

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.



Summer Solace

Find solace in summer's slower pace — a season to pause, breathe, and reconnect. Embrace wellbeing, support, and community through simple moments, shared laughter, and sunshine. Let this summer be a reminder that you're never alone on your journey.



Southport's Journey Magazine

Welcome to Southport's Journey - Your Town, Your Stories

At the heart of Southport's Journey lies a simple promise:

To celebrate the soul of our town – its people, its communities, its businesses.

This is a space built for the everyday magic-makers:

The local shopkeepers, the tireless volunteers, the quiet heroes working behind the scenes to make Southport shine. We wanted to bring you something you can carry with you –

A website you can visit on your phone, read at home, and most importantly, share with pride.

Because this journey isn't just ours...

It's yours too.

We're creating a platform that blends the past with the present.

A home for heritage, and a springboard for the future.

What you'll find on the website:

- ✓ Inspiring local stories and interviews
- ✓ A vibrant what's on guide for events and community meet-ups
- ✓ Honest and thoughtful blogs on life in Southport
- ✓ Our charity spotlight, celebrating those making a difference
- ✓ Space for celebrations, milestones, and good news
- ✓ A gentle place for obituaries – to honour final journeys with dignity
- ✓ An evolving directory – discover businesses, services, and how to get involved

Thank you for joining us at the very beginning.

Whether you're a lifelong local or newly arrived, this is your journey too.

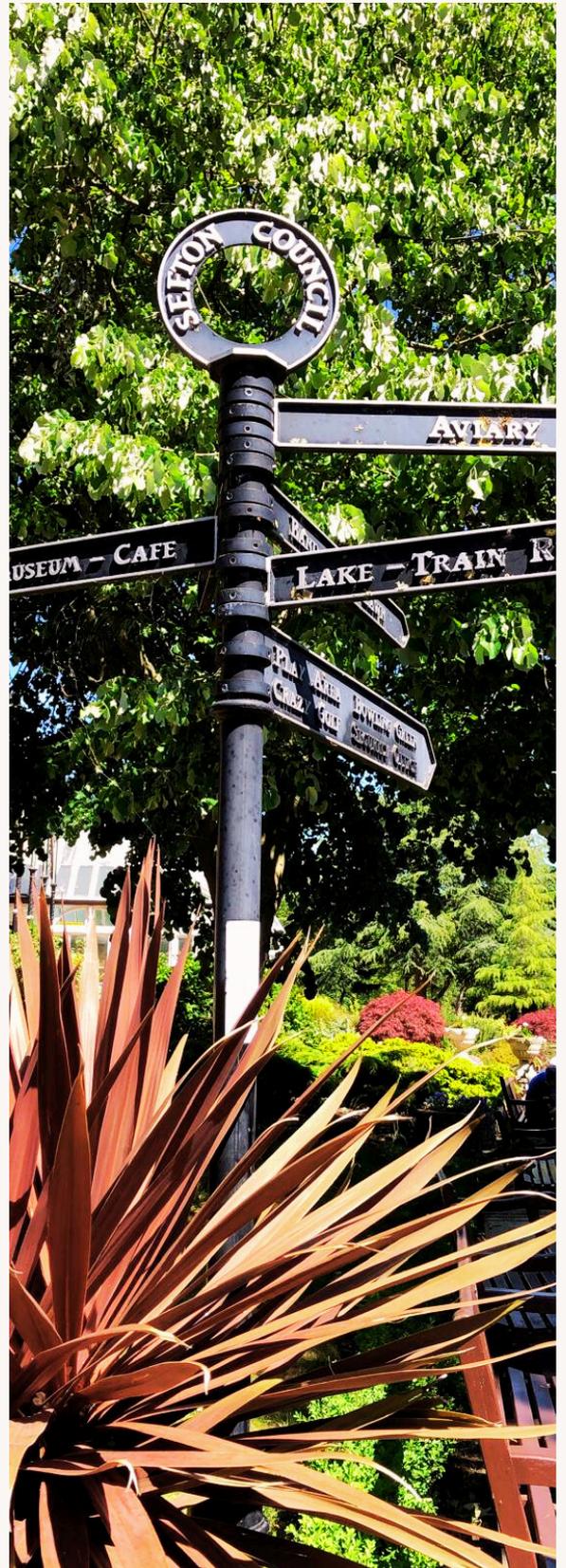
Stay with us, share with others, and watch Southport's story grow – page by page.

With pride,

The Southport's Journey Team

Read this month's magazine here...

www.southportsjourney.com





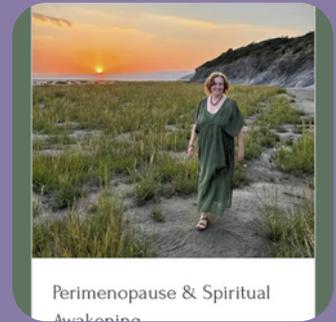
The Crystal Alchemist

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.



Perimenopause & Spiritual Awakening

Feeling out of sync in your career or craving an escape from the hustle? Julie Beck supports women through the perimenopause – a time of uncertainty but also spiritual awakening. Her passion lies in helping you reconnect, refocus, and rediscover what truly lights you up through her transformational spiritual life coaching and empowering business guidance.



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.

PINXIDESIGNS
Designs artworks for our space

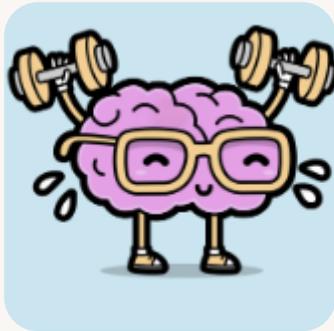


The Learning & Development Laboratory

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?



I CAN Education!

Support for Every Learner

I Can Education offers personalised tuition for children of all abilities, building confidence, resilience, and real results. Whether it's maths, English or exam support, their nurturing approach helps children thrive. Qualified teacher with 13 years of in the classroom experience.

Visit www.icaneducation.uk to find the right support for your child's journey.

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	2 CA - Goddess Meeting 7:30- 9:30pm	3 H.E.R Collective Women in Business 9:30am	4 1:1 Meditation 9am	5	6	7 Candle Painting 1-3pm
8	9 CA - Goddess Meeting 10am	10 Carefree Cafe 9:30 - 11:30 Luna Yoga 5:30pm	11 1:1 Meditation 9am	12	13	14 Perimenopause & Spiritual Awakening - with Julie 10- 11am
15	16 Soulful Mornings 9:30am	17 Carefree Cafe 9:30 - 11:30	18 Watercolour Wednesday 11-1 pm	19	20 L & D Lab	21
22	23 Soulful Mornings 9:30am	24 Carefree Cafe 9:30 - 11:30 Luna Yoga 5:30pm	25 1:1 Meditation 9am	26	27	28 Teen Blogging workshop
29	30	1 Carefree Cafe 9:30 - 11:30 Luna Yoga 5:30pm	2	3	4	5

Find our 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.

