

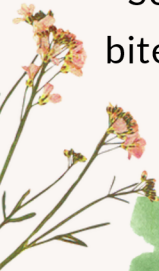


INSPIRATION, CONNECTION, AND WELLNESS!

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.



Spring has Sprung

Spring is a gentle reminder that growth is always possible. As nature blooms, so can we—shaking off the heaviness of winter and embracing longer days, fresh air, and renewed energy. A perfect season to nourish your wellbeing and start anew. Be kinder to yourself.

STUDIO9SOUTHPORT@GMAIL.COM 



Southport's Journey Magazine

🌸 *Spring Into the Spotlight* 🌸

As the days get lighter and the air a little warmer, there's no better time to reconnect with your community and share your story. Studio Nine Magazine is growing — and we're thrilled to announce that our brand-new website will be blooming online this May!

From heart-warming tributes to local heroes, to behind-the-scenes features on Southport's most inspiring businesses, this is your chance to shine. Our new platform will include fresh wellness blogs, our much-loved Dog of the Month, celebration shout-outs for weddings, birthdays, and anniversaries, obituary tributes, and a regular Spotlight on a Local Charity.

Whether you're planning an event, launching a product, or want to be part of something community-driven and feel-good, this is your moment. We'll also feature a "What's On" section and an ever-growing Southport Directory — so residents can discover exactly what's on their doorstep.

🌟 *Want to get involved?*

Now's your chance to get your business, passion project, or special story in front of the people who matter — your town, your neighbours, and your future clients.

Let's make this spring one of growth, kindness, and connection.

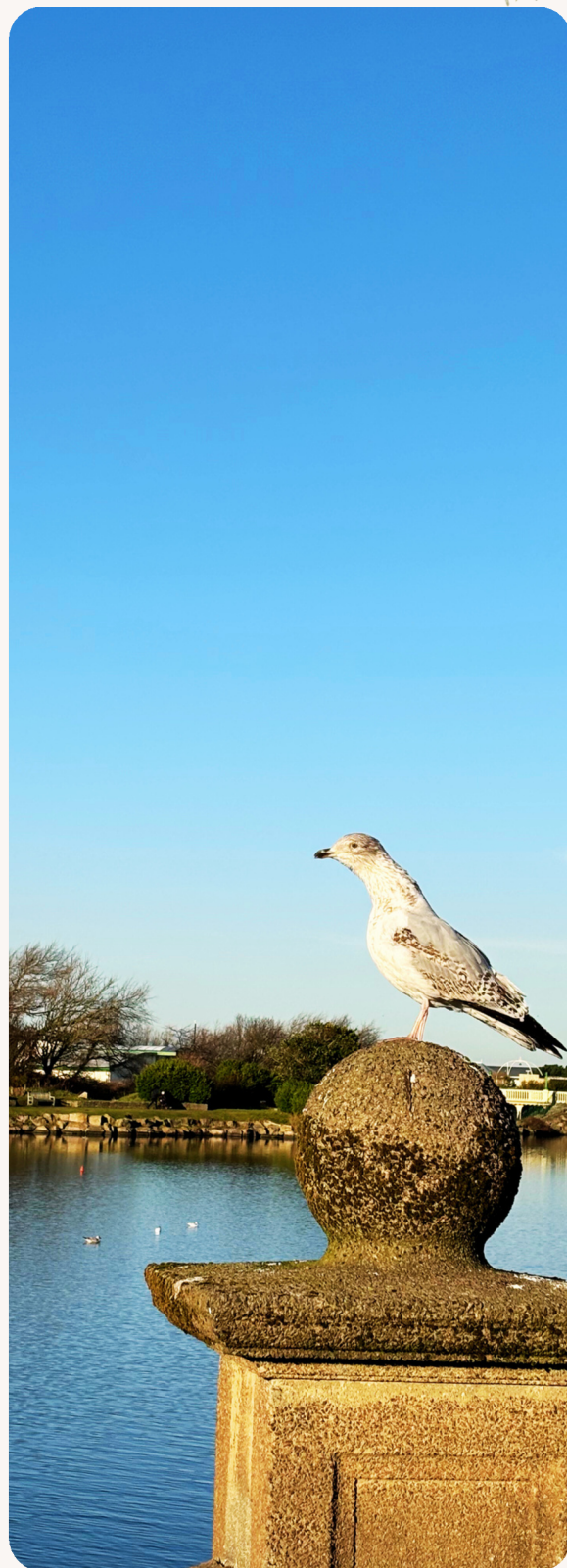
Email us today to feature or collaborate:

southportsjourney@gmail.com

Let's grow together.

Read this month's magazine here...

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



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.

A light pink square logo with the words 'Oh Well' in a dark, stylized, serif font. There are small pink stars above the 'h' in 'Oh' and below the 'l' in 'Well'.

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.

A white square logo with the words 'PINXIDESIGNS' in a bold, orange, sans-serif font. Below the text, in a smaller, grey font, is the tagline 'inspire artworks for our 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?



Knot Me! Macrame

Jen Rogers brings the calming magic of fibre art to life through her hands-on workshops and stunning creations. From bespoke jewellery to intricate plant hangers and decorative home pieces, her work blends creativity with wellness. With a passion for artistic expression and community connection, Come and experience the soothing power of macramé with Jen – where knots become art and creativity becomes self-care

Sarah McEntee

Sarah McEntee, founder of Pioneering Impact—an initiative built from the belief that leadership begins within. With over a decade of experience in leadership development, coaching, and communication training, I'm passionate about creating spaces where confidence grows, voices rise, and potential becomes power. Book onto Comfortably Heard and gain confidence, connection and the courage to be heard.



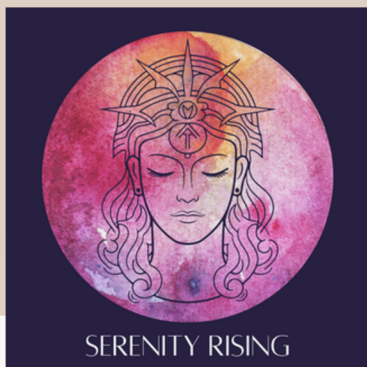
Serenity Rising

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

Our new monthly calendars have dropped!
Head over to the Studio Nine website to check out what's on ☀️

We know booking can sometimes feel a bit confusing (we've got lots of brilliant people running sessions here!) — so if you're ever unsure where to book, just DM us or call 07812 069843 and we'll point you in the right direction 📞💬

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Journey Magazine Release GRG Sound Bath 10am	2	3 Crystal Alchemist 1- 3pm
4	5	6 H.E.R Collective Women in Business 9:30am	7	8 Carefree Cafe 9:30 - 11:30	9	10
11	12 CA - Goddess Meeting 7:30- 9:30pm	13 Carefree Cafe 9:30 - 11:30 Luna Yoga 5:30pm	14	15 Drop in Colab Space 1-3pm	16	17 Perimenopause & Spiritual Awakening - with Julie 10- 11am
18 Serenity Rising Breathwork for beginners 7:30 - 9pm	19 Monday Meditation with Serenity Rising 9am	20 Carefree Cafe 9:30 - 11:30 Luna Yoga 5:30pm	21 Watercolour Wednesday 11-1 pm	22 Drop in Colab Space 1-3pm Comfortably Heard 7-9pm	23	24 Workshop with Knot Me! Macrame 10- 12am
25 Serenity Rising Breathwork for beginners 7:30 - 9pm	26 Monday Meditation with Serenity Rising 6pm	27 Carefree Cafe 9:30 - 11:30 Drop in Colab Space 1- 3pm	28 Oh Well Yoga 7pm	29 Drop in Colab Space 1-3pm	30	31

Find out about our Carefree Cafe, Water Colour Wednesday and our Colab Space on our website.

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.

