



Course Programme April to June 2018

Special
Offer!

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

Dormans Road, Lingfield, Surrey RH7 6QH
01342 832 150 (Monday - Friday 9am - 5pm)
welcome@claridgehousequaker.org.uk
www.claridgehousequaker.org.uk
CIO No. 1167155

FULL-BOARD RESIDENTIAL RETREATS

Full-board midweek personal retreats are now available in the first full calendar week of every month, and may be available at other times. For details please call 01342 832 150 (Monday - Friday 9am - 5pm)

LED DAY RETREATS

Our Day Retreats run from **9.30am to 5.00pm**. The cost includes refreshments and a two-course vegetarian lunch. Please phone 01342 832 150 Monday - Friday 9am - 5pm for further details and to book.

Meditation Retreats £50

Wed. April 4th Being rather than Doing

Thurs. May 10th Contemplation and Mindfulness Meditation

Wed. June 6th Walking Meditation

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

MASSAGE AT CLARIDGE HOUSE

Andrei Illes, a professional massage therapist and teacher with many years' experience, offers individual therapeutic massage at Claridge House. Book online at www.springpalms.co.uk or telephone 01342 832 150 (Mon - Fri, 9am - 5pm)

GENTLE YOGA 9 places £250

April 6th - 8th

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**

YOGA RETREAT WEEK 9 places £420

April 9th - 13th

Why travel far away 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**

SILENT RETREAT 11 places £250

April 13th - 15th

Using Mindfulness meditative techniques, this totally silent retreat offers us an opportunity to be still in the late spring/early summer growth to enhance our experience of newness and wonder.

Anne Simpson, an experienced Course Facilitator and Quaker Healer, will be running this silent retreat. **Depart 2pm Sunday**

MASSAGE RETREAT 6 places £275

April 17th - 19th

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

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

KNITTING TO SOOTHE THE SOUL 8 places £345

April 26th - 29th

Ask any knitter why they're addicted to knitting and they'll say "because it soothes my heart and mind, and it gives me a huge sense of achievement". Bring a new pattern you're itching to begin and we'll also design a light shoulder wrap for summer, incorporating lace and cables.

Hilary Grundy, a lifelong Quaker who promotes knitting as therapy.

Depart 2pm Sunday

SOUL WALKING 6 places £250

April 30th - May 2nd

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, who, after a lifetime of teaching Modern Languages, now leads small walking groups, facilitating inner and outer journeys.

Depart 2pm Wednesday

MASSAGE RETREAT 6 places £275

May 1st - 3rd For details please see April 17th

For more information about courses and tutors, and for additional events, please see our website www.claridgehousequaker.org.uk

Please note: Claridge House reserves the right to cancel any course or event should circumstances dictate and fully refund any associated payments made to the house.

HEART-MINDfulness: awoken your Body's Wisdom 11 places £265

May 11th - 13th

Establish, deepen and expand your mindfulness practice by exploring your body. During this weekend you'll learn to connect with different areas of your body, touching them with loving kindness and tuning into their various rhythms. This learning experience will transform your physical, emotional, mental and spiritual well-being.

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

TAI CHI - the Gift of Health and Wellness 11 places £245

May 22nd - 24th

Do you wish to stay healthy in the years to come and improve your quality of life? Then dare to join this gentle but active retreat, where you'll get to know the secrets of Tai Chi and what makes it so special everywhere. It's for all ages, suitable for inactive or elderly people wishing to gently raise their activity levels. Please bring comfortable clothes.

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

HEDGE SHAMANISM 11 places £265

June 1st - 3rd

A Shamanic weekend working with the stone people. For further details of this course please see our website www.claridgehousequaker.org.uk

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

Depart 4pm Sunday

MASSAGE RETREAT 6 places £275

June 5th - 7th For details please see April 17th

MEDITATION 11 places £265

June 8th - 10th

Meditation is a practice to improve one's quality of life making it flow with ease. In challenging times it can help to build mental resilience and strength to cope with whatever life has to offer. Bring calm and clarity to your life. These practices are taken from Mindfulness, Yoga and Buddhist traditions and are accessible to everyone. Simple mindful movement, deep relaxation, sitting and walking meditation will be practised.

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

Depart 4pm Sunday

CALLIGRAPHY 9 places £265

June 19th - 21st

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 including modern pointed pen scripts.

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 Thursday

GENTLE YOGA 9 places £250

June 22nd - 24th

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