



Course Programme October to December 2017

**Special
Offer!**

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

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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

- October 4th** Meditation on Autumn
November 1st Meditation using Mandala and Yantra
December 6th Meditation on Light, Sound and Breath

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

Painting Retreat

- November 2nd** Face: the Facts
 - capture a sitter's likeness

Expert tuition by **William de Wilde**, whose portraits are in numerous private and corporate collections and have been auctioned at Bonhams.

MIDWEEK MASSAGE RETREATS

- 6 places** **£275**
October 3rd - 5th **November 7th - 9th**
November 21st - 23rd **December 5th - 7th**

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.

SINGING IN HARMONY

10 places
£260

September 29th - October 1st

Drawing on rich traditions of music and chanting from many eras, there will be fun warm-ups, simple songs and more complex part songs taught by ear in a fun, friendly, relaxed atmosphere. No experience needed - a love of singing, opportunities for drumming, percussion and improvisation will let your inner musicality and creativity flow!

Surya Cooper, and **Ryan O'Riordan**, *Natural Voice Practitioners.*
Depart 4pm Sunday

ADVANCED KNITTING

6 places
£260

October 6th - 8th

This course is for those who have previously attended a knitting weekend at Claridge House, or who are very skilled knitters. The programme for the weekend is challenging, fast, but friendly. Entrelac, intarsia, double-sided knitting, Kitchener stitch, and a lace refresher are all on the menu. Places limited to 6.

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

WELLBEING RETREAT

11 places
£260

October 13th - 15th

Do you need to have a digital detox? Come and enjoy a weekend to enhance your well-being with practices from Yoga and mindfulness meditation. There will be information on how to deal with insomnia and stressful lifestyles. Enjoy the vegetarian food and walks in the local countryside. Massage will be available at an extra cost.

Lina Newstead, a 'British Wheel of Yoga' Diploma Course Tutor who runs private classes, meditation retreat weekends and longer Yoga courses.
Depart 4pm Sunday

YOGA AND THE BREATH 9 places
£280

October 20th - 22nd

Enjoy a weekend devoted to yoga practice, learning how to harness the breath and connect with the subtle body for a more profound experience.

Ceri Lee, a professional yoga teacher for fifteen years who runs retreats and workshops in the UK and abroad.

Depart 2pm Sunday

**GENTLE YOGA: INNER
BALANCE and SANTOSHA** 9 places
£280

October 27th - 29th

Our busy, fast-paced lives rarely allow us time to ask if we are truly centred or grounded. Using meditation, Hatha yoga practices, breathing techniques and Yoga Nidra, Nikki will guide you along your inward journey, balancing Sun/Moon energy and finding a centred space from which you can expand and grow.

Nikki Tuke, runs restorative yoga workshops, witnessing profound, transforming effects coming from working with the breath and the healing forces of gravity.

Depart 2pm Sunday

QSH SUPPORT WEEKEND 10 places
£220

November 3rd - 5th

A weekend gathering for full or probationary members of Quaker Spiritual Healers, offering an opportunity to develop understanding of spiritual healing with others on the same path.

QSH tutors. Depart 2pm Sunday

THE SPIRAL OF LIFE 6 places
£210

November 7th - 9th

What influences have shaped our lives up to now? We will use the natural design of the spiral as a guiding model for our own reflections, while we experience 'the still centre of the turning world' in various ways.

Francis Standish, an experienced Retreatant interested in contemplative learning in conjunction with silent reflection.

Depart 2pm Thursday

**THE HEALING POWER
OF VOCAL SOUND** 11 places
£260

November 10th - 12th

The natural vibrations of our voices can unlock the fine energies of the chakras and re-vitalise the organs of the body. Applied therapeutically, the voice is the perfect instrument for tuning the energy centres, thus purifying our psychology, removing stress and gaining a heightened awareness. These practices are forms of sound Yoga and vocal homeopathy.

James D'Angelo, author of 'The Healing Power of the Human Voice' and 'Seed Sounds for Tuning the Chakras'.

Depart 4pm Sunday

**GENTLE YOGA
for fatigue and stress** 9 places
£245

November 17th - 19th

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

**WINTER MINDFULNESS
RETREAT** 9 places
www.yogawithdivya.co.uk

December 1st - 3rd

Enjoy a weekend of tranquillity with guided meditations, relaxing yoga, walks in nature, contemplation, rest and self-practice. Through a mindful practice of Yoga and engagement with meditation, develop a calmer mind, healthy body and authentic connection to the self and life path.

For details see www.yogawithdivya.co.uk

Divya Kohli, a senior level qualified Hatha Yoga and meditation teacher influenced by the Insight Meditation tradition.

Depart 4pm Sunday

CHRISTMAS BREAK 12 places
£595 (deposit £100)

December 23rd - 27th

Enjoy a quiet Christmas, away from the normal pressures. Relax, go for walks or play games. Gather for our daily Quiet Times. Come together to share favourite music, poetry and writings.

Depart 10am Wednesday

NEW YEAR LED RETREAT 11 places
£545 (deposit £100)

December 29th - January 2nd

Do you feel the need to look at the year that's gone and the year ahead in a new light? Come and spend a very different new year helping you to start it off in a really positive way. Yoga and mindfulness meditation will be practised and there will be sessions on self-development with the aim of helping you to surf the waves of life!!

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

Depart 10am Tuesday