



## Course Programme

January  
to  
March 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 includes refreshments and a two-course vegetarian lunch. Please telephone 01342 832 150 Monday - Friday, 9am - 5pm or email welcome@claridgehousequaker.org.uk for further details and to book a place.

#### Mindfulness Meditation Days £50 9.30am - 5pm

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.

Wednesday February 6<sup>th</sup>  
Wednesday March 6<sup>th</sup>

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

### AFTERNOON ART RETREATS

#### Art Retreats £20 2pm - 5pm

A range of watercolour techniques and a variety of styles and approaches of how watercolour can be combined with other water-based mediums. Suitable for all abilities. Sessions can be taken individually.

Thursday January 17<sup>th</sup> Acrylic with Figure,  
Clothing and Animals  
Thursday February 21<sup>st</sup> Inks on Skies  
Thursday March 21<sup>st</sup> Collage on Landscapes

Led by **William de Wilde**, a British painter, illustrator and educator.

#### 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 telephone 01342 832 150 Monday - Friday, 9am - 5pm

### FULL-BOARD PERSONAL RETREAT

#### January 7<sup>th</sup> - 11<sup>th</sup> 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%**

#### TAI CHI - SIX HEALING SOUNDS 11places £265

#### January 18<sup>th</sup> - 20<sup>th</sup>

A way to deal with modern-day stress. Six healing sounds is an ancient energy cultivation practice that is both easy to learn and then perform back at home. It is one of the forms of Chinese Qigong, and the practice involves the co-ordination of gentle static movements and breathing with specific generated sounds, as well as the use of imagery and visualisation. These exercises are aligned to theories of the five elements, intrinsic to traditional Chinese Medicine. It offers an effective way of dealing with modern-day stress. Come and transform your accumulated negative energy, to become full of love and a carrier of well-being. Please bring comfortable clothing.

**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 Sunday**

## FULL-BOARD PERSONAL RETREAT

**January 21<sup>st</sup> - 25<sup>th</sup>**

For details please see January 7<sup>th</sup> - 11<sup>th</sup>

## WELL-BEING RETREAT

**11 places  
£275**

**February 1<sup>st</sup> - 3<sup>rd</sup>**

Do you need to have some real me time? Come on a weekend to enhance your well-being with practices from Yoga and mindfulness meditation. There will be information on how to deal with insomnia and stressful lifestyles. Enjoy the vegetarian food and walks in the local countryside.

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

**Depart 2pm Sunday**

## FULL-BOARD PERSONAL RETREAT

**February 4<sup>th</sup> - 8<sup>th</sup>**

For details please see January 7<sup>th</sup> - 11<sup>th</sup>

## ALEXANDER TECHNIQUE - for Beginners and Improvers

**10 places  
£265**

**February 8<sup>th</sup> - 10<sup>th</sup>**

The Alexander Technique is a learned skill which improves health, balance and co-ordination. It 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**

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.

## YOGA for a PEACEFUL LIFE

**10 places  
£265**

**February 15<sup>th</sup> - 17<sup>th</sup>**

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**

## FULL-BOARD PERSONAL RETREAT

**February 18<sup>th</sup> - 22<sup>nd</sup>**

For details please see January 7<sup>th</sup> - 11<sup>th</sup>

## CHINESE BRUSH PAINTING - Capturing the Spirit

**9 places  
£265**

**March 1<sup>st</sup> - 3<sup>rd</sup>**

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

*Julia Martin, Chinese Brush Painting artist and tutor.*

**Depart 2pm Sunday**

## FULL-BOARD PERSONAL RETREAT

**March 4<sup>th</sup> - 8<sup>th</sup>**

For details please see January 7<sup>th</sup> - 11<sup>th</sup>

## FULL-BOARD PERSONAL RETREAT

**March 18<sup>th</sup> - 22<sup>nd</sup>**

For details please see January 7<sup>th</sup> - 11<sup>th</sup>

## CHANGE

**11 places  
£265**

**March 22<sup>nd</sup> - 24<sup>th</sup>**

For those currently experiencing Change or the need for Change in their lives who want to make a shift. Time out to stand back and look at what is going on and how our own attitudes and habits help or hinder the Change process. An "enriching weekend" of self-reflection, nourishing group process, and applying 'tools' for personal support.

*Francis Standish, has been involved in many change programmes as a facilitator. He likes to explore the potential turning point where the inner and outer worlds meet.*

**Depart 2pm Sunday**

## RETREAT to the HARP

**11 places  
www.keziahthomas@hotmail.com**

**March 29<sup>th</sup> - 31<sup>st</sup>**

A Retreat to the Harp weekend for adult pedal and non-pedal harpists of all abilities. The emphasis is on shared group music making with friendly, encouraging tutors. For further details and to book, contact [www.keziahthomas@hotmail.com](mailto:www.keziahthomas@hotmail.com) (Claridge House cannot take bookings directly for this course)

*The weekend is hosted by Keziah Thomas, alongside guest tutors Alexander Rider and Anna Dunwoodie.*

**Depart 2pm Sunday**

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

