



Course Programme January to March 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 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.

Meditation Retreats £50

Thurs. January 11th Looking to the Year Ahead
Wed. February 7th Pranica Body Meditation
Thurs. March 8th Meditation and Creativity

Led by *Lina Newstead*, Diploma Course Tutor.

Quaker Day £70

Sat. 27th January A Day for Reflection

Woodbrooke on the Road - Vibrancy Project day led by **Gill Pennington**, Woodbrooke's Ministry Programmes Co-ordinator and Spirituality Tutor.

MASSAGE RETREAT 6 places £275

January 9th - 11th

When you hurt yourself, you instinctively use your hands to rub the affected area; Massage is an extension of this technique. Andrei's soothing massages will relax you in both mind and body. At the end of the Massage Retreat you will leave the comfort of Claridge House relaxed, refreshed, longing to return.

The retreat runs from Tuesday 10am to Thursday 4pm and includes two full-body massages.

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

NEW YEAR INTENTIONS AND MINDFULNESS 9 places www.yogawithdivya.co.uk

January 19th - 21st

Enter the new year with sacred time, quiet space and the offering of guidance to tune in to what your needs and desires are for the year ahead. Through yoga, meditation, journaling, ritual, and a cacao ceremony, create a sense of positive collective energy, as well as having the opportunity to hone in and really see what your individuality is calling for. For details and to book see www.yogawithdivya.co.uk

Divya Kohli, a senior level qualified Hatha Yoga and meditation teacher influenced by the Insight Meditation tradition. **Depart 4pm Sunday**

TAI CHI - the Gift of Health and Wellness 11 places £245

January 23rd - 25th

Do you wish to stay healthy in the years to come and improve your quality of life? Then dare to join this gentle but active retreat, where you'll get to know the secrets of Tai Chi and what makes it so special everywhere. It's for all ages, suitable for inactive or elderly people wishing to gently raise their activity levels. 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**

ALEXANDER TECHNIQUE 10 places - for beginners and refreshers £250

February 2nd - 4th

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

MASSAGE RETREAT 6 places
£275

February 6th - 8th Please see January 9th for details.

WELLBEING RETREAT 11 places
£275

February 16th - 18th

Do you need to have a digital detox? Come and enjoy 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. Massage may be available at an extra cost.

Lina Newstead, a 'British Wheel of Yoga' Diploma Course Tutor who runs private classes, meditation retreat weekends and longer Yoga courses.
Depart 4pm Sunday

CHINESE BRUSH PAINTING 9 places
- capturing the Spirit £250
February 23rd - 25th

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

Julia Martin, Chinese brush painting artist and tutor.
Depart 2pm Sunday

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

The price of courses includes tuition, accommodation and vegetarian meals

RESTORATIVE YOGA 9 places
£285

March 2nd - 4th

Throughout this relaxing yoga weekend, using a variety of restorative and nurturing practices, including using sound and Yoga Nidra, Nikki will guide and support you along your inward journey to wellbeing.

Nikki Tuke, runs restorative yoga workshops, witnessing profound, transforming effects coming from working with the breath and the healing forces of gravity.
Depart 2pm Sunday

MASSAGE RETREAT 6 places
£275

March 6th - 8th Please see January 9th for details.

TAI CHI - the Gift of Health and Wellness 11 places
£245

March 13th - 15th

Do you wish to stay healthy in the years to come and improve your quality of life? Then dare to join this gentle but active retreat, where you'll get to know the secrets of Tai Chi and what makes it so special everywhere. It's for all ages, suitable for inactive or elderly people wishing to gently raise their activity levels. 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

FOCUSING WITH QUAKERS 10 places
£250

March 16th - 18th

This weekend will introduce Focusing, an approach to self-care and healing, accessing personal truth, and deepening spiritual experience used by many Quakers. Through pausing, going within, paying attention to the felt senses in our bodies, and offering compassion to whatever we find, we can grow in awareness, self-acceptance, and peace.

Madeleine Kay and *Carol-Ann Hooper*, both of whom are Quakers and qualified Focusing practitioners.
Depart 2pm Sunday

THE SPIRIT OF POETRY 6 places
£210

March 20th - 22nd

"In the beginning was the Word."

We shall bring along, hear and look at poems that move us. We will share poems we have each written, speaking out for our inner selves. We will experience resonance on various levels. As shared themes emerge, we will write to express our personal poetic responses. We may find new meaning for ourselves in light of our time together.

"A poet's autobiography is his poetry; anything else is just a footnote." Yevtushenko

Francis Standish, a facilitator of wide experience, who has a deep interest in language and how we use it in various social contexts. He writes poems himself as an essential form of creative exploration and self-expression.
Depart 2pm Thursday

YOGA 9 places
- to celebrate the Equinox £285

March 23rd - 25th

The Spring Equinox is a time when the earth is poised in balance of dark and light, providing an auspicious opportunity to consciously leave behind the binds of the past, and step into the present moment with wisdom and joy. Ceri will guide you through the weekend with a series of yoga, meditation and visualisation techniques, to help restore balance in body and mind, whilst cultivating a positive approach to living.

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