



Course Programme

April
to
June 2019

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

LED DAY RETREATS

Our Day Retreats usually run from **9.30am** to **5.00pm**. The cost of **£50** includes refreshments and a two-course vegetarian lunch. Please phone 01342 832 150 Monday - Friday 9am - 5pm or email welcome@claridgehousequaker.org.uk for further details and to book.

Herbs for Healing £50 10.00am - 4.00pm

Wednesday May 15th A day exploring the health benefits of herbs. We will explore how herbs can help your body, how to make simple herbal remedies, how to find the remedies that will suit you and end with a 'herbal' meditation. Suitable for all levels of experience.

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

Mindfulness Meditation Day £50

9.30am - 5.00pm

Wednesday June 5th Give yourself the gift of a day away from all the stress of everyday life. Mindfulness meditation techniques will be practised, formal sitting and walking meditation, deep relaxation body scan and mindful movement.

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

CHANGE Follow-up £40

Thursday April 11th 9.30am - 5pm

A reunion of the 2018 Change Retreat participants, to reconnect with each other as a supportive group and review what progress they have each made over the past 9 months with their intended changes.

*Led by **Francis Standish**, a facilitator of many Change programmes.*

Deposits

For 2-night courses and residential stays, the deposit is **£95**

For courses and stays of 3 nights or more, the deposit is **£150**

Full-board midweek personal retreats are now available in the first full calendar week of every month, and may be available at other times. A four night retreat starts from 3pm on Monday and ends with breakfast on Friday. For details please call 01342 832 150 Monday - Friday, 9am - 5pm

CALLIGRAPHY

9 places
£285

April 5th - 7th

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, modern pointed pen script, 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 Sunday**

FULL-BOARD PERSONAL RETREAT

April 8th - 12th

12 places

If you feel the need of an escape from the hurly-burly of modern life, come and experience the tranquillity of Claridge House. Our popular full board personal retreat, with delicious vegetarian meals, gives you the chance to relax and unwind in our beautiful Victorian house with its two acres of garden. Claridge House is situated in the beautiful Surrey countryside, close to many attractions, such as Hever Castle, Chartwell, Wakehurst Place, Chiddingstone Castle and Standen, and also the Bluebell Steam Railway.

Nights	Price
1	£115
2	£230
3	£310
4	£415

Save 10%

EASTER FULL BOARD PERSONAL RETREAT 12 places
£310 (deposit £150)

April 19th - 22nd

This is an opportunity for individuals to experience a relaxing Easter weekend in a peaceful, spiritual environment. Those on the retreat will be able to browse the books in our Library, enjoy the available games and puzzles or make use of the art materials provided. Alternatively it could be an opportunity to enjoy the garden, walk in the surrounding Surrey Countryside, visit one or more of the nearby National Trust Properties or experience a trip on the nearby Bluebell Steam railway.

Depart Monday 10am

COMING HOME TO THE VOICE 11 places
£265

April 26th - 28th

Come and find your true voice in a safe and supportive environment, using techniques such as chant, improvisation, meditation, movement and much more! Singing has the potential to dissolve negative emotions, instil inner peace, and help create a greater sense of well-being. No vocal experience needed.

Gavin Frank, who has 19 years' experience working with sound.

Depart 2pm Sunday

YOGA RETREAT WEEK 9 places
£455

April 29th - May 3rd

Everyone knows that Yoga is good for you and here is an opportunity to have lots of practice! The week will offer lots of posture work, breathing, deep relaxation and mindful meditation. Wonderful vegetarian food will help cleanse and heal your body. All in a peaceful setting that will re-energise your body-mind.

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

Depart 10am Friday

FULL-BOARD PERSONAL RETREAT

May 6th - 10th

For details please see April 8th - 12th

SILENT RETREAT 11 places
£265

May 10th - 12th

Using Mindfulness meditative techniques, this totally silent retreat offers us an opportunity to be still in the late spring/early summer growth and experience healing and renewal.

Anne Simpson, an experienced Course Facilitator and Quaker Healer, will be running this silent retreat.

Depart 2pm Sunday

RESTORATIVE YOGA - A Time to Unwind 10 places
£295

May 17th - 19th

In our busy, fast-paced lives, we rarely have time to truly let go, to feel centred and grounded. Using restorative yoga techniques that focus on nurturing and soothing the body mind and spirit, Nikki will guide you on an inward journey from a state of doing to being. Working with breath, gravity, movement and sound, we will explore that balance between holding on and letting go. Namaste.

Nikki Tuke, runs restorative yoga workshops, working closely with the breath and the healing, grounding forces of gravity.

Depart 2pm Sunday

FULL-BOARD PERSONAL RETREAT

May 20th - 24th

For details please see April 8th - 12th

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.

FULL-BOARD PERSONAL RETREAT

June 3rd - 7th

For details please see April 8th - 12th

SINGING IN HARMONY 11 places
£285

June 7th - 9th

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!

Depart 4pm Sunday

Surya Cooper, Natural Voice Practitioner.

YOGA for a PEACEFUL LIFE 10 places
£265

June 21st - 23rd

Over the weekend we'll explore how yoga practices can help calm a busy mind, soothe an agitated nervous system and connect with the ocean of peace which resides within. We will use a combination of simple movements with breath to move energy safely through the body. Nurturing breathing practices to pacify the mind, sound work to soothe the soul, deep relaxation (including yoga nidra) and quiet sitting (meditation) will help us move into stillness. Suitable for those with moderate ME/CFS.

Leah Barnett, has been teaching yoga for over ten years and has lead a number of retreats for those with ME/CFS.

Depart 2pm Sunday

For further details please visit our website
www.claridgehousequaker.org.uk

