



# Course Programme

## April to June 2017

### with **ADDITIONAL** events



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 **9.30am** to **5.00pm**. The cost of **£40** includes refreshments and a two-course vegetarian lunch. Please phone 01342 832 150 for further details and to book.

### Meditation Retreats

- April 5<sup>th</sup>** Silent Day  
**May 3<sup>rd</sup>** Mindfulness Meditation  
**June 7<sup>th</sup>** Cultivating Joy and Happiness through Meditation

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

### Painting Retreat **NEW**

- April 6<sup>th</sup>** Spring Magic - Flowers in Watercolour

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

### **NEW MIDWEEK MASSAGE RETREAT NEW** 6 places £250

**May 16<sup>th</sup> - 18<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.

This retreat runs from Tuesday 10am to Thursday 4pm and includes two full-body massages.

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

### GENTLE YOGA **COURSE FULL** 9 places £225

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

### MEETING WITH TREES **2 PLACES LEFT** - creative writing and art £240

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

We will seek inspiration for creative work among the beautiful trees in Claridge House's garden. We will also explore the trees that flourish within, drawing on myths, stories, our imaginations and memories. Participants may write, make images or explore moving between words and images. No previous experience necessary.

**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**

### TAI CHI RETREAT 11 places £240

**April 25<sup>th</sup> - 27<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, it will leave you refreshed, with a greater understanding of this ancient art. Suitable for all - both 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 4pm Thursday**

**EXPERIMENT WITH LIGHT** 9 places  
£240

**May 5<sup>th</sup> - 7<sup>th</sup>**

In the serenity of Claridge House this retreat offers a meditative practice, based on the early Friends' experience of waiting in the Light, to help us explore the deeper issues of our lives. This can be searching and powerful, leading to fuller understanding and insight into ourselves and our leadings.

*Angela Greenwood, an experienced Experiment with Light practitioner, having been involved in 2 Light groups for over 10 years. Depart 2pm Sunday*

**YOGA RETREAT WEEK** 9 places  
**COURSE FULL** £390

**May 8<sup>th</sup> - 12<sup>th</sup>**

Why travel to Thailand for your Yoga retreat? Simply come to Surrey for a full timetable of posture work, breathing, deep relaxation and meditation. Wonderful vegetarian food will help cleanse and heal your body. All in a peaceful, spiritual setting that will re-energise your mind, body and spirit.

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

**Depart 10am Friday**

**HEALING WITH HERBS** 11 places  
£225

**May 12<sup>th</sup> - 14<sup>th</sup>**

Learn how to use herbs for healing, especially those from garden or hedgerow. Make infusions, tinctures and creams. Try dowsing for herbs and experience healing through meditation on herbs. Suitable for all levels of experience. Optional walk to identify local herbs.

*Anne Brewer, who has been using herbs for healing for more than 40 years.*

**Depart 2pm Sunday**

**HAPPINESS BREAKTHROUGH** 11 places  
**- a mindful journey** **NEW** £240

**May 19<sup>th</sup> - 21<sup>st</sup>**

This weekend will be an opportunity for us to connect deeper with ourselves and with the world around. We will use the practice of mindfulness to explore its power for healing, transformation and nourishment. There will be creative, fun and interactive mindfulness exercises as well as time for meditation and deep relaxation.

*Lotus Nguyen, Mindfulness trainer and coach.*  
**Depart 4pm Sunday**

**THE SPIRIT OF POETRY** 11 places  
**NEW** £225

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

*"A poet's autobiography is his poetry; anything else is just a footnote". - Yevtushenko*

We shall bring along, hear and look at poems that move us. We will share poems we have each written, speaking out for ourselves. We will experience resonance on various levels. We may find new meaning for ourselves in light of our time together.

*Francis Standish, who has had careers in Education and organisational learning and development. He has been a keen student of English since his teens, has a deep interest in how we speak our truth, and has written poems at significant times throughout his life.*

**Depart 2pm Sunday**

### SUNDAY NIGHT SPECIAL OFFER

After a weekend course why not stay on Sunday night B&B and leave after breakfast on Monday for **£50**

**UNLEASH YOUR VOICE** 11 places  
**NEW** £225

**June 2<sup>nd</sup> - 4<sup>th</sup>**

*"I don't sing because I am happy, I am happy because I sing". - William James*

We will sing songs in a small group from various genres, sing simple harmonies and explore rhythm. You will learn how to connect with others through singing and we will use singing exercises, musical ice breakers, meditation and breathing techniques. The retreat will be both fun and inspiring, boosting your confidence and singing ability in friendly, relaxed surroundings.

*Jill Keating, an inspired vocalist whose mellow, smokey tones have touched the hearts of audiences around the world.* **Depart 2pm Sunday**

**BETTER BREATHING, BETTER BEING with YOGA** 8 places  
£240

**June 23<sup>rd</sup> - 25<sup>th</sup>**

This course is suitable for all those wishing to deepen their understanding and awareness of the healing power of the breath through Yoga. Through talks and practical sessions covering anatomy, mudra, asana, pranayama, meditation and relaxation, we will explore this most fundamental aspect of our being. Yoga beginners and more experienced students welcome.

*Bill and Gill Feeney, experienced Yoga teachers (ex-Yoga for Health Foundation).*

**Depart 4pm Sunday**

For further details please visit our website  
[www.claridgehousequaker.org.uk](http://www.claridgehousequaker.org.uk)

