



Course Programme

July to September 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 usually 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.

Art Retreat £25 9.45am - 1pm

Thurs. July 19th Plein Air Watercolour (refreshments included)

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

Meditation Retreat £50 9.30am - 5pm

Wed. Sept. 5th Meditation on Impermanence (Not suitable for beginners)

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. For more information and to book: - Book online at www.springpalms.co.uk or telephone 01342 832 150 (Monday - Friday, 9am - 5pm)

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.

MASSAGE RETREAT

**6 places
£275**

July 3rd - 5th

Experience the aura of energy enfolding you after every massage. You'll leave feeling balanced, pampered and body educated. Mind and body interlink - optimise one and you'll address the other as healing massages offer calm and happiness. The retreat runs from Tuesday 10am to Thursday 4pm and includes two full-body massages. Please bring dressing gown/slippers.

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

VAJRASATI YOGA and MEDITATION

**10 places
£265**

July 13th - 15th

Gentle traditional yoga suitable for all levels, focusing on using the breath to deepen and extend the body, mind and spirit. Working meditatively, listening to our bodies and breath, using our inner resources to develop postures only as the body allows. This style of yoga is suitable for all ages and experience levels, including beginners.

Rosie Waters, a Yoga Alliance 500hr accredited teacher, with classes and meditation groups in Sussex and yoga holidays abroad for 9 years.

Depart 4pm Sunday

TAI CHI - Meditation in Motion

**11places
£245**

July 17th - 19th

Most diseases are triggered by high stress, poor nutrition, lifestyle choices, a lack of exercise and are largely preventable. Take responsibility for your health and wellbeing with Tai Chi, improving your chronic problems through gentle exercise. Your health is worth it! All ages and physical abilities welcome. 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**

CHANGE 11 places
£230

July 20th - 22nd

A reflective retreat for those currently experiencing Change or the need for Change in their lives. Also for those interested in how they deal with this. How much is Change a natural process? Does it have a cultural dimension too? "Change is loss." Is it also gain? Does Change contain light and shadow?

Francis Standish, has been involved in many Change programmes as a facilitator. He holds an ongoing curiosity for the interface between personal change and social transition.

Depart 2pm Sunday

ALEXANDER TECHNIQUE 10 places
- For Beginners and Improvers £250

July 27th - 29th

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

KNITTING 8 places
- Soothes the Soul £345

August 13th - 16th

Are you looking for time away in the calm and safe environment that Claridge House offers, with knitting as a bonus and meeting up with fellow knitters? You may have mastered many techniques, but has anyone truly appreciated your skill? To take your skills to the next level, this is the course for you. For all abilities.

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

Depart 10am Thursday

MASSAGE RETREAT 6 places
£275

September 4th - 6th

Experience the aura of energy enfolding you after every massage. You'll leave feeling balanced, pampered and body educated. Mind and body interlink - optimise one and you'll address the other, as healing massages offer calm and happiness. The retreat runs from Tuesday 10am to Thursday 4pm and includes two full-body massages. Please bring dressing gown/slippers.

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

QUAKER SPIRITUAL 10 places
HEALERS TRAINING £395

September 10th - 14th

Training in practical healing for those interested in becoming a Quaker Spiritual Healer, exploring healing potential in a supportive atmosphere. Experience is unnecessary, however, applicants should be sympathetic to Quaker values and be attending a Meeting regularly. Completion of the course is the first step towards a healing qualification and does not itself lead to full membership.

Depart 10am Friday

Kay Horsfield and Cherry Simpkin, QSH tutors.

TAI CHI Weekend 11 places
- Regain your Balance £250

September 14th - 16th

With age comes loss of balance, particularly among the frail. Reverse this with training and practice in tranquil spaces (indoors and outdoors) and healthy detoxing meals. Increase your strength with the gentle art of Tai Chi, transferring this to your daily life. All ages and physical abilities welcome. 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 Sunday

CREATIVE WRITING 11 places
- The Wonder of Seed £260

September 21st - 23rd

Oak trees tucked up inside acorns - these and other seeds provide wonder and inspiration for this weekend, provoking new creative, written work. We will observe different seeds and explore how they offer a way of talking about our inner potential and growth, aided by myths, our imaginations and memories.

Rebecca Hubbard, an experienced writing tutor with a deep connection to gardens and nature, author of The Garden of Shadow and Delight.

Depart 2pm Sunday

CHINESE BRUSH PAINTING 9 places
- Autumn Colour £245

September 25th - 27th

Follow in the footsteps of China's ancient scholar painters and be enchanted by Autumn Colours. Learn to paint beautiful subjects with joy and peace in your heart. Suitable for all, beginners are especially welcome and if you have more experience come and share this with us.

Julia Martin, Chinese Brush Painting artist and tutor.

Depart 2pm Thursday

WELL-BEING 11 places
RETREAT £285

September 28th - 30th

Experience activities that will boost your immune system and endorphins! Yoga, meditation, deep relaxation, sound and more!

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

Depart 2pm Sunday

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

