

FULL-BOARD PERSONAL RETREAT

November 4th - 8th

For details please see October 7th - 11th

**TAI CHI - SIX SOUNDS
for HEALING** **11 places
£265**

November 8th - 10th

An ancient contemplative and energy cultivation practice, easy to learn and perform. Coordination of slow movements and breathing with specific sounds and the use of imagery and visualisation. An effective way of dealing with stress. Short talks, demonstration and practice in a magnificent place with a charismatic tutor.

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

November 18th - 22nd

For details please see October 7th - 11th

**ALEXANDER TECHNIQUE
- for beginners and refreshers** **10 places
£265**

November 22nd - 24th

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**

FULL-BOARD PERSONAL RETREAT

December 2nd - 6th

For details please see October 7th - 11th

**Heart-MINDFULNESS for Healing
Happiness and Well-being** **11 places
£285**

December 6th - 8th

Discover a new heart-mindfulness approach that will release blockages and eliminate stagnation on your journey towards happiness. You will learn how to harness your inner and outer energies to increase your vitality. This weekend's hands-on experience will help to transform your physical, emotional, mental and spiritual well-being.

Lotus Nguyen, Mindfulness trainer and coach. **Depart 4pm Sunday**

CHRISTMAS BREAK **12 places
£615 (deposit £150)**

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 Friday

NEW YEAR RETREAT **11 places
£550 (deposit £150)**

December 30th - January 3rd **Women only**

See the New Year through different eyes! Try a meaningful way to start the year ahead with different practices to guide you to know your inner and outer paths in the months to come. A variety of approaches will be offered to help you reveal your personal vision. Practices will include mindfulness, meditations, simple yoga, discussion, journaling, creativity and more. Each person will be offered a short focussing session with the tutor.

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 10am Friday**



Course Programme

October

to

December 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. For further details and to book, please phone 01342 832 150 Monday - Friday 9am - 5pm or email welcome@claridgehousequaker.org.uk

Mindfulness Meditation Days **£50** **9.30am - 5.00pm**

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 October 9th

Thursday November 7th

Wednesday December 4th

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

PERSONAL RETREATS

Full-board midweek personal breaks or retreats are available from one to four nights. A four-night retreat starts from 3pm on Monday and finishes with breakfast on Friday.

For dates and availability please see the programme or telephone 01342 832 150 Monday - Friday, 9am - 5pm

Bed and Breakfast accommodation is also available from £65.

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 PERSONAL RETREAT

October 7th - 11th

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.

1 night - £115 **2 nights - £230**

3 nights - £310 **4 nights - £415 Save 10%**

YOGA RETREAT WEEK

9 places

£455 (deposit £150)

October 21st - 25th

This retreat is a perfect gift for yourself. Put away devices and get back in touch with the real you. Enjoy postures, breathing, deep relaxation and mindful meditation to bring you back to yourself. Allow your body and mind to come into balance.

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 10am Friday**

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.

THE HEALING POWER OF VOCAL SOUND

11 places

£285

October 25th - 27th

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

£265

November 1st - 3rd

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**

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).