

INSPIRATION, CONNECTION, AND WELLNESS!

WELCOME TO STUDIO NINE!

Welcome back to Studio Nine Magazine—your monthly dose of self-care, inspiration, and community!

We're expanding! With new sessions, fresh workshops, and the latest edition of Southport's Journey, there's even more to explore. Each month, we bring you bite-sized self-care tips, expert insights, and a whole lot of Studio Nine magic to help you feel your best.

New Beginnings

Every new beginning is built on the support of those who believe in you. We are grateful for our incredible community—past, present, and future—who make our growth possible. Here's to new chapters, fresh opportunities, and continuing this journey together.

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STUDIO NINE | EMAIL NEWSLETTER



Growth isn't always loud—it can be quiet, gradual, and deeply personal. As we step into a new season, we're embracing change, fresh opportunities, and the beauty of new beginnings. Whether it's trying something different, making space for what truly nourishes you, or reflecting on how far you've come, *this is your time to evolve.*

At Studio Nine, we're celebrating a new chapter with the launch of **Southport's Journey**—a magazine that merges the past, present, and future of our town and its people. Through untold stories, hidden gems, and the wisdom of those who have shaped Southport, we're bringing together reflections of where we've been and the possibilities of where we can go.

Just like Southport's rich history, personal growth is about honouring the past while stepping boldly into the future. Take a moment this month to reflect on your own journey—what lessons from the past can guide your next steps? *What changes can you make today to build the future you want?*

Let's grow together, embrace the new, and create space for transformation.

Read this month's magazine here...

<https://studionine.uk/southports-journey/>



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The Crystal Alchemist

Calling Daytime Goddesses! Join us at Studio Nine Southport for a magical Full Moon gathering. Meet like minded women as we honour the Full moon in all her glory. Do shadow work & journal to release what we no longer need. Empower each other in an open circle discussion and connect with your sisters. Our gatherings have a touch of the mystical, a dash of witchy vibes, but it's all about embracing your inner magic in a fun and light-hearted way.



Oh Well Holistics

Awaken your energy with Kundalini Yoga. This dynamic practice combines breathwork, movement, and meditation to release tension, boost vitality, and balance your mind and body. No experience needed—just come as you are and feel the shift! Experience a guided session that will awaken your energy, clear blockages, and leave you feeling rejuvenated. Come open your heart, elevate your vibration, and tap into your limitless potential.

The Golden Rose Galaxy

Experience deep relaxation with Sound Bath Healing at Studio Nine! Join Anne for a transformative session to unwind, rebalance, and recharge. Anne masterfully blends science and holistic healing to help you unwind, rebalance, and recharge. Her expertise in the Autonomic Nervous System (ANS) and Endocrine System (ES) allows her to use sound vibrations to restore harmony to both mind and body.



The Golden Rose Galaxy

Pinxi Designs

Claire Aldridge of PINXI Designs offers art classes that blend creativity with wellness, providing a space for relaxation, self-expression, and connection. Participants not only develop artistic skills but also experience the therapeutic benefits of creating lasting memories, reducing stress, and fostering personal growth.

bespoke artworks for any space

The Learning & Development Laboratory

Innovation, collaboration, and bold new ideas—welcome to the L&D Laboratory, where learning meets transformation.

Expect hands-on workshops, expert insights, and a space designed for experimentation. From exploring cutting-edge strategies to sparking fresh collaborations, this is where ideas become action and real change begins.

Are you ready to push boundaries and redefine learning?



Gut & Hormones with Margaret Bell

Bloating, cravings, low energy—it's not 'just life.' It's your gut and hormones sending signals, but are you listening? In this 45-minute workshop, we'll uncover what's really driving your symptoms, the small shifts that make a big difference, and why most advice out there simply doesn't work. No fads, no fluff—just real, practical insights you can start using today.

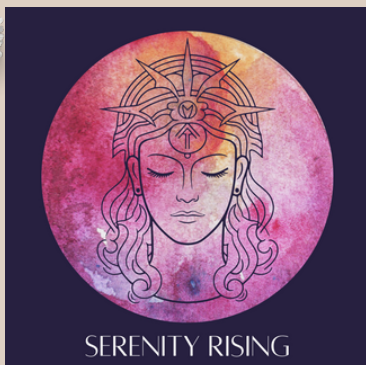
If you're tired of guessing and ready for answers, this session is for you



Serenity Rising

Breathe, Balance, Transform












Discover the power of your breath with guided breathwork meditation and 1:1 workshops tailored to your needs. Whether you seek calm, clarity, or support for exercise, learn techniques to restore balance and deepen your connection to yourself.



Many more events coming soon!

Visit our social media platforms to book or email

Monthly Calendar

MARCH						
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2	3	4	5	6	7	8
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30	31					

Visit our social media platforms to book or email

RENT OUR SPACE!

Welcome to Studio 9, the ideal rental space where your entrepreneurial dreams can flourish! Are you eager to join a supportive community of ambitious entrepreneurs? Studio 9 offers an ideal starting point for new ventures, providing affordable rental options for start ups. We offer 1 hour, half day and full day options with discounts for frequent bookings.

Contact studio9southport@gmail.com today to visit the Studio.

