



Course Programme April to June 2017

Special
Offer!

On a weekend course?
Stay Sunday night for
only £55!

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CLARIDGE HOUSE

Less than one hour away from central London, Claridge House, with its calm, tranquil atmosphere and beautiful two acre garden, offers a beneficial environment to all.

RESIDENTIAL RETREATS

Our residential breaks and retreats for individuals and groups are open to everyone.

COURSES AND LED RETREATS

Our diverse programme of courses, workshops and day retreats with a healing focus are for all to experience.

BED AND BREAKFAST

After spending a night in one of our recently re-furbished en-suite bedrooms, you can enjoy an excellent vegetarian breakfast.

HOUSE HIRE AND GROUP STAYS

Claridge House can be hired by groups or organisations that would benefit from time together.

CLARIDGE HOUSE QUAKER MEETING

9.45 - 10.45 every Sunday morning.
All are welcome.

TERMS AND CONDITIONS

The price of courses, residential retreats and stays includes accommodation, delicious vegetarian meals and WiFi in all bedrooms.

LED DAY RETREATS

Day Retreats. Start **9.30am**, finish **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 5th Silent Day
May 3rd Mindfulness Meditation
June 7th Cultivating Joy and Happiness through Meditation

These monthly Meditation Retreats are led by **Lina Newstead**, a British Wheel of Yoga Diploma Course Tutor.

Celtic Odyssey Creative Writing

April 20th Beltain - Season of Blossoming
June 22nd Summer Solstice - Season of Fulfilment

Part of a series of eight day retreats led by **Penny McFarlane**, published author, yoga teacher, drama therapist, life skills coach and kinesiology practitioner.

These retreats can be attended as stand-alone days or as part of the series of eight days held throughout the year.

NEW TO CLARIDGE HOUSE

We are planning to run midweek retreats which will include the services of a skilled, qualified massage therapist. Stay two nights and receive three massage sessions. Interested? For further details 01342 832 150 or visit www.claridgehousequaker.org.uk

GENTLE YOGA 9 places
for fatigue and stress £225

April 7th - 9th

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 10 places
- creative writing and art £240

April 21st - 23rd

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

SUNDAY NIGHT SPECIAL OFFER

After a weekend course why not stay on Sunday night and leave after breakfast on Monday for **£55**

EXPERIMENT WITH LIGHT 9 places
£240

May 5th - 7th

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 9 places
WEEK £390

May 8th - 12th

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 11 places
HERBS £225

May 12th - 14th

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

HEALING ART 10 places £240

May 19th - 21st

Enjoy a heightened sense of inner peace and wellbeing through drawing. This course is very calming, very creative and is a wonderful way to develop confidence and self-esteem. Discover the secrets used by professional artists and create a work of art far beyond your expectations.

Rosa Tuffney, BA(hons), PG Dip. Professional Artist / Art Therapist. Depart 4pm Sunday

BETTER BREATHING, BETTER 8 places
BEING with YOGA £240

June 23rd - 25th

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.co.uk

