm
Suitable for new parents
Price: Variable

Need a sling or just don't know where to start with baby-wearing? Then book a slot at Wrap a hug Saturday session sling library!

Classes & Workshops

Grand Union Re:Generation with Yousuf Ali Khan



Wednesday 19 February

Time: 10am-5pm
Suitable for ages 12-18
Price: Pay what you feel

Join the Grand Union Re:Generation Band for a day of instrumental workshops exploring the sounds and rhythms of South-East Asia, with tabla maestro Yousuf Ali Khan.

Balimaya Project workshops



Saturday 15 February

Time: 12.30pm-1.30pm : Djembe
1.45pm-2.45pm : Dounoun
3pm-4pm: Talking-Drum
4.15pm-5.15pm: Singing workshop
with Kora

Suitable for all ages
Price: £10 each session
£30 for all 4 sessions

Workshops with Yahael Camara Onono and the Balimaya Project members to learn music of the Mandé peoples.

Balimaya performance on the same night. (see page 13)

**Choose us as your
Co-op local cause**

We're honoured to have been selected as a local cause as part of the Co-op's Local Community Fund.

If you select **Poplar Union** as your cause, you will automatically **donate 1%** of what you spend on most Co-op products and services which will go towards funding our **Poplar Picnic**, a summer day festival for the whole community we hope to host in summer 2020.



Betty

Poplar Union has two main event spaces available for hire, named after local community heroes; Betty, our large multi-purpose studio, and Mike, our meeting room. We can accommodate a range of hires, including meetings, rehearsals, training sessions, away days, presentations, parties and bespoke events. As a charity, all hire income enables our core community and arts programming.



The Library

HIRE



Mike

If you would like to make a hire enquiry, please contact us on:
✉ hire@poplarunion.com
☎ 020 3039 3333

POP-CORN FREE



El Terremoto del Tiempo
(Earthquake of Time)

Sunday 12 January

Directed by Gian Godoy
Time: 2pm-4pm
Cert. 15

Visually striking documentary essay exploring the concept of time as a symbol of the Chilean and Mapuche identities, discussing notions of nationhood, post-colonialism, indigeneity, tectonics, time and the afterlife.



**Bob Marley:
The Making of a Legend**

Sunday 9 February

Directed by Esther Anderson (2011)
Time: 2pm-4pm
Cert. 15

Esther Anderson takes us on a journey to Jamaica and into 56 Hope Road, Kingston, to see and hear the young Bob Marley before he was famous.



Fire + Post Screening Q&A

Sunday 22 March

Directed by Deepa Mehta
Time: 2pm-4.30pm
Cert. 15

Selected by local author, playwright and podcaster, Sangeeta Pillai, Fire tells the story of two women finding love and solace in one another after being abandoned by their husbands.

Lilly Burton presents:
All Aboard!
Abortion Rights Fundraiser

Saturday 22 February

Time: 7pm-10pm
Suitable for ages 16+
Price: £9 / £7 conc. / £10 OTD
(Proceeds going to All Aboard!
Abortion Rights UK)

Come and join Abortion Rights UK and performance and cabaret artist, Lilly Burton, as they present a launch party and fundraising bonanza for All Aboard! Abortion Rights.



What's love got to do with it?

Rosie Wilby presents:
The Break-up Monologues



Thursday 13 February

Time: 7.30pm-9.30pm
Suitable for ages 18+
Price: £9 / £7 conc. / £10 OTD

Award-winning comedian, author and broadcaster returns with her comedy chat show navigating the emotionally perilous terrain of relationship endings.

Emilia Stawicki & Box Theatre presents:
Thank You and Goodnight.



Thursday 20 February

Time: 7.30pm-8.30pm
Suitable for ages 18+
Price: £9 / £7 conc. / £10 OTD

Emilia does dating! Join her as she attempts to answer, "so, why do you think you're single?"



Scratch, Crackle & POP!

Thursday 12 March

Time: 7.30pm-9.30pm
Suitable for ages 14+
Price: Pay what you feel

Poplar Union's scratch night showcasing new work from writers, performers and poets. Visit our website to apply to perform.

Deadline for applications: Sunday 16 February



Aliki Chapple in association with LittleMighty presents:

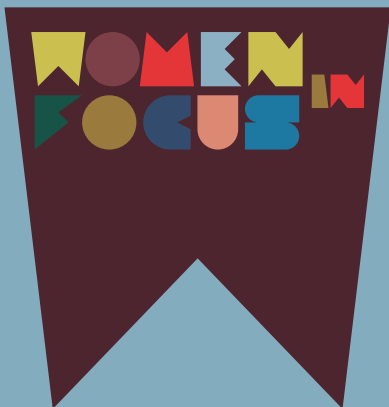
666 Comments



Wednesday 18 March

Time: 7.30pm-8.35pm
Suitable for ages 14+
Price: £9 / £7 conc. / £10 OTD

Two performers. 57 Characters. 666 Comments. In October 2010 cartoonist Gabby Schulz posted a comic strip on her website. It was about online sexism. What could possibly go wrong?



2020

FREE
ADMISSION

A free weekend long festival celebrating International Women's Day through live music, cabaret, workshops, talks and more!

Line up to be announced.

FRI 6 SAT 7
SUN 8
MARCH



The Library Exhibitions New London Jazz Exhibition Jim Aindow

A two part photography exhibition

(Part one) The calm before...
20 November 2019 – 7 January 2020
Open every day 9am-5pm

(Part two) ...the Storm
29 January 2020 – 19 February 2020
Open every day 9am-5pm

Open night Saturday 1 February 5pm-7pm
(Nihilism gig from 7.30pm)

To celebrate the opening of the second part of Jim Aindow's exhibition, there will be a ticketed performance from London jazz band, Nihilism.

Poplar HARCA

Resident Membership

at Poplar Union

Are you a Poplar HARCA resident?
If so, you're eligible for our new membership scheme!

For just £5 a year, you can take advantage of discounted tickets, special offers and money off at e5 Roasthouse and our theatre bar!

For more information visit our website or give us a call.

www.poplarunion.com

020 3039 3333

Poplar Union
2 Cotall Street
E14 6TL, London

In partnership with:



The Library Exhibitions Diamond Frances Paintings

26 February – 28 April 2020
Open every day 9am-5pm

An emotive and intimate series from painter, Diamond Frances, who documents her life through portraits of her family and loved ones at different stages of their lives.



Box Office: boxoffice@poplarunion.com • 020 3039 3330

STICK ME ON YOUR FRIDGE!

- Classes & Workshops
 ● Neighbourhood
 ● Theatre & Film
● Kids & Family
 ● Health & Wellbeing
 ● Music & Dance

Weekly Classes	Time	Age	Date	Pg
Art Class	1pm-3pm	18+	Tuesdays 7 Jan - 31 Mar	3
Evening Art Class	6.30pm-8.30pm	18+	Wednesdays 8 Jan - 25 Mar	3
Tabla Group Classes	6pm-7pm	7+	Wednesdays 5 Feb - 8 Apr	4
Tabla 1-2-1 Lessons	7pm-7.30pm	7+	Wednesdays 5 Feb - 8 Apr	4
Tabla 1-2-1 Lessons	7.30pm-8pm	7+	Wednesdays 5 Feb - 8 Apr	4
Universal Choir	6.30pm-8pm	16+	Fridays 10 Jan - 14 Feb	3
Sensory Exploration	10am-10.40am	0-1	Tuesdays 7 Jan - 31 Mar	19
Kids Drama Club	4pm-5pm	4-8	Tuesdays 7 Jan - 31 Mar	19
Children's Choir	4.15pm-5.30pm	7-11	Tuesdays 7 Jan - 31 Mar (no session 18 Feb)	19
Street Dance	4pm-5pm	6-12	Mondays 6 Jan - 30 Mar (no session 13 Feb)	19
Social Dancing	1pm-3pm	16+	Mondays 20 Jan - 30 Mar	17
Poetry Course	6.30pm-8.30pm	16+	Wednesdays 15 Jan - 26 Feb (no session 19 Feb)	16
Kenshukai Karate	10am-12am	5+	Saturdays 4 Jan - 28 Mar	21
Zumba	6.30pm-7.30pm	16+	Mondays 6 Jan - 30 Mar	21
Vinyasa Yoga	7.30pm-8.30pm	16+	Mondays 6 Jan - 30 Mar	21
Morning Pilates	9.30am-10.30am	16+	Fridays 17 Jan - 27 Mar	21
Toddler Yoga	10.45am-11.45am	1-4	Fridays 17 Jan - 27 Mar	21

Date	Time	Event	Pg	Date	Time	Event	Pg
January				Sat 18	7pm	Centre Stage	13
Thu 2	10.30am	Tower Hamlets Family Meet-up	16	Sun 19	11am	Occupy Your Body	22
Sat 4	10am	Art Explorers	20		1pm	Sunny Jar D*I*S	18
	12.30pm	5 Rhythms & Open Floor	21	Thu 23	11am	Take Back Your Life Taster	16
Thu 9	6.30pm	BOTH Dance Sessions	3		7.30pm	Concrete Music	13
Sat 11	10.30am	Wrap a Hug	4	Sat 25	2.30pm	Concrete Music	13
	12.30pm	5 Rhythms with Live Piano	21	Sun 26	11am/3pm	Plundered	20
Sun 12	2pm	Film: El Terremoto del Tiempo	7	Tue 28	11am	Take Back Your Life Taster	16
Thu 16	6.30pm	Creatives' Social	17	Thu 30	10am	Talking Therapies	16
Sat 18	1pm	Food & Mental Health	22		11.30am	Script Club	4
	3.30pm	Reflection & Manifestation	22				
February					12.30pm	Balimaya Project Workshops	5
Sat 1	11am	Art Explorers	20	Sat 15	7.30pm	Balimaya Project Performance	13
	12pm	CONNECT	4	Sun 16	1pm	Sunny Jar D*I*S	18
	7.30 pm	Nihilism	13	Wed 19	10am	Grand Union Re:Generation	5
Sun 2	12pm	CONNECT	4	Thu 20	7.30pm	Thank You and Goodnight.	8
Thu 6	10.30am	Tower Hamlets Family Meet-up	16	Sat 22	7pm	All Aboard!	7
	6.30pm	BOTH Dance Sessions	3	Thu 27	10am	Talking Therapies	16
Sat 8	12.30pm	5 Rhythms & Open Floor	21		11.30pm	Script Club	4
Sun 9	2pm	Film: Bob Marley	7		7pm	H. Grimace	14
Thu 13	7.30pm	The Breakup Monologues	8	Sat 29	7pm	Centre Stage	13
Sat 15	10.30am	Wrap a Hug	4				
March				Sun 15	1pm	Sunny Jar D*I*S	18
Sun 1	10am	Craft & Vintage Market	17	Sun 15	2.30pm	A Woman's Love	14
	11am	Art Explorers	20	Thu 19	10am	Talking Therapies	16
Thu 5	10.30am	Tower Hamlets Family Meet-up	16		2pm	Spring Tea Dance	17
	6.30pm	BOTH Dance Sessions	3	Sat 21	12.30pm	5 Rhythms with Live Piano	21
Thu 12	7.30pm	Scratch, Crackle & POP!	8		6.45pm	NYJO Jazz Ensemble	14
Sat 14	10.30am	Wrap a Hug	4	Sun 22	2pm	Film: Fire + Q&A	7
	12.30pm	5 Rhythms & Open Floor	21	Thu 26	11.30am	Script Club	4
	7.30pm	Kongo Dia Ntolia	14	Sat 28	7pm	Centre Stage	13

**LIVE IN THE
LIBRARY**

Every Friday 6pm-10pm

**FREE
ENTRY**

Centre Stage



Saturday 18 January, 29 February & 28 March

Time: 7pm-10.30pm
Suitable for ages 14+
Price: £2 / £5 OTD

If you're a performer seeking a gig, a chance to showcase your talent and access more opportunities, then Centre Stage is for you. They provide a great spotlight for local talent, from live bands to solo artists, spoken word, comedy and dance.

Nihilism + Photography opening



Saturday 1 February

Time: 7.30pm-10.30pm
Suitable for all ages
Price: £5 / £7 OTD

Exciting London Jazz band, Nihilism, bring their fiery collective eclecticism in celebration of the exhibition of Jim Aindow's music photography.

Concrete Music



Thursday 23 January & Saturday 25 January

Time: 23 Jan: 7.30pm-10pm
25 Jan: 2.30pm-5pm (matinee)
Suitable for ages 16+
Price: £10 / £8 conc. / £12 OTD

Dark new opera by east London-born composer Jonathan Pease about the life and death of a 1960s architect who sets out to rebuild the East End after the Second World War.

Balimaya Project



Saturday 15 February

Time: 7.30pm-10.30pm
Suitable for all ages
Price: £10 / £8 conc. / £12 OTD

Top players fuse traditional repertoire of the Mandé peoples with the urban jazz of the capital, with Yahael Camara Onono's new super group.

H. Grimace Album Premiere



Thursday 27 February

Time: 7pm-10.30pm
Suitable for ages 16+
Price: £6 / £8 OTD

A specially curated, one-off experience of H. Grimaces new record, with visuals from Manolo Suarez.

Kongo Dia Ntolia



Thursday 14 March

Time: 7.30pm-10.30pm
Suitable for all ages
Price: £8 / £10 OTD

Kongo Dia Ntolia bring a fusion of African roots-inspired beats and bass grooves with jazzy guitars and soul-rousing synergistic brass.

★★★★ "A euphoric joy"
MOJO magazine, 360° album

"A great combination of sophistication, energy, musicianship and pure life-affirming spiritual uplift!"
Tom Robinson, BBC

"Incredible musicianship."
Cerys Matthews, BBC 6 Music

Sidrah Muntaha's 'A Woman's Love'



Sunday 15 March

Time: 2.30pm-5pm
Suitable for all ages
Price: Pay what you feel

Singing key songs from significant love stories, Sidra Muntaha brings beauty to an interpretation of Hindi and Bengali love songs.

NYJO Jazz Ensemble



Saturday 21 March

Time: 6.45pm-8.30pm
Suitable for all ages
Price: Pay what you feel

The NYJO Academy Jazz Ensemble brings to the stage a variety of grooves, from jazz classics and big band repertoires to pure improvisation.

LIVE IN THE LIBRARY

with **e5 ROAST HOUSE**

Poplar Union and e5 Roasthouse join forces every Friday night for Live in the Library, a night of live music and pizza!

This season featuring:

Jay Johnson + Hemi Moore
Elisabeth Flett

GrandUnionRe:Generation Band
Sounds Universal Choir

Laura Victoria
Spotlight Sounds
Sophie Crawford
Ruff Squad Foundation

For full line up and dates, see poplarunion.com



Tower Hamlets Talking Therapies

with Claire Franklin



Time: 10am-11am
Suitable for ages 18+
Price: Free

Supportive workshops to learn practical skills to help you improve your emotional wellbeing, your sleep, and how to reduce stress and anxiety.

Thursday 30 January
Looking after your family's emotional health

Thursday 27 February
Sleep and wellbeing

Thursday 19 March
Reducing stress and anxiety

NHS
East London
NHS Foundation Trust

Tower Hamlets Family Meet-Up

in association with The Mother Side UK

Thursday 2 January, 6 February & 5 March

Time: 10.30am-12.30pm
Suitable for all ages
Price: Free

Enjoy a friendly boost of positivity to help you along your journey through pregnancy into parenthood #ittakesavillage

Neighbourhood

Take Back Your Life

with Tareshvari Robinson & Padmalila Coulson



Do you suffer from bad back pain, cancer, ME, arthritis or another chronic health condition? The "Take Back Your Life" programme helps people with pain and chronic illness to live their lives well again.

Taster & Sign up:
Thursday 23 January
Time: 11am-12pm

Tuesday 28 January
Time: 11am-12pm

5 Week Course:
Tuesdays 25 February - 24 March
Time: 10am-12.30pm

Monthly Meet ups:
From April 2020
Time: 10am-12.30am

This is a free course for Tower Hamlets residents

Spark! Poetry Course

with Michelle Mangal

Wednesday 15 January - 26 February
(No class 19 February)

Time: 6.30pm-8.30pm
Suitable for ages 16+
Price: £35 / £30 conc. for 6 week course

This innovative poetry & spoken word course will inspire you to create new styles of poetry and refine your ability to perform.

Creatives Social


Thursday 16 January

Time: 6.30pm-9pm
Suitable for ages 16+
Price: Free

A relaxed and informal evening for local freelancers, creatives, thinkers and doers to meet, share knowledge, and build relationships alongside a panel of creative experts.

See website for line up.

Social Dancing

with Henry Guest


Mondays 20 January – 30 March

Time: 1pm-3pm
Suitable for ages 16+
Price: £3

A friendly, weekly social dance where you learn and practice a mixture of dance styles, including Ballroom, Latin, Sequence, and Line Dancing. A fun and relaxed afternoon, where you can meet new friends along the way!


Sunday 1 March

Time: 10am-3pm
Suitable for all ages
Price: Free



Come and join us for a vintage, handmade and craft market supporting small and independent businesses.

Spring Tea Dance


Thursday 19 March

Time: 2pm-5pm
Suitable for ages 18+
Price: £5

Enjoy live renditions of some of your favourite songs from the 30's to the present day and dance the afternoon away!
Afternoon tea provided.

D*I*S: Do It Sustainably workshops



SUNNY JAR
eco hub

Time: 1pm-3pm
Suitable for ages 12+

Join Sunny Jar for a series of sustainability workshops, learning how to make natural cleaning products, creating your own body scrubs and deodorant, and mastering valuable mending and sewing techniques that will enable you to fix your clothes, saving money and being kind to the planet along the way.

Sunday 19 January

Green Cleaning
How to naturally clean your home
Price: £15 / £12 conc.


Sunday 16 February

Natural Body
Beauty Products
Price: £20 / £15 conc.


Sunday 15 March

Creative Clothes
Mending
Price: £15 / £12 conc.



Sunday Assembly East End is a non-religious gathering that meets at Poplar Union every 2nd Sunday of the month.
Find out more here →



This January, Poplar Union will be going green! We have a range of eco-minded events as well as shining a light on the local resources that can help you take positive steps towards a more eco-friendly lifestyle!
Come and get involved with us!



Street Dance

with Jana Karaikoza



Mondays 6 January – 30 March

(no class 13 January)

Time: 4pm-5pm

Suitable for ages 6-12

Price: £3

Ever wanted to learn street dance? Then join Jana Karaikoza in these weekly, after-school classes exploring hip-hop foundations and grooves, as well as developing rhythm and improving coordination.

Sensory Exploration Sessions



Tuesdays 7 January – 31 March

Time: 10am-10.40am

Suitable for 0-crawling

Price: £5 / £3 conc. (adult & baby)

Explore textures, smells, tastes, colours and light in this warm and welcoming baby sensory play session.

Kids Drama Club

with Moth Physical Theatre!



Tuesdays 7 January – 31 March

Time: 4pm-5pm

Suitable for ages 4-8

Price: £3

Calling all 4-8 year olds! Want to try drama but too scared to step on the stage? Fear no more! Join Charlie Irwin, actor and teacher, in these fun-filled drama sessions which seek to develop skills and build confidence for young actors.

East London Children's Choir



Tuesdays 7 January – 31 March

(no class 18 February)

Time: 4.15pm-5.30pm

Suitable for ages 7-11

Ticket Price: £3

Sing your heart out every week in this new children's choir. Lead by local musical director, Jonathan Pease.

Art Explorers Family Workshops

with Kulwinder Bajar



Saturday 4 January,

Saturday 1 February & Sunday 1 March

Time: 11am-12.30pm

Suitable for the whole family

Price: Adult: £5 | Child: £3

Explore drawing, painting and sculpture in a series of fun and playful family workshops. Engage with art ideas, explore materials and styles to create fun projects for the whole family.

Really Big Pants present:

Plundered



Sunday 26 January

Time: 11am-11.50am

3pm-3.50pm

Suitable for ages 6+

Price: Adult: £7 / £5 conc.

Child: £5 / £3 conc.



Whilst searching for hidden treasure, a famously selfish pirate captain has left a once beautiful tropical island littered with rubbish and its inhabitants struggling to survive. It's up to Maggie and Roy to save it.

Health & Wellbeing

Kenshukai Karate

Saturdays 4 January – 28 March

Time: 10am-12pm
Suitable for ages 5+, family friendly
Price: £8 / £14 for 2 / £18 for 3
(1st class is free!)

Discover how training in the Martial Art of Karate can improve your confidence, discipline, self-defence and fitness.

Zumba

with Talia Huamantincio

Mondays 6 January – 30 March

Time: 6.30pm-7.30pm
Suitable for ages 16+
Price: £3

Get active in these weekly Zumba classes!

Vinyasa Flow Yoga

with Sarah Anderson

Mondays 6 January – 30 March

Time: 7.30pm-8.30pm
Suitable for ages 16+
Price: £5 / £3 conc.

Vinyasa flow is a creative way to open and restore your natural energy, it works to bring balance to your body and mind, strengthen and lengthen your limbs and bring a sense of wellbeing and flow to everyday life.



5 Rhythms

with Jane Belshaw

Join Jane Belshaw and co. in these freeing and liberating 5 Rhythm dance classes!

Time: 12.30pm-2.30pm
Suitable for ages 16+
Pay on the door –
£14 / £12 conc. / £10 for E14 residents

Open Floor: Movement & Dance

Saturday 4 January, 8 February, 14 March, 18 & 25 April, 16 May

Moving with Classical Music

with live music from James Hodgson
Saturday 11 January, 8 February, 21 March, 23 May

Fridays Morning Pilates

with Vicky Busby

Fridays 17 January – 27 March

(no class 6 March)

Time: 9.30am-10.30am
Suitable for ages 16+
Price: £5 / £3 conc.

Find your balance between toning and strengthening for greater alignment in this morning Pilates class. A great way to relieve tension in the upper back, neck and hip flexors.

Toddler Yoga

with Alice Panascia

Fridays 17 January – 27 March

(no class 6 March)

Time: 10.45am-11.45am
Suitable for ages 1-4
Price: £6 / £25 for block of 5 sessions

Adult and child participate with one another exploring Yoga shapes, moves, mindfulness and breath-work through fun themes, music and games. This is a great chance for both the adult and the child to do a little exercise as well as discover new ways to unwind together.

A weekend of warm and welcoming activities helping you to love your body, your mind and reflect on the things that really matter. No magic cures, no pressure – just space and time for you this January.

Bundle ticket offer!

Saturday day ticket: £18 / £15 conc.
Weekend ticket: £20.50 / £14.50 conc.

January

Wellness Weekend

Food & Mental Health

with Micki Ramondt

Saturday 18 January

Time: 1pm-3pm
Suitable for ages 18+
Price: £10 / £8 conc.

Learn what foods you can eat to improve mood, give you more energy, and help you to think more clearly.



Reflection and Manifestation

with Micki Ramondt

Saturday 18 January

Time: 3.30pm-5.30pm
Suitable for ages 18+
Price: £10 / £8 conc.

Reflect on the past year, set an intention and manifest it into the new year. Prepare for some yoga flows.

Occupy Your Body:

A writing workshop with movement

with Roanna Mitchell & Louisa Harvey

Sunday 19 January

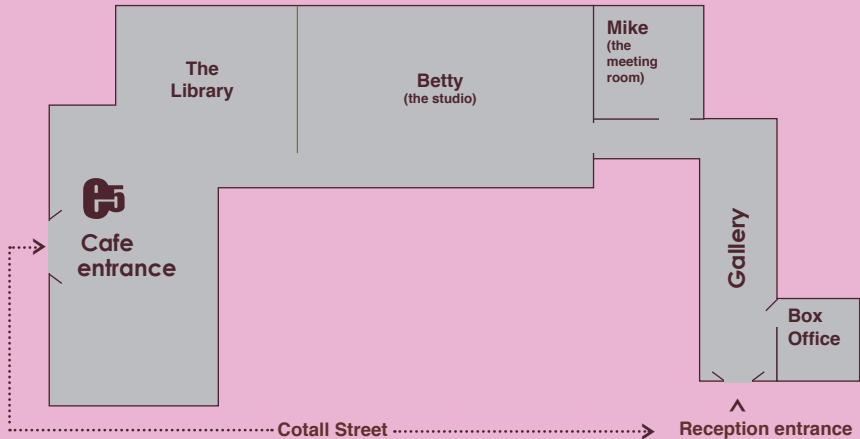
Time: 11am-4pm
Suitable for ages 18+
Price: £5 / £3 conc.

Forget the New Year diet talk and join this creative writing workshop as an alternative form of exercise! It will cover writing exercises that explore how your body can have voice and take up space – how YOU can have voice and take up space.



YOUR VISIT

Find your way around Poplar Union

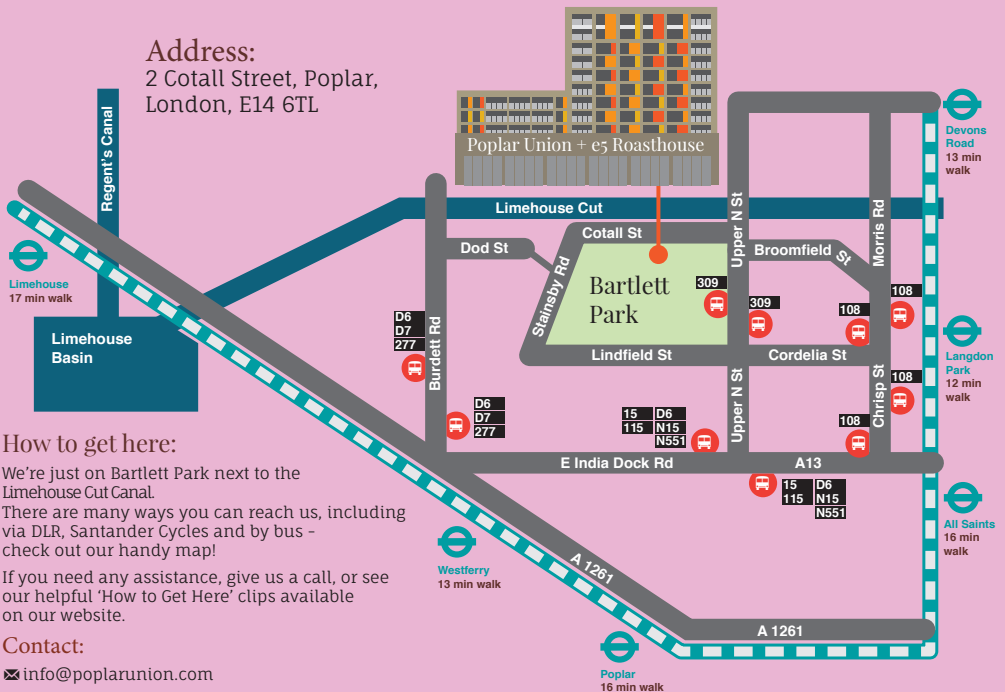


Accessibility

Poplar Union is a fully accessible venue with wheelchair access and accessible parking bays. If you require any assistance or have any questions, please call our Box Office or email info@poplarunion.com before your visit.



Address:
2 Cotall Street, Poplar,
London, E14 6TL



How to get here:

We're just on Bartlett Park next to the Limehouse Cut Canal.

There are many ways you can reach us, including via DLR, Santander Cycles and by bus - check out our handy map!

If you need any assistance, give us a call, or see our helpful 'How to Get Here' clips available on our website.

Contact:

✉ info@poplarunion.com

☎ 020 3039 3333

🌐 www.poplarunion.com



Lincoln Area Regeneration Group trading as Poplar Union
(company number 06092664 and charity number 1122590)