



# Course Programme July to September 2017

Special  
Offer!

Attending a course?  
Have an extra night bed  
and breakfast for  
only £50!

Dormans Road, Lingfield, Surrey RH7 6QH

01342 832 150

welcome@claridgehousequaker.org.uk

www.claridgehousequaker.org.uk

CIO No. 1167155

## LED DAY RETREATS

Our Day Retreats run from **9.30** to **5.00**. The cost of **£50** includes refreshments and a two-course vegetarian lunch. Please phone 01342 832 150 for further details and to book.

### Meditation Retreats

**July 5<sup>th</sup>** Meditation on the Chakras  
**August 2<sup>nd</sup>** Meditation on Summer  
**September 6<sup>th</sup>** Meditation on the Essence of Being - Who am I?

Led by **Lina Newstead**, a British Wheel of Yoga Diploma Course Tutor.

### Painting Retreat

**September 7<sup>th</sup>** Flower Power  
 - painting in watercolour and acrylic

Expert tuition by **William de Wilde**, a member of both the Chelsea Physic Garden and Nymans Florilegium Societies, and whose floral paintings are much sought after.

## MIDWEEK MASSAGE RETREATS

**6 places** **£275**

**July 11<sup>th</sup> - 13<sup>th</sup>** **September 19<sup>th</sup> - 21<sup>st</sup>**  
**September 5<sup>th</sup> - 7<sup>th</sup>**

When you hurt yourself, you instinctively use your hands to rub the affected area; Massage is an extension of this technique. Andrei's soothing massages will relax you in both mind and body. At the end of the Massage Retreat you will leave the comfort of Claridge House relaxed, refreshed, longing to return.

The retreats run from Tuesday 10am to Thursday 4pm and include two full-body massages.

**Andrei Illes** is a professional massage therapist and teacher with many years' experience.

Massages may also be available at other times - please telephone for details and to book.

## GENTLE YOGA for fatigue and stress

**9 places**  
**£245**

**June 30<sup>th</sup> - July 2<sup>nd</sup>**

A gentle yoga course, suitable for all abilities, that will help restore and balance energy. It will include soothing breathing techniques, gentle yoga postures, simple meditation and nurturing relaxation. Suitable for those with moderate ME/CFS.

**Leah Barnett**, who has been teaching yoga for ten years and has taught a number of retreats for those with ME/CFS. **Depart 2pm Sunday**

## INTRODUCTION TO QUAKERISM **10 places** **£245**

**July 7<sup>th</sup> - 9<sup>th</sup>**

This weekend is an interactive introduction to Quakerism that will enable those attending to explore Quaker history, beliefs and testimonies. There will be input from the facilitators together with activities and discussions based on the questions and thoughts of those attending.

**John Spencer** and **Angela Davies**, who are Quakers from Rochester Meeting. **Depart 2pm Sunday**

## SOUL WALKING RETREATS **6 places** **£210**

**July 10<sup>th</sup> - 12<sup>th</sup>** and **September 18<sup>th</sup> - 20<sup>th</sup>**

Silent walking is a means of becoming more aware of ourselves and our surroundings. Walking is a return to our most basic self, putting one foot in front of the other; we can simultaneously explore our inner selves and the outer truths.

**Charlotte Standish**, Walk leader for Mid-Sussex, SoulCoach, Past Life Coach, with meditation and healing training. **Depart 5pm Wednesday**

## KNITTING TO SOOTHE THE SOUL **6 places** **£260**

**July 14<sup>th</sup> - 16<sup>th</sup>**

A 'get away from it all' break to knit heart, soul and mind back together. Experience the calm of contentment that comes through using two needles, two stitches, and wool. New to knitting? Forgotten how to? Keen to update your skills? Welcome all. Only 6 places available to guarantee individual attention.

**Hilary Grundy**, a lifelong Quaker who promotes knitting as therapy. **Depart 4pm Sunday**

**MEDITATION RETREAT** 11 places  
£260

**July 21<sup>st</sup> - 23<sup>rd</sup>**

A special time to share different meditation techniques together. Come and deeply relax the mind and body to connect to your essential self. The techniques are from the Tibetan and Yoga tradition. Mindfulness will be integrated into the practices.

*Lina Newstead, a 'British Wheel of Yoga' Diploma Course Tutor who runs private classes, meditation retreat weekends and longer Yoga courses.*

**Depart 4pm Sunday**

**ALEXANDER TECHNIQUE** 10 places  
- for beginners and refreshers £245

**July 28<sup>th</sup> - 30<sup>th</sup>**

The Alexander Technique is a learned skill which improves health, balance and co-ordination and is medically proven as a long term solution to back pain (BMJ 2008). This gently-paced course uses explanation, lying down, guided activities, hands-on work and discussion to explore the principles involved. Please bring comfortable clothing.

*Jill Payne, teaches the Alexander Technique in Beckenham.*

**Depart 2pm Sunday**

**VAJRASATI YOGA** 9 places  
£260

**August 4<sup>th</sup> - 6<sup>th</sup>**

Gentle traditional yoga suitable for all levels, focusing on using the breath to deepen and extend the body, mind and spirit. Working meditatively, listening to our bodies and breath, using our inner resources to develop postures only as the body allows. This style of yoga is therefore also suitable for more mature and less able students.

*Rosie Waters, a Yoga Alliance 500hr accredited teacher, with classes and meditation groups in Sussex and yoga holidays abroad for 9 years.*

**Depart 4pm Sunday**

**CALLIGRAPHY** 9 places  
£260

**August 18<sup>th</sup> - 20<sup>th</sup>**

A course for all levels, from beginner to advanced, covering learning/improving/ experimenting with one or more scripts, depending on previous experience, and using them in the lay-out and design of short texts. Scripts will include: italic, foundational hand, uncial, Carolingian, italic capitals, Roman capitals, copperplate, blackletter, versals, other scripts are possible.

*Gaynor Goffe, a well-known calligrapher and tutor with over 30 years' experience of teaching calligraphy, a Fellow of Calligraphy and Lettering Arts Society.*

**Depart 4pm Sunday**

**FLIGHT and FLAMES** 11 places  
- The Fall of Icarus £260

**August 25<sup>th</sup> - 27<sup>th</sup>**

Enter the mythic world of Icarus, fire up your imagination, discover a rich source of inspiration for creative writing. Explore this ancient myth, its fascinating characters and powerful dramatic themes, drawing stimulus from paintings, objects, music, words. For anyone who writes. Friendly supportive atmosphere with an experienced writing tutor.

*Rebecca Hubbard, an experienced writing tutor with a deep connection to gardens and nature, author of The Garden of Shadow and Delight.*

**Depart 4pm Sunday**

**HEDGE SHAMANISM** 11 places  
- an introduction £260

**September 1<sup>st</sup> - 3<sup>rd</sup>**

Shamanism is as old as humanity itself. It works on the ancient belief that the whole universe is made up of energy. Everything in the universe is linked, because at the core everything made of the same energy. We are able to communicate with all things in the universe; be they invisible spirit, tree, rock, animal or person.

*Sarah Fox, a Quaker and Shamanic Practitioner who practises in London and has run Shamanic retreats in Glastonbury, Stonehenge and Portugal.*

**Depart 4pm Sunday**

**ONENESS** 11 places  
£245

**September 15<sup>th</sup> - 17<sup>th</sup>**

We live in a divided world. At times like these we need to learn from a universe that models connectedness and mutuality, and respond with love. In small groups, alone, and in plenary, we will explore how we connect with each other, and with the rest of creation.

*Jennifer Kavanagh, an associate tutor at Woodbrooke Quaker Study Centre. Her book The Heart of Oneness is due out at the end of this year.*

**Depart 2pm Sunday**

**YOGA WEEKEND** 9 places  
£260

**September 22<sup>nd</sup> - 24<sup>th</sup>**

Come and practise Yoga from a mindful perspective - taking more time and attention to your postures, breathing practices and deep relaxation techniques. We will also practise hand mudras gestures, mantras, positive affirmations and meditation.

*Lina Newstead, a 'British Wheel of Yoga' Diploma Course Tutor who runs private classes, meditation retreat weekends and longer Yoga courses.*

**Depart 4pm Sunday**

**TAI CHI RETREAT** 11 places  
£245

**September 26<sup>th</sup> - 28<sup>th</sup>**

A gentle exercise, that can benefit people of all ages - improving breathing, overall body flexibility, balance, reducing stress. Teaching in a supportive atmosphere will leave you refreshed, with a greater understanding of this ancient art. Suitable for all - beginners and those seeking a deeper understanding of Tai Chi.

*Andrei Illes, teaches Chen style Tai Chi in his local community and is a member of the Tai Chi Union of Great Britain.*

**Depart 2pm Thursday**