

Beautiful New Beginnings Events
01/09/26- 30/09/26

Wellbeing Warriors 1st Sep 6.30pm

A monthly session for children only, ages 8+. Learn a variety of wellbeing strategies to feel happy and healthy.

<https://www.beautifulnewbeginnings.co.uk/event-details/wellbeing-warriors-tuesday-evening-sessions-2026-09-01-18-30>

Children's Yoga 1st Sep 7.30pm

A monthly children only yoga session for ages 8+ . Join us for a simple and fun yoga class.No experience needed.

<https://www.beautifulnewbeginnings.co.uk/event-details/childrens-yoga-sessions-age-8-2026-09-01-19-30>

Wellbeing Walk Croxteth Park 4th Sep 10am

Join us for a walk for wellbeing, Everyone is welcome. We walk the park run route for approx 1 hour. Led by a wellbeing practitioner.

<https://www.beautifulnewbeginnings.co.uk/event-details/wellbeing-walks-croxteth-park-2026-09-04-10-00>

Stand Up Paddleboarding Session 5th Sep 10am or 12pm

Join Jayne at the docks for an introduction to paddle boarding for children aged 8+

<https://www.beautifulnewbeginnings.co.uk/event-details/sup-taster-session>

Forest School Little Wood 7th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-little-wood-2026-09-07-10-00>

Picnic And Play at Bright Park 7th Sep 12pm

Bring your own picnic and we will bring the play equipment! Everyone welcome.

<https://www.beautifulnewbeginnings.co.uk/event-details/picnic-and-play-2026-09-07-12-00>

Forest School Norris Green 8th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-norris-green-2026-09-08-10-00-1>

Adult's Theta Healing Meditation Class 8th Sep 7.40pm

Join us for a deeply relaxing guided meditation with energy healing to support releasing self limiting beliefs.

<https://www.beautifulnewbeginnings.co.uk/event-details/adults-theta-healing-meditation-classes-2026-09-08-19-40>

Forest School Tower Hill Eco Therapy Gardens 9th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-09-09-10-00>

Forest School Plantation Primary 11th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-plantation-primary-2026-09-11-10-00>

Forest School Little Wood 14th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-little-wood-2026-09-14-10-00>

Forest School Norris Green 15th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-norris-green-2026-09-15-10-00>

Family Mindfulness Session 15th Sep 6.30pm

Adults and Children are welcome to attend together to explore a variety of mindfulness activities to promote wellbeing.
<https://www.beautifulnewbeginnings.co.uk/event-details/family-mindfulness-sessions-2026-09-15-18-30>

Family Yoga Session 15th Sep 7.30pm

A simple and gentle yoga session for parents and children to attend together. Suitable for ages 4 to adult.
<https://www.beautifulnewbeginnings.co.uk/event-details/family-yoga-sessions-age-4-2026-09-15-19-30>

Forest School tower Hill 16th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-09-16-10-00>

Forest School Plantation Primary 18th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-plantation-primary-2026-09-18-10-00>

Forest School Little Wood 21st Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-little-wood-2026-09-21-10-00>

Forest School Norris Green 22nd Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-norris-green-2026-09-22-10-00>

Autumn Pause- September's community wellbeing session 22nd Sep 7pm

Join us for a holistic wellbeing workshop including visualisation, sound healing, journalling, creativity and more. Adult's only.

<https://www.beautifulnewbeginnings.co.uk/event-details/autumn-pause-release-restore-renew-community-wellbeing-event>

Forest School Tower Hill Eco Therapy Gardens 23rd Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-09-23-10-00>

Forest School Plantation Primary 25th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-plantation-primary-2026-09-25-10-00>

Buggy Wellbeing Walk 25th Sep 10am

Join us with your babies and toddlers for a walk and a chat and connect with other parents and carers

<https://www.beautifulnewbeginnings.co.uk/event-details/buggy-wellbeing-walk-2026-09-25-10-00>

Forest School Little Wood 28th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-little-wood-2026-09-28-10-00>

Forest School Norris Green 29th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-norris-green-2026-09-29-10-00>

SEND parents coffee evening 29th Sep 7pm

This month we are focusing on sensory circuits and SJ fitness will help us discover how we can combine this with simple exercise at home to help all the family keep fit!

<https://www.beautifulnewbeginnings.co.uk/event-details/send-parents-coffee-evening-8>

Forest School Tower Hill Eco Therapy Garden 30th Sep 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-09-30-10-00>

Stay and play also runs through term time starting w/b 7th Sep, links to book coming soon. Online events will also be live to book soon!