

# HEALTH & WELL-BEING

## JAPANESE REIKI – USUI LEVEL III

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**Wednesday – Friday**      **13th – 15th May**  
8ADNP2B200      Fee £168

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The course provides a follow-up to USUI Level II, and takes you to a higher level of awareness where you can access the Usui master symbol for purposes of healing. You will also be introduced to crystal healing with Reiki, learning how to construct a crystal healing grid.

Tutor **Erica Heaps**

(See Autumn/Winter 08/9 brochure for Reiki I, 6th – 8th February, 2009 & Reiki II, 27th – 29th March, 2009)

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## JAPANESE REIKI – THE HEALING TOUCH – USUI LEVEL I

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**Friday – Sunday**  
**12th – 14th June**      8ADNP2B201  
or **11th – 13th September**      9ADNP2B000

Fee £168 per course

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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, experience a sense of well-being through its use.

Tutor **Erica Heaps**

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## T'AI CHI

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**Friday – Saturday**      **24th – 25th July**  
8HANP2B200      Fee £90  
(Starts with tea at 4pm)

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This course will provide an introduction to T'ai Chi for beginners, with an opportunity to progress through the forms for returning students. Various aspects of T'ai Chi will be explored to a greater depth. Instruction will be on an individual basis or in small groups. The emphasis will be on health and relaxation.

Tutor **Anne Wells**

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## YOGA FOR INNER HEALTH AND WEALTH

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**Saturday – Sunday**      **8th – 9th August**  
9HANP2B001      Fee £102  
(Starts with coffee at 10.30am)

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This course is based on Satyananda yoga practices. The aim is to inspire and enrich your life using these wonderful practices. Some prior experience in any form of yoga is preferable but not essential; it is more important to come with an open mind and a readiness to smile and share.

Tutor **Suzanne Ward**

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## THE SEVEN KEYS OF EMPOWERMENT

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**Sunday – Tuesday      4th – 6th October**

9ADNP2B002

Fee £168

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During this course you will be led through a process of self enquiry which will empower you to differentiate between the emotions, senses and feelings and to recognise their correlation with the mind, soul and spirit. The goal will be to experience the peace of mind and contentment that this empowerment brings which may then be carried into your everyday life. No previous experience necessary.

Tutor **Janet Kay Mayor**

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## KARUNA® REIKI

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**Friday – Sunday      16th – 18th October**

9ADNP2B001

Fee £202

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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. (Enhanced fee includes £22 - non-refundable fee for manual and reflects small group size of 8)

Tutor **Erica Heaps**

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## ALEXANDER TECHNIQUE - INTRODUCTION

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**Saturday 5th September      10am – 3pm**

9HANP2A005

Fee £33

(Fee includes coffee and lunch only)

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Stuck in a rut? Same old things going on? Come and have some fun learning the Alexander Technique – stand taller, be more flexible in your body and your mind. The day will be practical, enjoyable and will include work with other participants.

Tutor **Roma Marquet**

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## AROMATHERAPY FACIALS

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**Sunday 10th May      10am – 3pm**

8ADNP2A200

Fee £33

(Fee includes coffee and lunch only)

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Learn how to use aromatherapy for relaxation, therapeutic benefits and skin care treatments, including learning how to make your own. There will 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**

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## BELLY DANCE FOR BEGINNERS

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**Friday 5th June** 10am – 1pm

8JANP2A202 Fee £28  
(includes coffee from 9.30am and lunch at 1pm)

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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 learned.

Tutor **Anne Kingston**

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## A DAY OF BELLY DANCE

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**Friday 11th September** 10am – 4pm

9JANP2A001 Fee £40.50

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Students will learn basic and intermediate moves, master and perform a simple dance choreography and learn about the history and culture of the dance on this course which is 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**

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## CRYSTALS – AN INTRODUCTION

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**Wednesday 19th August** 10am – 4pm

9ADNP2A002 Fee £40.50

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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 and learn about the chakra system. Crystals will be provided to use on the course and also to purchase.

Tutor **Janet Scott**

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## EFT FOR GENERAL WELL-BEING

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**Saturday 12th September** 10am – 4pm

9ADNP2A000 Fee £40.50

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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**

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## SHAMANIC PRACTICES FOR MODERN LIVING

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**Saturday 26th and  
Sunday 27th September** 10am – 4pm

9ADNP2A003 Fee £81

(Fee covers both linked days)

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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. These ancient techniques have been used to provide support and to maintain health and well-being for thousands of years. Learning will involve a mix of theory and practical activities. No previous knowledge is required.

Tutor **Dr. Margaret Walton**

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## INDIAN HEAD MASSAGE FOR ALL

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**Sunday 2nd August**                      **10am – 3pm**

9ADNP2A001                                      Fee £33  
(Fee includes coffee and lunch only)

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Learn how to perform an Indian Head Massage. This simple and effective form of therapy has been practised for the past 1,000 years. 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**

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## EXERPOLES

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**Thursday 18th June**                      **10am – 1pm**

8HANP2A209                                      Fee £28  
(Fee includes coffee and lunch only)

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Exerpoles is new and is being hailed as the best exercise known to man (or woman)! Whether you want an aid for walking or want to improve your marathon times exerpoles are suitable for all levels of fitness and incorporate exercising, walking or running with poles.

Tutor **Dougie Tobutt**

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## FIT FOR LIFE (WITHOUT THE GYM)

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**Sunday 13th September**                      **11am – 4pm**

9HANP2A006                                      Fee £35.50

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Whatever your level of fitness this is the course for you. From the age of 30 we lose 10% of our flexibility and strength every 10 years but by following a routine of exercises you can help keep the ageing process at bay. The course incorporates the 3 main components of fitness: stamina, strength and suppleness and as the course includes some outdoor activity you should bring suitable outdoor clothing.

Tutor **Dougie Tobutt**

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## WILD FOOD AND FORAGING DAY

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**Monday 18th May**                                      **10am – 4pm**

8CJNP2A201                                      Fee £40.50

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This course offers both a theoretical and practical look at the fascinating world of wild food. You will spend time in the classroom learning about important wild foods and poisonous look-alikes, followed by an outdoor forage for edible leaves, shoots and spring-time mushrooms. Finally we will have an opportunity to cook up our finds in various ways and to then sample the delights of wild food.

Tutor **Jespar Launder**

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## HERB GATHERING AND MEDICINE MAKING DAY

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**Monday 6th July** 10am – 4pm  
8ADNP2A201 Fee £40.50

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This course opens up the world of native plant medicine and offers an opportunity to work with nature's medicinal treasure chest. A brief classroom introduction is followed by an extensive herb identification walk where we will collect a sample of medicinal herbs. The afternoon session will be spent making a variety of herbal preparations in class, including tinctures, syrups, creams and ointments.



Tutor **Jespar Launder**

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## MASSAGE FOR THE ACTIVE

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**Sunday** 10am – 3pm

Fee £33 per day, per person  
(Fee includes coffee and lunch only)

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This course is ideal for walkers, golfers, gardeners and anyone who is physically active and will enable you to prepare for physical activity through massage and basic stretching. The techniques covered will also prove useful for individuals suffering stress. You need to bring a partner or friend as you will be working in pairs.

**6th September** 9ADNP2A004

**4th October** 9ADNP2A005

Tutor **Paul Wrathall**

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## PILATES TO STRENGTHEN THE SPINE

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**Sunday 17th May** 10am – 3pm  
8HANP2A212 Fee £33  
(Fee includes coffee and lunch only)

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Weakness in the spine and core muscle groups can lead to pain and immobility reducing your enjoyment of normal life. This practical Pilates session will introduce you to the exercises which will help reduce pain and improve mobility. The gentle exercise sessions will take account of individual needs. No prior experience of Pilates is required and all equipment will be provided – please wear clothing suitable for exercise.

Tutor **Steven Wright**

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## PILATES FOR HORSE RIDERS

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**Sunday 26th July** 10am – 3pm  
8HANP2A213 Fee £33  
(Fee includes coffee and lunch only)

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Horse riding requires core strength and balance to perform well without the potential for injury. Pilates exercises are ideally suited to improve the muscles used for balance and posture. This practical session improves awareness of the posture to give a controlled but fluid riding style with reduced effort.

Tutor **Steven Wright**

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## PILATES FOR THE GOLFER'S BACK

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**Sunday 27th September** 10am – 3pm  
9HANP2A009 Fee £33  
(Fee includes coffee and lunch only)

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Weakness in the spine and core muscle groups can lead to back pain when playing golf. This practical Pilates session targets your core muscles improving swing flexibility and stability in the spine. Assessment of your personal postural imbalance will allow you to play golf better and for longer.

Tutor **Steven Wright**

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## WOMEN'S SELF DEFENCE

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**Saturday 9th May** 10am – 3pm

8HANP2A200 Fee £33  
(Fee includes coffee and lunch only)

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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 and no previous skill or ability is required. The tutor will work from your strengths through a range of physical and non-physical methods.

Tutor **Jane Binnion**

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## INTRODUCTION TO SHIATSU

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**Saturday** 10am – 3pm

Fee £33 per day  
(Fee includes coffee and lunch only)

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Shiatsu is a hands on healing system, originally from Japan. It is a holistic therapy which can help a wide range of conditions. It uses techniques to balance and unblock energy, including passive assisted stretches, work on acupressure points and along energy pathways known as meridians.

**4th April** 8ADNP2A202  
**Introduction**

This course will include demonstrations, some partner work and an introduction to the principles of Shiatsu.

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**16th May** 8ADNP2A203  
**Neck and Shoulders**

In this course you will learn exercises to relax your own neck and shoulders and a sequence of Shiatsu massage and acupressure which you can use on others.

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**6th June** 8ADNP2A204  
**Relax your Back**

Learn exercises to relax your own back and a sequence of Shiatsu massage and acupressure which you can use on others. (Suitable for complete beginners and those with some experience)

Tutor **Jude Pereles**

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## T'AI CHI

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**Saturdays** 11am – 4pm

Fee £35.50

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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 different levels can be accommodated, as tuition is on a 1to1 basis, or in small groups. The emphasis is on health and relaxation.

**16th May** 8HANP2A210

**6th June** 8HANP2A211

**19th September** 9HANP2A007

**17th October** 9HANP2A008

Tutor **Anne Wells**

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## LIVING YOGA

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**Fridays** 10am – 3pm

Fee £33 per course  
(Fee includes coffee and lunch only)

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Discover how postures can improve balance, strength and suppleness. Find out how you can become calm or revitalised using breathwork. 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.

**5th June** 8HANP2A201

**17th July** 8HANP2A202

**2nd October** 9HANP2A000

Tutor **Helen Cresswell**

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## YOGA

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**11am – 4pm**

Fee £35.50 per day

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This series of yoga days can be attended separately or as a series. It is preferable that students have some previous experience of yoga. Students will practice a wide range of postures, breathing, meditation and relaxation techniques in a caring and supportive environment in which each student will be encouraged to work to their own boundaries free from intensity and expectation.

**Saturday 16th May** 8HANP2A203 or  
**Sunday 17th May** 8HANP2A204  
Release and be Free

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**Saturday 20th June** 8HANP2A205 or  
**Sunday 21st June** 8HANP2A206  
Expand the Breath

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**Saturday 4th July** 8HANP2A207  
Expand in Asanas

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**Saturday 5th September** 9HANP2A001 or  
**Sunday 6th September** 9HANP2A002  
Pranayama in Postures

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**Saturday 17th October** 9HANP2A003 or  
**Sunday 18th October** 9HANP2A004  
Concentration and Meditation

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Tutor **Stephen Emmett**

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