



LIVE DALSTON

NEWSLETTER

DEC
2015





HIVE DALSTON

ABOUT US



THE HIVE is an independent social space facilitated by not-for-profit company, RESPACE PROJECTS, that enables the temporary use of empty buildings for social good. The building itself is a four-storey ex-office block that was broken and empty for nearly eight years and which the owner has given us the use of for another year until he is able to develop it into residential flats.

By creating an infrastructure-based model that is flexible, easy to implement and delivers genuine benefits to landlords, communities and councils, RESPACE PROJECTS propose a blueprint that can inform future planning for a more effective and inclusive approach to resource management.

WWW.HIVEDALSTON.ORG.UK

VISIT US AT

260-264
Kingsland Road
Hackney, E8 4DG
Nearest station:
Haggerston



respaceprojects@gmail.com
bookings@hivedalston.org



Hive Dalston

CALENDAR

DEC
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Tue 1st Dec	3 - 6pm 6 - 8pm 6.30 - 8pm	Play2Learn Smartphone Video Activism Workshop Spanish/English Exchange – Español/Ingles Intercambio
Wed 2nd Dec	1 - 5pm 7 - 9pm	Open Work Day Life Drawing with a Twist
Thur 3rd Dec	8 - 9:30pm	Voice DNA
Fri 4th Dec	7.30 - 10.30pm	SHE GRRROWLS
Sat 5th Dec	12 - 5pm 6 - 11pm	Healing Garden Quantum Shift Conscious Party
Sun 6th Dec	10.30am - 12pm 1 - 5pm 4 - 9pm	Global meditation, Falun Gong Sessions Open Work Day Velvet 4 Film
Mon 7th Dec	3 - 6pm 6.30 - 7.30pm 7 - 8.30pm	Play2Learn Nelson Afro-dance Kanga Yoga
Tue 8th Dec	3 - 6pm 6 - 8pm 6.30 - 8pm 7 - 11pm	Play2Learn Smartphone Video Activism Workshop Spanish/English Exchange – Español/Ingles Intercambio Acoustic Jam with Natty
Wed 9th Dec	1 - 5pm 7 - 9pm	Open Work Day Life Drawing with a Twist
Thur 3rd - Thur 10th Dec		EXHIBITION Lotus
Thur 10th Dec	7.30pm 8 - 9:30pm	Nerd Night Voice DNA
Fri 11th Dec	9.30am 6.30 - 11pm	Dynamic Meditation Friday night Film and Food
Sat 12th - Sat 19th Dec	12 - 9pm	EXHIBITION Hive Skate Park
Sat 12th Dec	10am - 6pm	Liberation project by Shoshana Rose Stern
Sun 13th Dec	10.30am - 12pm 1 - 5pm	Global meditation, Falun Gong Sessions Open Work Day
Mon 14th Dec	3 - 6pm 6.30 - 7.30pm 7 - 8.30pm	Play2Learn Nelson Afro-dance Kanga Yoga
Tue 15th Dec	3 - 6pm 6 - 8pm 6.30 - 8pm	Play2Learn Smartphone Video Activism Workshop Spanish/English Exchange – Español/Ingles Intercambio
Wed 16th Dec	1 - 5pm 7 - 9pm	Open Work Day Life Drawing with a Twist
Thur 17th Dec	7.30pm 8 - 9:30pm	Come Jam With Me Voice DNA
Fri 18th Dec	9.30am	Dynamic Meditation
Sat 19th Dec	7:30 - 11pm 5 - 7pm	XX WINTER PARTY - HIVE FUNDRAISER The Purple Tent - Poetry Medicine Circle
Sun 20th Dec	10.30am - 12pm 1 - 5pm 3 - 11pm	Global meditation, Falun Gong Sessions Open Work Day The One Love Tribal Gathering
Mon 21st Dec	7 - 8.30pm	Kanga Yoga

CHRISTMAS HOURS

THE HIVE WILL BE CLOSED THURSDAY DECEMBER 24TH AND
WILL REOPEN MONDAY JANUARY 4TH.

SEE YOU IN THE NEW YEAR!



Welcome to the HIVE DECEMBER NEWSLETTER

Survive the short cold days and long dark nights of Winter by coming into the WARMTH AND LIGHT OF THE HIVE. Juggle with us, dance with us, meditate with us; explore the incredible artworks in the gallery and then immerse yourself in discussions on all kinds of esoteric and political subjects; settle yourself down to watch a movie; or shake off the Winter blues with some Tribal Beats. Whatever you fancy, THE HIVE HAS NOURISHMENT FOR BODY AND MIND.

The Hive is an INDEPENDENT SOCIAL SPACE. It stands for HUMAN INTEREST VERSATILE ENVIRONMENT and we aim to present a range of events from all areas of life. Our emphasis is on providing OPPORTUNITY to those who normally are excluded and to encourage innovative SOLUTIONS to local problems. We host everything from political meetings to religious ceremonies to film screenings to exhibitions to spoken word and music events... SOMETIMES ALL AT THE SAME TIME!

CHRISTMAS HOURS

THE HIVE WILL BE CLOSED THURSDAY DECEMBER 24TH AND WILL REOPEN MONDAY JANUARY 4TH.



EVENTS

EXPERIMENTAL EXPERIENCE HAPPENING

THURS 3RD DEC 7 - 10PM



This month's XX Happening is a Memory Circle: Honouring and shedding memories, be they joys, ghosts, attachments or traumas, from the past days and weeks, from the past year and/or throughout our life, through bringing physical memorabilia to cherish and let go of, letters, cards, toys, teddy bears, objects, books, clothes etc. and/or stories, poems, moments, ideas, identities... There will be friends to guide you and look after you and make sure you have a safe and profound Experimental Experience.

XX is a radical theatre movement combining regular outdoor actions with monthly public events and seasonal core-group courses Be slowmo contact improvisation dancing during rush hour Be group therapy sessions on the tubes and buses Be massage circles in the middle of the street Be hide and seek in shopping centres Be XX XX Happenings offer fully immersive theatre experiences for diverse audiences every month. Donations Welcome

WWW.EXPERIMENTALEXPERIENCE.COM**SHE GRRROWLS**

FRI 4TH DEC 7.30 - 10.30PM

She Grrrowls features talented women in the arts within poetry, spoken word, comedy and music. She Grrrowls acknowledges that there is an imbalance in many areas of society and addresses the issue through the arts. The event grew from a Feminist group after Carmina Masoliver, the founder, left university – where she was a founding member of UEA's Feminist Discussion Group and Society. Back in London, Carmina missed the group and wanted to take an active role in positive change. As a poet, writer and performer, this seemed the obvious way forward. Thus, She Grrrowls was born. Inequality exists in the arts; if the female bias towards the arts is shown within our education, if anything, women should be dominating the arts, but that is clearly not the case. She Grrrowls treats all featured performers equally – there is no “headline act”. She Grrrowls focuses on poetry/spoken word and that's what tends to appear



in the open mic' section. Each event has two featured poets, a guest host, plus a comedian and musical finale to mix things up a bit. The profits from the door sales are evenly split between each act. Carmina is looking for people who would like to help with the running of the event and its promotion. Whilst ad-hoc help is appreciated, it would be best to have a reliable team. Whilst there is little financial incentive, Carmina would aim for your experience as part of the team to be valuable in other ways. “It was through my interest in the Riot Grrrl movement when I discovered that Feminism was something more than stuff in history books. I was at a mixed college after being at a girls' school for five years and had no contact with boys for all that time. It was quite a shock to the system, suddenly being in the “real



world” and I feel like Feminism became something that empowered me, and it is still something I turn to when times are tough - both as something individually uplifting, or to remind myself that this is where my energy should be directed - fighting for equality and everything else that Feminism encompasses. Being an artist, I feel this is my path for making a difference, even if it is in a small way.” Rowena Knight: long-time team member and poet. £5 ENTRY

WWW.CARMINAMASOLIVER.COM
WWW.SHEGRRROWLS.TUMBLR.COM
WWW.POETRYANDPAINT.WORDPRESS.COM

EVENTS

HEALING GARDEN

SAT 5TH DEC 12 - 5PM

Take a Conscious Leap into your Deep Heart Self!
HEALING GARDEN A DAY OF WELLNESS & REJUVENATION
Quantum Shift It's time for another gathering of the tribes to celebrate the upcoming Winter Solstice as we journey into the last days of 2015.

THE HEALING GARDEN

Welcome Spirit into your inner Temple in these last days of 2015 as you ease into the Winter Solstice, with many Divine offerings!

OPENING CEREMONY 11.30AM

Replenish yourself at our MAGICAL HEALING AREA with complementary therapies by donation from our amazing Healers, including Massage, Reiki, Tarot, Palm Readings

Be inspired by our STALLS selling healthy and conscious products

Nourish yourself with INSPIRING TALKS AND HEALING

WORKSHOPS throughout the day including Ceremony, Meditation and much more! :

Delight in the sumptuous wonders of our SOUL FOOD CAFE serving delicious wholesome vegetarian food & fresh juices
We start at 11am, with an Opening Ceremony at 11.30am, so come and join us early for a whole day of Healing, Wellness and Rejuvenation!! Check our Facebook event closer to the time for more details of the Divine goodies we have in store for you!!

£10 WAGED / £5 UNWAGED IN ADVANCE. £12 ON DOOR.

INNER PEACE WELLNESS & COSMIC CONNECTIONS PRESENTS

THE HEALING GARDEN

A Day of Wellbeing & Rejuvenation

Talks, Workshops, Soul Food Cafe with wholesome vegetarian food & juices

Healing Area with complementary therapies by donation, Stalls selling healthy products

Open the door to Inner Peace & Wellness

Saturday 5 December, 11am-5pm
@ Hive Dalston, 260-264 Kingsland Road, London, E8 4DG
£10 waged/£5 unwaged in adv. £12 on door
Healing Garden Day & Evening Quantum Shift Party: £17 waged/£8 unwaged
2016 Dates: Saturday April 2nd, June 11th, Aug 6th
For full info & schedule: Facebook Cosmic Connections/Inner Peace Wellness
hivedalston.wordpress.com

WORKSHOP SPACE 2ND FLOOR

12 - 1PM LERA MIMIZU- TEA CEREMONY

T-Lovers - a practice of mindfulness through tea.

1 - 2PM MORAG O'BRIEN
Gaia Healing Meditation- with the intention of balancing our chakras and channeling healing energy to Gaia
2 - 3PM ASHEARON HOBSON
Galactic Sound Circle- Healing with the Star Nations

3 - 4.30PM FOUZIA JAVAID
Chakra Balancing Hatha Yoga & Meditation, Inner Peace Wellness,

4.30 - 5.30PM JOANNE RICHARDSON- WORKSHOP
Integrating your Shadows

1ST FLOOR

12 - 1PM DEBBIE REYNOLDS- SHAKTI DANCE

1 - 2PM ION VEDDINGE
LOVE AID- KIRTAN

2 - 3PM WU WAI- COSMIC FLOW
3 - 4PM CHARLIE SHUTTLE
EMBODIED SINGING

4 - 5PM SONALLE CARADOG THOMAS- BIODANZA

EVENTS

QUANTUM SHIFT CONSCIOUS PARTY SAT 5TH DEC 6 - 11PM

A gathering of natural ecstatic highs in a drug and alcohol free environment :). A party to shift you deep into your Inner Light. Adventures for Heart, Mind and Soul from Middle Earth and back again. Our intention in co-creating these beautiful, friendly gatherings with you, is to create a powerful vortex of uplifting heart-centered loving energy to send around Gaia and help humanity with it's rise to ascension and pastures anew. Come and uplift yourself and the planet!! Doors open at 6pm and we will start with an Opening Ceremony at 6.30pm opening our Peace Portal and moving from Heart opening Meditation into Sound Healing, Poetry, Songs, a wild Tribal Jam with the Oneness Jam and Ecstatic Dance a plenty!! Ending the night with a sublime Sound Bath :). THE SOUL FOOD CAFE - will serving wholesome vegetarian and vegan food



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and juices/smoothies so good it will take you to stratospheric dimensions. HEALING AREA - Healers offering complementary therapies by donation (e.g. Massage, Reiki, Crystal Healing, Tarot, Astrology) so you can chill out to your heart's desire :). Be your own conscious travel agent and join us for journeys into your inner Self with Ceremony, Sound Healing, Kirtan, Live Drumming, Oneness Jam & Ecstatic Dance. This a journey for all the tribe and family, helping you realise your own inner Quantum Shifts and Leaps and to help you Revive and Rejuvenate. £10 WAGED / £5 UNWAGED IN ADVANCE. £12 ON DOOR.

We have a very limited number of free volunteer positions available to help us set up and set down in exchange for free entry. These will go quickly, so contact us early if interested! Please contact Ashearon under ashearon@gmail.com. If you're interested in having a Stall on Dec 5 either selling products or as a Healer, there are currently some spaces available. Please contact Fouzia at frjavaid@gmail.com for more information. SAVE THE DATE SATURDAY APRIL 2 2016 FOR THE NEXT COMBINED HEALING GARDEN & QUANTUM SHIFT PARTY @ HIVE DALSTON!

VELVET 4 FILM SUN 6TH DEC 4 - 9PM



Velvet4Film is London's newest film club which promotes films and audiovisual arts from the central European countries of Czech Republic, Hungary, Poland and Slovakia. Join us on 6 December for an afternoon of traditional Christmas films from Czech Republic and Slovakia. Sit down on a comfy sofa, bring your friends and enjoy the films without which Christmas in Czech Republic and Slovakia would not be complete. The ticket price includes mulled wine and refreshments. This is a family and kids friendly screening.

JURAJ JAKUBISKO'S THE FEATHER FAIRY (1980) is a classic story of people's desire for love and happiness. Poor boy Jakub is taken under the wings of The Feather Fairy (played by brilliant Giuletta Masina) who lives in mountains

and gives snow to the people. Although Jakub has everything he needs and is immortal, one day he escapes to the human world, falls in love with Alzbeta and decided to never look back... Until their love is threatened by Alzbeta's greedy stepmother and stepsister.

COSY DENS (1999) is one of the most popular Czech comedies of the independent era. Directed by Jan Hřebejk, Cosy Dens is a bittersweet coming-of-age story that shows lives of several families in the months prior to the Russian invasion of Czechoslovakia in August 1968. A brilliant insight into the details of daily life in 1960s socialist Czechoslovakia (from novelty household items to that harrowing night of Russian invasion), this is a revered Czech Christmas classic not to be missed!

WWW.FACEBOOK.COM/VELVET4FILM
TWITTER @VELVET4FILM

EVENTS

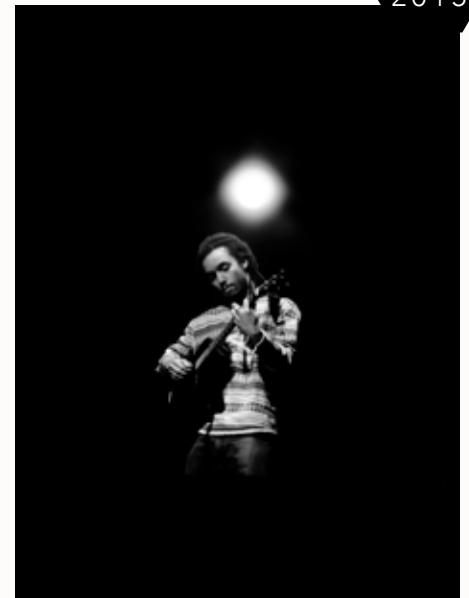
ACOUSTIC JAM WITH NATTY

TUES 8TH DEC 7 - 11PM

‘It has been 7 years since Natty released his debut album ‘Man Like I’ and now he returns with a new album. To celebrate the pre-release of Natty’s second album he will be putting on a unique series of live music experiences

around London. At the Hive there will be some Nyabinghi drum, some ital food, homemade juices and teas, some incense, art, Natty and his musician-friends jamming interspersed with some very special guest performances.’

[HTTPS://NATTYMUSIC.COM/](https://nattymusic.com/)



NERD NIGHT

THURS 10TH DEC FROM 7.30PM

Think Monty Python’s conversation restaurant crossed with a TED con-vention crossed with a philosophical debate between drunk people. Throw in some geek chic and unusual fayre and you have recipe for some proper brain food! Each week there will be three interesting

speakers on a variety of fascinating subjects.... with Q&A’s and discussions. Video’s, youtube jukebox and many many more things we can come up with. An excuse to geek out and indulge in nerd heaven!

FREE ENTRY

FRIDAY NIGHT FILM AND FOOD

FRI 11TH DEC 6.30 - 11PM

FFF continues the Italian movie season with the classic 1994 movie Il Postino (The Postman). In this romance a simple Italian postman learns to love poetry while delivering mail to a famous poet; he uses this to woo local beauty Beatrice. “The Postman” could have developed its friendship between poet and peasant more obviously. The beauty of the film is in its quietness. The director, Michael Radford, is British, born in India. The guiding spirit

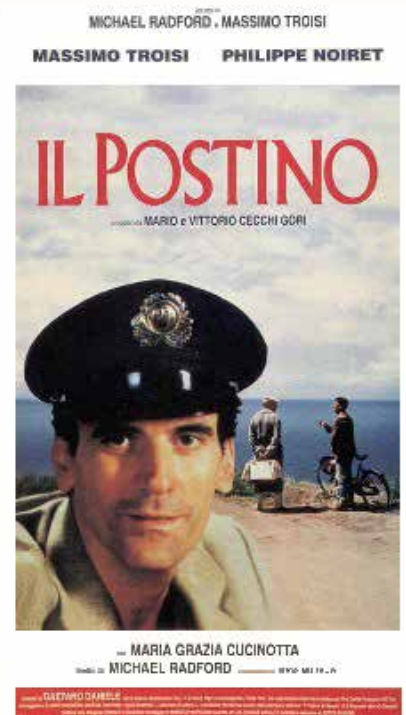


behind the production seems to have been Troisi, an Italian director and actor who co-wrote the screenplay and postponed heart surgery in order to act in the title role. He died the day after the movie was finished.

As always Friday Night Film and Food offers you entry to the movie for free and delicious home cooked

Italian food for very reasonable prices.

A perfect cheap date for all you broke romantics out there.



LIBERATION PROJECT BY SHOSHANA ROSE STERN

SAT 12TH DEC 10AM - 6PM

The Oxford dictionary definition for liberation is 'Freedom from limits on thought or behaviour'. This is the basis of what Shoshana hopes to achieve throughout her workshops. The Project focuses on positive transformation through nudity. We liberate ourselves by shedding our outer layers, our clothing. As our clothing is removed some participants chose to voice the psychological shift they are experiencing. Others remain silent lost in their own wonderment. We are able to feel, using our senses in a childlike, more instinctual way. We feel truly Liberated, at peace with others and ourselves and blissfully happy.

SHOSHANA

Shoshana Rose Stern is an up and coming Performance Artist who focuses on experience, emotions and the human body. She has a B.A. in Fine Arts and is currently undertaking her Masters in Art Therapy under the auspices of the NHS. In the past year she has worked with The Alchemist Theatre Company who produced a show based on The Liberation Project which performed at

The Place in Euston, Edinburgh Fringe 2015 and the Vault Festival, Waterloo 2015.

Shoshana has also worked with the International musician Andreea Verde and her team. Shoshana jointly produced a song with them for a whole album inspired by the Liberation Project. She has collaborated with many cutting edge London artists, all of them working with the Liberation Project as their

inspiration. Her most recent work outside of The Liberation Project is her curatorial and joint management of the community project centre in Dalston, called The Hive.

TO BOOK

Please contact Shoshana directly to keep a small number of people in the workshop to allow you gain more from the experience.
theliberationgirl@gmail.com



THELIBERATIONPROJECT.INFO

[HTTPS://WWW.FACEBOOK.COM/THELIBERATIONPROJECT](https://www.facebook.com/theliberationproject)



COME JAM WITH ME

THURS 17TH DEC 7.30PM

Jam night at the Hive welcomes all music loving people.

The Hive was thick with rhythm and sounds, artistry and incredible people around, shaking up the world from the underground, don't worry, don't hurry to

make it a big ting, slowly they'll come to dance, draw and sing natural progression towards the Hive Will help keep BabyLondinium's culture alive!

Come Jam with the Hive.

FREE ENTRY



XX WINTER PARTY - HIVE FUNDRAISER SAT 19TH DEC 7.30 - 11PM

XX - Experimental Experience and Hive Dalston PROUDLY PRESENT A WINTER WHAM JAM PARTAAAY! fundraising for Hive Dalston which has seen so many powerful events, exhibitions and community organising over the past few months and been a model Respace project showing councils how empty buildings can be recycled to make communities blossom!

As usual we have an epic line up of artists
LIVE BANDS
WILD DRUMMING
ACAPELLA RAVECORE
RITOUS SPOKEN WORD
SENSORY EXPLORE SPACE
WHALEHOUSE DJS
acts to be announced soon!
Special edition, this time we team up

with XX to weave interactive moments, elements of play and crazy dance floors into the mix! We're expecting some of your Hive favourites, artists, performers and friends who've contributed to the project over the many months it's been going.
As winter calls for bodily hibernation, the imagination awakens to lead us down rabbit holes of exploration...

THE PURPLE TENT - POETRY MEDICINE CIRCLE SAT 19TH DEC 5 - 7PM

Led by Joie de Winter, co-held by Lorraine Keene and Tanya Fromberg Exploring Poetic Union / Honouring The Purple Tent which is a Unity Temple for men and women to heal, together.
We welcome you to the POETRY MEDICINE CIRCLE, led by poet and body workers Joie de Winter and Lorraine Keene.
ABOUT - MEDICINE POETRY CIRCLE is a heart felt, sensual and poetic healing circle for men and women to share hearts and surrender back into loving union, and union with the masculine and feminine within. In this circle we will explore new ways

of deepening our connection through creative poetry writing fused with conscious sensuality, innocent touch with eye gazing. We begin the heart opening with grounding meditation, self connection, and from this inwards place we drop into transparency through eye gazing and heart writing. We will witness the divine in each other and in revealing ourselves we release fear, we make space for authentic expression, and loving connection. Held softly and playfully, poetry helps us tune into our inner truths and raw emotions, conscious sensuality brings it into a real felt experience allowing us to live and love together in the physical.

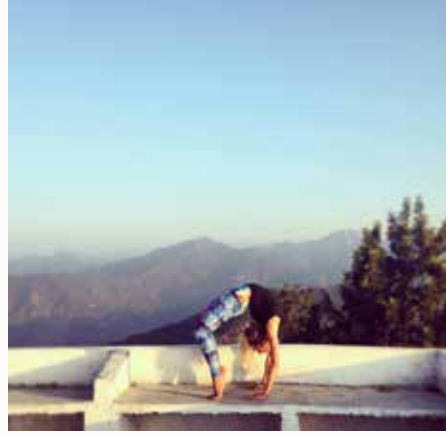


COST: £10 UNWAGED,
£15 WAGED
RSVP JOIE OR LORRAINE BEFORE
12TH DECEMBER.
PLEASE ARRIVE FROM 4.30PM
FOR A PROMPT START AT 5PM

JOIE DE WINTER 0751 923 1619
LORRAINE - 079 0695 0695
THEPURPLETENT@GMAIL.COM

EVENTS

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KANGA YOGA

5 WEEK COURSE 23RD NOV TO 2ST1 DEC
MON 7 - 8.30AM

Come and join Emma Bonnici for the last 5 week course of 2015!! "Step out of your fast - pace London Life and into... incredible India for pure rejuvenation and relaxation!"

Kanga Yoga is an energetic, alignment-based flow yoga practice inspired by the teachings of Swami Sivananda, Yogacharya B.K.S. Iyengar and

Sri Krishna Pattabhi Jois. Kanga Yoga adapts yoga to the individual rather than the individual to yoga; integrating sound, asana and mudra to bring the body and mind into balance and harmony.

We supply the mats! The blocks! The blankets! The Belts! The Teacher and ...The tea ;)! Just bring yourselves, your

open mind, your open heart and enjoy the vibe :)

Please do book in so we can save you a space/mat!

BOOKINGS: +44 (0) 7729 455 486

TEAM@KANGAEVENTS.COM

DROP IN SPACES £12

WWW.KANGAEVENTS.COM



THE ONE LOVE TRIBAL GATHERING

SUN 20TH DEC 3 - 11PM

We once again bring you our gathering of our tribe, this time for our Christmas Special!!

So come along and experience a tribal gathering that will include special guest speakers and musicians, our very powerful Shamanic Trance dance, singing, dancing, praying, connecting and Loving ♥

The One Love Tribal Gatherings are full energy tribal devotional gatherings, honouring our shamanic ancestry, and connecting on much deeper levels to one another. One Love is a tribal movement for London and the

World. These are Shamanic fundraising events, raising money and awareness for Indigenous Tribal Communities and tribal Shamans. Akasha and Rafa have been working closely in the last 3 years with Ninawa Pai Da Mata and Txana Ikakuru from the remote Kaxinawa Tribe Indians of the Brazilian Amazon and the Taitas in Colombia from the Cofan Tribe. "One Love Tribe seeks

to work towards supporting, protecting and preserving tribal peoples way of life and ancient wisdom, putting projects in place in their communities for alternative energy, permaculture, health, water, sanitation and education"



What Happens?

We shall perform a powerful Shamanic Trance Dance during the gathering, which is an ancient tradition used by many Indigenous cultures.

We will have guest Indigenous Shamans and incredible spiritual singers, poets, conscious, Spiritual leaders/teachers and conscious Dj's at each gathering. Sacred Icaros and tribal songs will be taught and sung as a tribe. Sacred tribal singing was a way our ancestors unified the tribes. It is very powerful when we gather to sing with gratitude to the great spirit for our incarnation here on this beautiful planet!

One Love Tribe is there to help to awaken within you, to empower you, so you may remember your magnificence and that you are part of a Global family!...a Tribe of many colours, and that your spirit has been coming together with your brothers and sisters to celebrate, dance and pray for lifetimes! AND WE LOVE ONE ANOTHER!!!! So we celebrate that DIVINE LOVE! Come join your Tribal Family of LOVE and spread the world....tickets will sell out fast.

For more detailed info on One Love please look on our our FB page. Haux Haux! Aho! Viva Pacha Mama! Viva Amore! Viva mi Familia Eskawata Kaya Wai!

[HTTP://BUYTICKETS.AT/ONELOVETRIBALGATHERING/38566](http://BUYTICKETS.AT/ONELOVETRIBALGATHERING/38566)

EXHIBITION

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LOTUS

THUR 3RD DEC - THUR 10TH DEC

In Buddhist symbolism the Lotus is symbolic of purity of the body and of the mind. Lotus' flowers blossom above muddy water representing pain caused by attachment and desire, symbolically meaning the light within darkness.

Joey Baker Art and Irieye present LOTUS a visionary art exhibition exploring the human experience through a series of paintings, prints and art installations.

Join us for a night of music and art on Friday 4th December, 7 - 11pm, Refreshments will be served, however BYOB.

With musical guests Roya Zahra Shadmand, Hib Word, Jack

Chard, memotone and Prolectic Records.

Donations will be taken on the night to raise money for The Jah People's centre of music and art in Tanzania. 10% of all art sold will also go towards the fund.

[HTTPS://WWW.GOFUNDME.COM/469DNW](https://www.gofundme.com/469DNW)

Joey Baker is a 21 year old Fine artist, illustrator and designer based in London, who's work has been exhibited internationally. His work investigates life and death through the observation of ancient philosophies and art to modern science and maths.

[WWW.JOEBAKERART.COM/](http://www.joeybakerart.com/)



'Irieye' Alex Beaumont is a leading international visual artist and graphic designer based in the UK. Completing various installations for festivals such as Dimensions Festival and Outlook Festival. Irieye's work experiments with audio, visual and interactive designs. [HTTP://CARGOCOLLECTIVE.COM/ACBGRAPHICS](http://cargocollective.com/acbgraphics)

HIVE SKATE PARK

SAT 12TH DEC - SAT 19TH DEC 12 - 9PM

SST-London is a group of skaters and activists based in London keen to support each-other and raise awareness on the core values of skateboarding, share skills & equipment in a sustainable communal urban environment. SST -London is focused on introducing skateboarding to youngsters as an alternative approach when it comes to building their body & self-confidence helping them become part of a community encouraging individuality and constant questioning of anything established as the norm in society.

SST - London Presents a social gathering called: 'Sk8ing empty buildings'

EVENT INCLUDES:

- Video projections of the most historical skateboarding movies from the UK, Europe and the US
- An open discussion on:
 - how to build & expand a formal

community of locals operating social skateparks

- support bros in need.

- Induction course on skateboarding to children.

Saturday 19th closing event.

- Presentation of locals' historical and new footage.

- A game of skate between SST members.

SST-London community:

SST-London is a group of skaters and activists based in London keen to support each-other and raise awareness on the core values of skateboarding, share skills & equipment in a sustainable communal urban environment. SST -London is focused on introducing skateboarding to youngsters as an alternative approach when it comes to building their body & self-confidence helping them become part of a community encouraging individuality and constant questioning

of anything established as the norm in society.

Ethos

Skateboarding is not a crime...

it's a culture an art-form based on the DIY mindset an expression of individuality within a community sharing an eagerness to explore the potential of the urban environment being utilised in an unconventional manner, finding out one's own body's limitations and exceeding them constantly.

There are no norms, no rules, no borders, no boundaries or limitations.

There are no winners and no losers, no prizes to be won, it's not a profession, it's not a sport and it definitely isn't supposed to be politically correct... or at least this is how we see it.



REGULARS

PLAY2LEARN - MULTI-AGE, OPEN, DROP-IN SESSIONS. MONDAYS & TUESDAYS 3 - 6PM (UNTIL TUESDAY DECEMBER 15TH)

A series of workshops that explore different cultural expressions, such as language, music, theatre, dance, sculpture, painting. Through these activities the learners will come into contact with the fields of maths, anthropology, history, geography, art, traditions and folklore. Through self-directed and multi-aged learning Play2Learn integrates



these activities between the learners and the community of the Hive. This is facilitated by parents and skilled volunteers, who act as collaborators to ensure a high quality is maintained in these workshops.

Play2Learn asks for a donation of £3 to take part in the activities, but no-one will be turned away through lack of funds. In order to keep the costs down, to minimise the environmental impact and to teach the children the

Play2LearnUk

importance of valuing our resources, these workshops make use of recycled and repurposed materials wherever possible.

Anyone is welcome to join these drop-in sessions, however regular attendees will be invited to become members of Play2Learn and to take on more responsibilities within the group. Play2Learn loves collaboration and are seeking other local charities and family organisations who want to work with us. For more information contact Renata at play2learnuk@gmail.com
£3 ENTRY

NELSON AFRO-DANCE MONDAYS 6.30 - 7.30PM

Artviva is an art organisation set up by Nelson in Mozambique to promote social change through art. These workshops present various traditional dances from Mozambique, to allow the participants to gain insight into the vast cultural tradition of that country from both pre- and post-colonial times. In 2013 Nelson worked for Peter Bedford Housing Association as fitness instructor. He developed a dance programme for this organisation, targeted at their wide client base of socially excluded adults, living with a range of disabilities. This fitness programme incorporated influences of traditional African dance and was aimed at motivating these individuals and harnessing their potential to thrive within society. In the summer of 2011 Nelson designed and ran a course of eight sessions at

the Horsebridge Art's Community Centre (Whitstable, Kent), which trained participants in African dance whilst providing fitness and promoting health living. July to October 2005 Nelson lead Cultural and Dance Workshop for Bristol County Council as part of the Bristol – Beira twin cities project run by the Council. He hosted a series of workshops on culture, art and dance of its Mozambican twin city, Beira. Also part of this cultural exchange programme he ran discussions on Mozambican artwork 'Throne of Weapons' exhibited at Bristol's City Museum & Art Gallery and dance



sessions for young people. Nelson ran a dance course at the University of West England in Bristol, introducing the city of Bristol to Mozambican dance. He also ran these sessions at primary schools in Bristol.
£8 ENTRY (£6 CONCESSIONS)

REGULARS

DYNAMIC MEDITATION FRIDAYS 11TH & 18TH DEC 9.30AM

Meditations will start at 930am. New comers please arrive at 9:15am if you want to go over the instructions.

Description: Osho Dynamic Meditation is a specific response to a situation of restlessness, tension, and repression that arises in modern society. Dynamic

meditation is a one-hour practice, done with closed eyes, accompanied by the specially designed music. The meditation begins with intense physical activity, building energy to a peak. After the active stages, we experience a period of effortless silence and celebration. Instructions: This technique is in 5 stages: Stage 1) Chaotic breathing. Completely takes you out of the mind, energizes, detoxifies and oxygenates the body in preparation for the next stage Stage 2) Catharsis- emptying your vessel! How often will

you get the the opportunity to release on such a spectacular level. Your endorphins will be flying as you act out, scream, cry, shout, play madness as best you can. Doing this regular will release stress and tension on all levels; It could keep you sane:) Stage 3) "Hoo" phase. Grounding the energy Stage 4) Silence...drop inside and really experience the witnessing self. Meditation will come easily now. Stage 5) Dance. Celebrate your experience like a new born you
COST WILL BE £5 -£7 INCOME BASED.



Welcome to visionOntv's revolutionary workshops, teaching you all the techniques for smartphone video-making.

SMARTPHONE VIDEO ACTIVISM WORKSHOP TUESDAYS 6 - 8PM

The weekly programme uses visionOntv's cartoon templates for making video quickly and effectively with the tools you already have in your pocket. Create the news you don't see on the news!
Please bring a fully charged smartphone

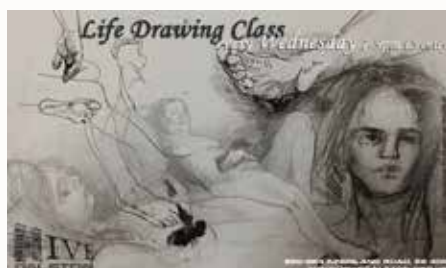
(with its cables for plugging into computer).
If possible, please register at streetreporter.org/courses to help give us an idea of numbers, but feel free to just turn up too.
SUGGESTED DONATION = £5

SPANISH/ENGLISH EXCHANGE - ESPAÑOL/INGLES INTERCAMBIO TUESDAYS 6.30 - 8PM

An informal language exchange intended to help students of Spanish and English improve their conversation by practicing with other native speakers. The conversation is free and open to all.



Venga, practicar tu ingles con la gente de inglaterra. Conversación libre, para todos.
FREE / GRATIS



LIFE DRAWING WITH A TWIST WEDNESDAYS 7 - 9PM

These classes will encourage you to explore every angle and perspective that is found within a Life drawing class. Workshops exploring drawing technique, history and style, led by many different

artists who are invited to develop and to share their own approach to life drawing. Whatever your style or level of experience, come along and try out something new.
Have you ever wondered what it would feel like to be the model posed in all those positions, whilst people observe inspect, deconstruct and look at you through abstracted eyes? And wouldn't it be fun, to be able to design the stage, and the

atmosphere for a specific style of drawing – you, personally would like to make. And have you ever wanted to explore a different approach in the directing style of a life drawing class, to show students how you prepare and set yourself up for a life drawing. Wouldn't it feel empowering to share your knowledge, to share your wisdom.
Come to our Life Drawing Classes
£5 DONATION

REGULARS

VOICE DNA AT THE HIVE DALSTON THURSDAYS 8 - 9:30PM

Do you sometimes just want to shout, scream or sing but feel restricted even when nobody's around? Or perhaps you are a singer who can hit all the right notes but is still looking for his / her own voice? We invite you to the non-judgmental zone of Voice DNA where there is no good or bad voice, just voices and sounds waiting to be explored and released. Join us at The Hive to enjoy an hour of relaxation, letting go, discovery, expression and fun.

Voice DNA workshop is about finding our unique voice, as personal as our DNA, and releasing it in a safe space where we can build the confidence to be creative. The workshop is not about singing to impress people, but we do cover the fundamentals of singing. With the help of breathing exercises, improvisation games and group singing, we learn to realise the full potential of our voice.

The Indian Shruti Box, Tibetan singing bowls and shamanic drumming aid us in tuning ourselves as we sing different tones and melodies and have a holistic voice work-out. And while it is not therapy, the workshop can be surprisingly healing.



A healthy way to start your Sunday, Falun Gong is a Chinese spiritual practice that combines meditation and qigong exercises with a moral philosophy centered on the tenets of Truthfulness, Compassion, and Forbearance (Chinese: 真、善、忍). The practice emphasizes

In this workshop we will:

- start with a voice warm-up and simple breathing exercises that activate our diaphragm, the power seat of our voice.
- sing various tones together with the aid of the Indian Shruti Box and Tibetan singing bowl, as we learn to listen and be in tune.
- learn to release our emotions through the medium of voice.
- explore the connection between the body and the voice as we combine movement and sound in playful ways.
- do a voice jam with the aid of gentle drumming in which we get to improvise simple melodies and/or sounds.

This workshop is open to both complete beginners and people with more developed voice awareness. Dress comfortably.

Voice DNA Teaser Video: <https://youtu.be/ChwWtS3vA5k>

About the Workshop Leader:

Uran Apak is a London based singer, composer and voice tutor. He holds an MA in Sonic Arts from Goldsmiths University. He currently composes

and performs with two bands. Istanbul based Nu Park has performed in various venues and festivals around Europe. Uran's London based project WILDEAST is a fusion of Turkish influences with electronic music. Uran also sings and performs with TIC - The Improvisers' Choir. Along his journey of self vocal discovery, Uran had the privilege to study with excellent voice teachers such as Mike King and Brenda Rattray in London, Timur Selcuk in Istanbul and throat singer Bat-Oyun in Mongolia. Uran also composes music for films and he was nominated for the Golden Orange Award for Best Music Score. Since 2013, Uran has been facilitating voice workshops for a wide range of people, from 3 year old children to professional actors. Combined with his experience in composition and performance, Uran's diverse background in Sufism, Meditation and Aikido allows him to have a holistic and innovative approach to teaching voice.

Uran's music on the web:
£5 DONATION

WWW.SOUNDCLOUD.COM/URANOMNICHANNEL
WWW.SOUNDCLOUD.COM/NU-PARK
WWW.SOUNDCLOUD.COM/WILDEAST

FALUN GONG SESSIONS SUNDAYS 10.30 - 12PM

GLOBAL MEDITATION 10.55AM, CLASS FROM 11.15AM

morality and the cultivation of virtue, and identifies as a qigong practice of the Buddhist school, though its teachings also incorporate elements drawn from Taoist traditions. Through moral rectitude and the practice of meditation, practitioners of Falun Gong aspire to better health

and, ultimately, spiritual enlightenment. Despite (or possibly because of) its huge popularity in China, Falun Gong practitioners have faced brutal oppression by the Chinese state since the 1990s.

FREE ENTRY / DONATION



DEC
2015

REGULARS



**OPEN WORK DAY
WEDNESDAYS & SUNDAYS 1 - 5PM**

COME HELP MAKE THE HIVE
A BETTER PLACE!

**SPINNING@
TUESDAYS 7 - 10PM**



Spinning@ London's biggest juggling meet, has come to the Hive. Spinning@ is a group of like minded people that meet every Tuesday to share juggling skills. Anyone is welcome to come along so if you are a beginner, or

an experienced juggler, or if you just fancy giving it a go, please come along on a Tuesday from 7pm to 10-pm and check us out. You can't have more fun.
£3.50 ENTRY

FOOD

**TWO OF THE KIND
WEEKDAYS 11AM - 6PM**



VEGGIE BURGER

Our home made veggie burgers comes packed with a lot of nutrition. Chickpea, red kidney bean, quinoa, carrots, garlic and shallots which are all blended with fresh herbs and spices served with low fat cheese inside a brioche bun.

GRILLED VEGGIE WRAP

Our grilled wraps comes with grilled courgettes, spring onion, sweet peppers topped with humus and grilled halloumi cheese in a toasted wrap.

FETA&BEET WRAP

Our feta & beet wrap comes with diced beetroot and low fat feta cheese topped with watercress and rocket salad.

CHICKPEA & RICE

Chickpea cooked in a traditional turkish home made sauce, served with cous-cous, Bulga wheat and salad.

FALAFEL WRAP

Fried Falafel inside a toasted wrap topped with humus and salad.

SWEET POTATO

- FRIES
- CHEESE FRIES
- COUSCOUS
- AVOCADO AND TOMATO SALAD



DECEMBER IN THE YARD AT THE HIVE

As well as the hot, delicious, veggie food on sale at the Two Of A Kind van, you can also buy your Christmas Tree from Jack in the yard this December! Jack and his helpers will be selling real Christmas trees in the yard from 10am to 8pm every day until Christmas eve.

