

FULL-BOARD PERSONAL RETREAT

August 5th - 9th

For details please see July 1st - 5th

EXPLORATIONS

11 places
£ 230

August 30th - September 1st

"Live the questions . . . learn to love the questions themselves . . ." (Rilke)

An enquiry into Spiritual Philosophy to help your spiritual development. We will explore personal questions which arise at particular stages of our lives, using texts from spiritual philosophers, poetry, the personal wisdom we have gained through our own life experience and the collective wisdom of the group.

Francis Standish, who has an enduring interest in how the wisdom from meaningful experience is expressed through the beauty of language.

Depart 2pm Sunday

QUAKER SPIRITUAL HEALERS TRAINING

10 places
£460

September 2nd - 6th

Training in practical healing for those interested in becoming a Quaker Spiritual Healer, enabling exploration of healing potential in a safe, supportive atmosphere. Experience unnecessary, only a desire to help. Applicants should be sympathetic to Quaker values and attending a Quaker meeting regularly. Completion of the course is the first step towards a healing qualification and does not itself lead to full membership.

Cherry Simpkin, QSH Tutor.

Depart 10am Friday

SPECIAL OFFER

If you are attending a course, why not have **one** extra night bed and breakfast either before OR after the course for **£50** - subject to vacancies. (Bed and breakfast only. Sorry, no lunch before a course, or supper after a course, can be provided).

FULL-BOARD PERSONAL RETREAT

September 16th - 20th

For details please see July 1st - 5th

CHINESE BRUSH PAINTING

9 places
£265

- China's Rural Life

September 20th - 22nd

Based on the ancient Chinese village of Xidi, a UNESCO World Heritage Site.

We will paint a simple village landscape, Ancestral temple, offerings of flowers and fruits, and scenes of everyday life - which continues today as it always has in the past.

Julia Martin, Chinese Brush Painting artist and tutor.

Depart 2pm Sunday

WELL-BEING RETREAT

11 places
£275

September 27th - 29th

Would you like to come away to have time to spend on enhancing your wellbeing? The practices of simple Yoga movements, mindfulness meditation along with using the natural voice will bring enormous benefits to mind and body. Organic-based vegetarian food will nurture the body and walks in nature will clear the mind.

Lina Newstead, a very experienced tutor who specialises in therapeutic Yoga and health both in mind and body. Yoga for healthy Backs, Mindfulness Now, and British Wheel of Yoga Senior Tutor.

Depart 2pm Sunday

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



Course Programme

July
to

September 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
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