

HEALTH & PERSONAL WELL-BEING

WOMENS SELF DEFENCE – A PERSONAL SAFETY COURSE FOR ALL WOMEN

10am – 3pm

8HAPP2A Fee £29 per day
(includes coffee & lunch only)

Saturday 15th November (028)
Introduction

Saturday 14th March (030)
Follow on day

Or
Saturday 31st January and
Sunday 1st February (linked days)
(029) Fee £58

The aim of the course is to equip women with the skills and confidence to live a life that is not limited by fear. The course is open to all women. No previous skill or ability is required. The tutor will work from your strengths through a range of physical and non-physical methods. The course is beneficial and very good fun!

Tutor Jane Binnion

Please note a Twilight Course from 6pm – 9pm on Monday 6th October (027) is also offered in this subject.
Fee £16.50

RESIDENTIAL YOGA RETREAT

Friday – Sunday 9th – 11th January

8HANP2B013 Fee £148

This yoga retreat at Alston Hall provides a great opportunity to work with two experienced British Wheel of Yoga teachers. Through them you will utilise various yoga techniques to embrace asana, pranayama and meditation. You will have the opportunity to attend sessions lead by both teachers. A chance to step out of the normal routine to recharge, refresh and renew.

*Tutors Stephen Emmett
& Helen Cresswell*



RESIDENTIAL T'AI CHI

Friday – Sunday 23rd – 25th January

8HAPP2B018 Fee £148

This course will provide an opportunity to explore various aspects of T'ai Chi to a greater depth. Instruction will be on an individual basis or in small groups. This means that both beginners and returning students may be accommodated and discover or extend their knowledge of this fascinating subject, in a relaxing supportive environment.

Tutor Anne Wells

RESIDENTIAL JAPANESE REIKI – THE HEALING TOUCH – USUI LEVEL 1

8ADPP2B £148 per course

Friday – Sunday

31st October – 2nd November (000)
Or 6th – 8th February (002)

Reiki is a simple, natural and safe method for stress reduction that promotes healing. It is a skill that everyone can learn. Reiki energy is administered through your hands to yourself. Reiki works in conjunction with other therapeutic techniques to relieve side effects and promote recovery. As Reiki treats the whole person, body, emotions, mind and spirit, you will experience a sense of wellbeing through its use.

Tutor Erica Heaps

RESIDENTIAL KARUNA® REIKI

Wednesday – Friday

28th – 30th January

8ADPP2B001 Fee £153

Karuna® is a Sanskrit word meaning compassionate action. It is the motivating quality of all enlightened beings that are working to end suffering on earth. The Karuna® Reiki system is the next logical step in progressive healing for all Reiki initiates of Level III or above, who are seriously working for the light. (Student numbers limited to 8). Each learner will need to purchase a manual to study this course £20.

Tutor Erica Heaps

RESIDENTIAL

DOWSING FOR EARTH ENERGIES & GEOPATHIC STRESS

Friday – Sunday 20th – 22nd March
8BANP2B008 Fee £148

Would you like to be able to enhance the quality and health of your relationship with your environment? This course provides a wonderful opportunity to learn how to locate earth energies and sacred sites through dowsing. You will also gain an understanding of how to find the sources of geopathic stress, which can contribute to an unhealthy living space.

Tutor Richard West

RESIDENTIAL

JAPANESE REIKI – USUI LEVEL II

Friday – Sunday 27th – 29th March
8ADPP2B003 Fee £148

This course is a progression from Level 1, and introduces sacred symbols for use in a variety of ways to enhance your Reiki flow. You will learn how to send distant/absent healing, as well as give contact healing to others.

Tutor Erica Heaps

RESIDENTIAL

ALEXANDER TECHNIQUE

Friday – Sunday 3rd – 5th April
8HANP2B014 Fee £148

You will learn how to use the Technique to change yourself and to let go of what is unhelpful for you. This is a challenge that may excite you, or perhaps worry you a little, but why not come along and try for yourself. As you learn to change you will discover more about yourself, what your body is telling you and how to respond.

Tutor Roma Marquet

RESIDENTIAL

THE SEVEN KEYS OF EMPOWERMENT

Wednesday – Friday 22nd – 24th April
8ADPP2B015 Fee £148
(Starts with tea at 4pm)

The Seven Keys of Empowerment is a process of self enquiry that can unlock the doors into new consciousness where self realisation may be discovered. Through practising such eastern disciplines awaken your self realisation and experience total peace of mind and a complete sense of joy in everyday life. No prior knowledge or experience needed.

Tutor Janet Kay Mayor

AROMATHERAPY FACIALS

Saturday 15th November 10am – 4pm
8ADNP2A004 Fee £36

Learn how to use and make your own Aromatherapy treatments for relaxation, therapeutic benefits and skin care. There will also be a practical session where you will learn how to perform an aromatherapy facial with exquisite fragrant oils and learn how to create individual blends.

Tutor Elaine Jones

INDIAN HEAD MASSAGE FOR ALL

Sunday 1st March 10am – 4pm
8ADNP2A005 Fee £36

Learn how to perform an Indian head massage. This simple and effective form of therapy has been practised for the past 1,000 years. Both women in India and men in Mediterranean countries are practitioners of Indian head massage. You will learn about the benefits of this treatment and practise the movements to enjoy a relaxing experience.

Tutor Elaine Jones



HEALTH & PERSONAL WELL-BEING

BELLY DANCE FOR BEGINNERS

Friday 14th November 10am – 1pm

8JAPP2A000 Fee £24
(includes coffee from 9.30am and lunch at 1pm)

A course for beginners providing the opportunity to learn the basic moves and techniques of Middle Eastern dance or as most people know it Bellydance. A simple dance choreography to Egyptian pop music will be taught.

*Tutor **Anne Kingston***

A DAY OF BELLY DANCE

Friday 27th February 10am – 4pm

8JAPP2A001 Fee £36

Students will learn basic and intermediate moves, learn and perform a simple dance choreography and learn about the history and culture of the dance. The course will be mostly practical with some theory. Students should either be new to Middle Eastern belly dance or with less than one year's experience. No previous dance experience is required, although reasonable fitness is necessary.

*Tutor **Anne Kingston***



CRYSTALS – An Introduction

Sunday 8th March 10am – 4pm

8ADPP2A006 Fee £36

This course for beginners will introduce you to some of the popular crystals and their therapeutic properties. Learn how to choose, cleanse and charge a crystal. Programme a crystal and learn about the charka system. Crystals will be provided for use on the course and also to purchase.

*Tutor **Janet Scott***

EMOTIONAL FREEDOM TECHNIQUE FOR WEIGHT LOSS

Saturday 24th January 10am – 3pm

8ADPP2A009 Fee £29
(Fee includes coffee and lunch only)

Improve your self-control, free yourself from your emotional ties – in this case your ties to food – forever! Emotional Freedom Technique is often referred to as Acupuncture without needles – Tap instead! You will learn how you can remove your unhealthy associations with food to create balanced eating habits. The course is an interactive workshop which will include demonstrations and practising the technique with other course participants.

*Tutor **Janet Broughton***

COLOUR THERAPY – FOR HEALING, THE HOME, THE WORKPLACE AND CLOTHING

Saturday 28th February 10am – 3pm

8GEPP2A001 Fee £29
(Fee includes coffee and lunch only)

The aim of the course is to identify your colour personality and introduce you to the ways in which colour affects and can enhance our lives. Colour affects mood, therefore its use in healing, clothing, home decoration and work-place decoration and uniform, influences the mood you wish to create. The course is an interactive workshop.

*Tutor **Janet Broughton***

EMOTIONAL FREEDOM TECHNIQUE FOR GENERAL WELL-BEING

Tuesday 31st March 11am – 4pm

8ADPP2A010 Fee £31

You will learn the technique for personal use to enable you to remove negative beliefs, fears and phobias, freeing you from the emotions that are the barriers to living the life you want. The course is an interactive workshop which will include demonstrations and practicing the technique with other course participants.

*Tutor **Janet Broughton***

AN INTRODUCTION TO SHAMANIC PRACTICE

Saturday 28th March 10am – 4pm

8ADPP2A012 Fee £36

Indigenous cultures worldwide, practice Shamanism. These ancient techniques have been used to achieve and maintain health and well-being for thousands of years. In this course we will explore some of the fundamental principles of Shamanism and consider their relevance to life in our high speed, technological society. Learning will take place with a mix of theoretical explanation and involvement in reflective activities. No previous knowledge is required.

Tutor Dr. Margaret Walton

AN INTRODUCTION TO MEDITATION AND INTERNAL IMAGERY

Sunday 29th March 10am – 4pm

8ADPP2A013 Fee £36

The aim of the course is to provide experiential involvement in guided meditation and internal imagery. Learners will practice the skills of meditation and use the senses to make personal connections with the meditative processes. Individual, paired and small group activities will be used to explore and share individual experiences. Anyone wishing to develop skills in meditative processes is welcome. No previous experience necessary.

Tutor Dr. Margaret Walton

INTRODUCTION TO MASSAGE

Sunday 10am – 3pm

8ADPP2A Fee £29 per day
(Fee includes coffee and lunch only)

Give yourself a day of massage and learn a useful skill at the same time. Learn how to massage in a safe and confident way. You need to bring a partner or friend as you will be working in pairs. The day will include learning to massage legs, back, neck and shoulders, through observation and hands on experience with your partner.

15th March (007) or

26th April (008)

Tutor Paul Wrathall

NUTRITION

10am – 4pm

8AEPP2A Fee £37 per day

Through this introduction to better nutrition and a healthier approach to everyday food you can learn how to adapt everyday recipes to make them healthier. The day will be mainly theory based but the tutor will also demonstrate several recipes. No previous knowledge is needed.

Thursday 15th January (000) or

Tuesday 28th April (001)

Tutor Pat Tagg

YOUR VERY GOOD HEALTH

11am – 4pm

8HAPP2A Fee £31 per day

The aim of the course is to help people across the age range to lead a healthier life. They will learn all about the components of a healthy life, including exercise, diet and nutrition advice, relaxation exercises, bio-mechanical advice, life planning and fun.

Thursday 13th November (015) or

Sunday 1st February (016)

Tutor Dougie Tobutt

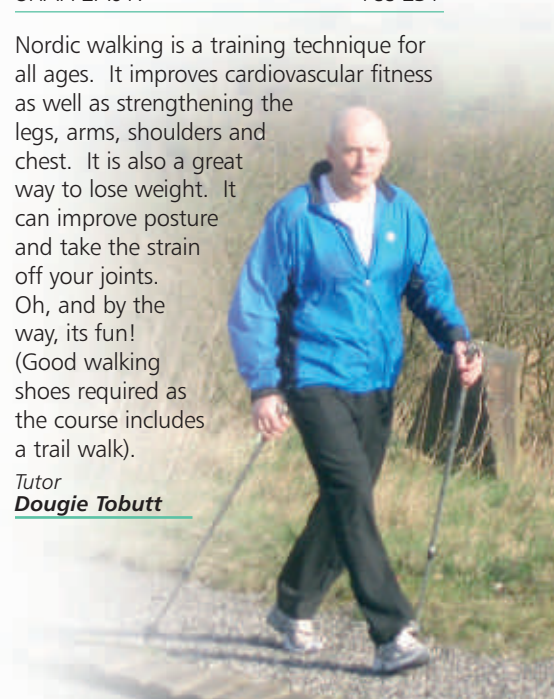
GET FIT THE NORDIC WAY

Thursday 26th March 11am – 4pm

8HAPP2A017 Fee £31

Nordic walking is a training technique for all ages. It improves cardiovascular fitness as well as strengthening the legs, arms, shoulders and chest. It is also a great way to lose weight. It can improve posture and take the strain off your joints. Oh, and by the way, its fun! (Good walking shoes required as the course includes a trail walk).

Tutor Dougie Tobutt



HEALTH & PERSONAL WELL-BEING

PILATES TO RESTORE THE SPINE

Sunday 2nd November 10am – 3pm

8HAPP2A023 Fee £29
(Fee includes coffee and lunch only)

Back pain can reduce your enjoyment of normal life. The course will introduce you to the Pilates method with particular reference to back pain and function. The gentle exercise sessions will take account of individual needs, stretching and mobilising the spine and its supporting muscles. No prior experience is required. All equipment will be provided just wear clothing suitable for exercise.

Tutor Steven Wright

PILATES FOR GOLF

Sunday 1st February 10am – 3pm

8HAPP2A024 Fee £29
(Fee includes coffee and lunch only)

The course will allow you to experience the Pilates Method during a mainly practical session. The importance of posture, balance and core strength in golf will be explained. Exercises specific to each student's particular needs will be demonstrated and practised. No prior experience is necessary. All equipment will be provided. Please wear clothing suitable for exercise.

Tutor Steven Wright

PILATES TO MAXIMISE YOUR POTENTIAL IN GOLF

Sunday 22nd March 10am – 3pm

8HAPP2A025 Fee £29
(Fee includes coffee and lunch only)

The aim of the course is to build upon the previous courses to maximise your potential golfing performance. The session will be a practical one, based on individual needs, showing students the exercises that can be done on a daily or weekly basis to improve performance on the tee. All equipment will be provided. Please wear suitable clothes for exercise.

Tutor Steven Wright

FOUNDATION COURSE IN DOWSING

Saturday & Sunday

10th and 11th January 10am – 4pm

8BANP2A000 Fee £72
(Fee covers both linked days)

The aim of the course is to give students a good understanding of dowsing, including philosophy, applications, ethics and personal protection. This course is recognised and approved by the British Society of Dowsters.

Tutor David Dixon

(See also Dowsing for Earth Energies & Geopathic Stress residential course
20th - 22nd March)

T'AI CHI

Saturdays 11am – 4pm

8HAPP2A Fee £31 per day

These courses will provide an introduction to T'ai Chi for beginners, plus an opportunity to progress through the forms for returning students. T'ai Chi is accessible to all ages and abilities and different levels can be accommodated as tuition is on a one-to-one basis or in small groups. The emphasis is on health and relaxation.

29th November (022)

14th February (019)

21st March (020)

25th April (021)

Tutor Anne Wells

YOGA – EXPANDING YOUR POSSIBILITIES

11am – 4pm

8HANP2A Fee £31 per day

These yoga days can be attended individually or as a group and are designed for learners with some previous experience of yoga. Students will practice a wide range of asanas, pranayama, meditation and relaxation techniques. Each person will be encouraged to practice with mindful and growing awareness of their own possibilities.

Saturday 29th (003) or
Sunday 30th November (004)

Working with awareness

Saturday 24th (005) or
Sunday 25th January (006)

Expanding the boundaries

Saturday 28th February (007) or
Sunday 1st March (008)

Exploring the possibilities

Saturday 28th (009) or
Sunday 29th March (010)

The Breath is your Guide

Saturday 25th (011) or
Sunday 26th April (012)

The Road to Meditation

Tutor **Stephen Emmett**

LIVING YOGA

Mondays 11am – 4pm

8HAPP2A Fee £31 per day

Discover how postures can improve balance, strength and suppleness. Find out how you can become calm or revitalised using breath-work. Practice meditation to feel your mind focus quietly. Learn about patanjali and philosophy, about mudras and charkas. We will include preparation and precautions, working through attainable stages for all in a relaxed supportive way. Enjoy a day of energy and harmony.

17th November (000)

16th February (001)

16th March (002)

Tutor **Helen Cresswell**
