



## Course Programme January to March 2017

Special  
Offer!

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

Dormans Road, Lingfield, Surrey RH7 6QH  
01342 832 150

welcome@claridgehousequaker.org.uk  
www.claridgehousequaker.org.uk  
CIO No. 1167155

### 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-furnished 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

Our Day Retreats run from **9.30 to 5.00**. 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

**January 4<sup>th</sup>** Meditation on Winter  
**February 1<sup>st</sup>** Meditation on the Concept of Time

**March 1<sup>st</sup>** Meditation on Spring

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

### Celtic Odyssey Creative Writing

**February 9<sup>th</sup>** Imbolc - Season of Beginnings  
**March 23<sup>rd</sup>** Spring Equinox - Season of New Growth

Part of a series of eight day retreats led by **Penny McFarlane**, published author, yoga teacher, drama therapist, life skills coach and kinesiologist 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](http://www.claridgehousequaker.org.uk)

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

**January 13<sup>th</sup> - 15<sup>th</sup>**

“In the beginning was the Word.”  
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.

“A poet’s autobiography is his poetry; anything else is just a footnote.” Yevtushenko.

*Francis Standish, has had a long career in learning and development. He has been a student of English since his teens, with a special interest in how we communicate our significant experiences. Depart 2pm Sunday*

**CHINESE BRUSH PAINTING** 11 places  
**- capturing the Spirit** £225

**February 10<sup>th</sup> - 12<sup>th</sup>**

This ancient and beautiful art form originating from China challenges us to create more than a representation of a subject, but to 'capture the spirit' of it. Learn to paint flowers and other traditional subjects with brushstrokes from your heart. Suitable for all levels and beginners are very welcome.

*Julia Martin, Chinese brush painting artist and tutor. Depart 2pm Sunday*

### SUNDAY NIGHT SPECIAL OFFER

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

**ALEXANDER TECHNIQUE** 10 places  
**for beginners and refreshers** £225

**February 17<sup>th</sup> - 19<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*

**RESTORATIVE YOGA** 9 places  
**- Sounds and Shapes for the Soul** £265

**March 3<sup>rd</sup> - 5<sup>th</sup>**

Throughout this relaxing yoga weekend, using a variety of restorative and nurturing practices, including using sound and Yoga Nidra, Nikki will guide and support you along your inward journey to wellbeing.

*Nikki Tuke, regularly runs restorative yoga workshops and has witnessed first-hand the transforming and profound effect that comes from working closely with the breath and the healing, grounding forces of gravity.*

**Depart 2pm Sunday**

**DEEPEN THE CONNECTION** 11 places  
**TO YOUR VOICE** £240

**March 10<sup>th</sup> - 12<sup>th</sup>**

Learn to love your voice and your own unique expression. Connect your singing voice to your inner voice of intuition, wisdom, peace and centredness. We will explore mantras, movement meditation and silence, as well as our ability to sing freely. All welcome, no singing ability required!

*Narayani, Kirtan singer and Voicework Facilitator. Depart 4pm Sunday*

**YOGA RETREAT** 9 places  
**to celebrate the Equinox** £280

**March 17<sup>th</sup> - 19<sup>th</sup>**

The Spring Equinox is a time when the earth is poised in balance of light and dark, and in most cultures marks the beginning of spring. It provides an auspicious opportunity to manifest new wishes into our lives. We will do this using a series of yoga, meditation and visualisation techniques, simultaneously enjoying a weekend of thanksgiving, celebration and friendship.

*Ceri Lee, a professional yoga teacher for 15 years and runs retreats and workshops in the UK and abroad. [www.yoga-light.com](http://www.yoga-light.com)*

**Depart 2pm Sunday**

**APPROACHES TO DRAWING** 10 places  
**WITH CONFIDENCE** £225

**March 31<sup>st</sup> - April 2<sup>nd</sup>**

Everyone can learn to draw with the right teaching. Enjoy seeing the world through artists’ eyes. This course is relaxing, friendly, non-judgemental and encouraging, in a creative atmosphere. We will use mostly charcoal and possibly oil pastels for life drawing, portraiture and still life.

Surprise yourself! Ideal for beginners and intermediates.

*Michelle Baker de Roeck, currently teaches drawing at the University of the Third Age. Depart 2pm Sunday*

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

