



Course Programme

October

to

December 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 of **£50** includes refreshments and a two-course vegetarian lunch. Please phone 01342 832 150 Monday - Friday 9am - 5pm for further details and to book.

Poetry Retreats £35

Wed. October 17th and Wed. November 14th
Poetry from the Heart

Led by **Charlotte Standish**, a poet and writer who is fascinated by words.

Art Retreat 9.45 - 5.00pm £50

Thurs. October 18th Acrylic Adventure

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

Meditation Retreat £50

Thurs. December 6th Meditation on Going Within
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 (Monday - Friday, 9am - 5pm)

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

ADVANCED KNITTING

8 places
£355

October 4th - 7th

At this time of year, we're thinking of Christmas. The theme of this week-end will be seasonal knitting. After the last long, cold winter, you can never have enough hats, scarves, and mittens. Time to design and knit the Christmas stockings. This course is for advanced knitters.

Hilary Grundy, a lifelong Quaker who promotes knitting as therapy. **Depart 2pm Sunday**

YOGA AND THE BREATH

10 places
£285

October 12th - 14th

Enjoy a weekend devoted to yoga practice, learning how to harness the breath and connect with the subtle body for a more profound experience. Learn about the mechanics of breathing and employ conscious intention as a gateway for connecting with the subtle body throughout the regular asana (posture) practice. The specialised breathing techniques will help to harmonize the flow of energy within the body for a more peaceful state of mind. **Depart 2pm Sunday**

Ceri Lee, has taught yoga professionally for 17 years, and runs local classes, retreats and workshops in the UK and abroad. www.yoga-light.com

TAI CHI

11 places
£245

- Meditation in Motion

October 16th - 18th

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 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 Thursday**

YOGA RETREAT WEEK 9 places £440

October 22nd - 26th

Bring a skilful attention to your Yoga practice that will move it into a different dimension. The postures, breathing practices and deep relaxation techniques will be practised with hand mudras (gestures), mantras (positive affirmations) and meditation in both Yogic and Buddhist traditions.

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

Depart 10am Friday

HEDGE SHAMANISM - Drums and Rattles 11 places £285

October 26th - 28th

Experiential workshop using safe cross-cultural shamanism to help move us towards becoming whole. We will each make and birth our own rattle and use shamanic drums, journeying and fire ceremony. Suitable for beginners, but the materials on working with the drum and rattle will be new to Claridge House.

Sarah Fox, a Quaker and Shamanic Practitioner who has run Shamanic retreats in Glastonbury, Stonehenge and Portugal. **Depart 4pm Sunday**

YOGA - A Gentle Journey through the Koshas 10 places £285

November 2nd - 4th

Nurturing Nourishing Yoga for Inner Peace

This calming weekend of gentle yoga will take you on a journey from easing and stretching the outermost, physical layer of ourselves, all the way through to working on freeing, and connecting to, the more subtle energies within the body. Using this yogic theme of the Koshas (our 5 layers of being) Nikki will guide you to a place of inner well-being.

Nikki Tuke, runs restorative yoga workshops, working closely with the breath and the healing, grounding forces of gravity. **Depart 2pm Sunday**

THE HEALING POWER OF VOCAL SOUND 11 places £275

November 9th - 11th

The natural vibrations of our voices can unlock the fine energies of the chakras and re-vitalise the organs of the body. Applied therapeutically, the voice is the perfect instrument for tuning the energy centres, purifying our psychology, removing stress and gaining heightened awareness. These practices are forms of sound Yoga and vocal homeopathy.

James D'Angelo, author of The Healing Power of the Human Voice and Seed Sounds for Tuning the Chakras. **Depart 4pm Sunday**

YOGA for a PEACEFUL LIFE 10 places £260

November 23rd - 25th

Over the weekend we'll explore how the 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**

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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.

MIXED ACTIVITY WEEK 12 places £525 (deposit £100)

December 3rd - 7th

A four-night full board residential retreat, to relax before a busy Christmas. Included are optional activities such as Yoga, Tai Chi, guided walks, poetry, and a chance to join a Meditation Day workshop for only £20.

All activities will be undertaken by our experienced tutors. **Depart 10am Friday**

CHRISTMAS BREAK 12 places £615 (deposit £100)

December 23rd - 27th

Enjoy a quiet Christmas, away from the normal pressures. Relax, go for walks or play games. Gather for our daily Quiet Times. Come together to share favourite music, poetry and writings.

Depart 10am Thursday

NEW YEAR RETREAT - a Feminine Approach 11 places £550 (deposit £100)

December 29th - January 2nd

Women only

A very different way to spend New Year, with a look at what you want from 2019, including ways to be resilient to the vagaries of life and approaches to the path ahead. Practices will include mindfulness, meditations, yoga, discussion, journaling, collage and positive thinking. With a spirit of enquiry and lightness, each session stands alone, however you can sample, allowing time for reflection. Everyone will be offered a short focusing session with the tutor.

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

Depart 10am Wednesday

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