

Glenthorne

Guest House and Conference Centre

2022



Programme of Special Interest Holidays & Courses

Visit our website for additional information: www.glenthorne.org

The Rainbow

My heart leaps up when I behold

A rainbow in the sky:

So was it when my life began;

So is it now I am a man;

So be it when I shall grow old,

Or let me die!

The Child is father of the Man;

I could wish my days to be

Bound each to each by natural piety.

by William Wordsworth
Written 1802 in Grasmere

2022 PROGRAMME

11 th – 13 th February	<i>Modern Day Mystics</i>	James McCarthy
18 th – 20 th February	<i>Transformative Adaptation</i>	Rupert Read
14 th – 18 th March	<i>Patchwork for Fun</i>	Gillian Waddilove
28 th March – 1 st April	<i>Creative Writing</i>	Tony Rossiter
25 th – 29 th April	<i>Boot, Boat & Goat</i>	T Winterton & G Ogilvie
23 rd – 27 th May	<i>Walking Holiday</i>	Robin Hargreave
30 th May – 3 rd June	<i>Circle Dancing</i>	Anne-Lise Kryger
6 th – 10 th June	<i>Walking with the Alexander Technique</i>	Hilary Cook
10 th – 12 th June	<i>Métta Meditation</i>	Adam Dacey
13 th – 17 th June	<i>Music as Spiritual Nourishment</i>	John & Diana Lampen
17 th – 19 th June	<i>Tai Chi & Chi Kung Silk Reeling</i>	Kim Noy-Man Jackson
20 th – 24 th June	<i>Exploring T.S. Eliot's Four Quartets</i>	Barbara Windle
27 th June – 1 st July	<i>Creative Spiritual Poetry</i>	Freya Blyth
15 th – 17 th July	<i>A Concise History of the Quaker Way</i>	Ben Pink Dandelion
25 th – 29 th July	<i>Painting & Sketching in the Lakes</i>	Sue Ford
8 th – 12 th August	<i>Creative Textiles</i>	Jenni Simmons
12 th – 14 th August	<i>Exploring Quaker Botanists</i>	Letta Jones
15 th – 19 th August	<i>Dru Yoga</i>	Julia Slater
19 th – 21 st August	<i>Kingdom of God & the Quaker Testimony</i>	Janet Scott
22 nd – 26 th August	<i>Painting & Sketching in the Lakes</i>	Sue Ford
26 th – 28 th August	<i>Living in the Mystery</i>	Jan Arriens
29 th Aug – 2 nd September	<i>Circle Dancing</i>	Anne-Lise Kryger
9 th – 11 th September	<i>The Truth of our Life: the Quaker Vision</i>	Rex Ambler
12 th – 16 th September	<i>Encounters in the Natural World</i>	T Winterton & M Calvert
16 th – 18 th September	<i>Art History in the Lake District</i>	Roy Love
19 th – 23 rd September	<i>Finding Peace</i>	Leah Barnett
23 rd – 25 th September	<i>Know Thyself</i>	Roswitha Jarman
26 th – 30 th September	<i>Harmony in Voice and Spirit</i>	Meri Goad
30 th Sept – 2 nd October	<i>Tai Chi & Chi Kung Silk Reeling</i>	Kim Noy-Man Jackson
3 rd – 7 th October	<i>Boot, Boat & Goat</i>	T Winterton & G Ogilvie
7 th – 9 th October	<i>Himalayan Meditation</i>	Adam Dacey
10 th - 14 th October	<i>Before, During and After</i>	Rhonda Riachi
14 th – 16 th October	<i>Seen & Unseen</i>	Peter Jarman
17 th – 21 st October	<i>What has Wordsworth to Offer us Today?</i>	Barbara Windle
24 th – 28 th October	<i>Circle Dancing</i>	Anne-Lise Kryger
28 th – 31 st October	<i>Painting & Sketching in the Lakes</i>	Sue Ford

Modern Day Mystics	12 places	£205
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Persons under 35 qualify for £100 reduction

Friday 11th – Sunday 13th February

Led by James McCarthy

Mysticism - the conscious exploration of the landscape of the soul - has taken a new direction in modern times, encompassing an outer as well as an inner journey. This course looks at our inner search for silence and peace, and its implications for our life in the world. Guiding us will be those who have experienced and held the balance between stillness and action: Monica Furlong, Damaris Parker-Rhodes, Adam Curle and Dorothy Soelle. We will hear about these thinkers and find space to share our own interests and experiences. James is a Quaker who has also explored silence in the Buddhist tradition. He is an experienced facilitator helping groups navigate the interface between inner experiences and outer change. His booklet *Listening as a Quaker Practice* is published by the Kindlers.

Adaptation and Deep Adaptation to the Climate and Extinction

Emergencies - as a Spiritual Practice	25+ places	£220
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Persons under 35 qualify for £100 reduction

Friday 18th – Sunday 20th February

Led by Rupert Read

The sixth mass extinction and the climate crisis are too far advanced for us to be able to prevent or entirely mitigate them. We need now to accept that our way of life will be changed forever. We need to adapt to the new brutal reality of the changed Earth. Such adaptation is partly material, partly spiritual. It includes grief-work, a major change in values and what we hope for. It includes a new humility. This course focuses uncompromisingly on spiritual adaptation to the reality of our present and future. Rupert Read works closely with environmental scientists in eco-philosophy, at the University of East Anglia. His publications include his popular book, *Philosophy for Life: Applying Philosophy in Politics and Culture*. He features in the new Green House think-tank book: *Facing up to Climate Reality*. In June 2018, he triggered a BBC policy shift which ended the presenting of climate change deniers' views as a counterbalance to scientific standpoints. He is also a spokesperson for Extinction Rebellion and has been a Quaker for many years.

Patchwork for Fun	9 places	£380
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Monday 14th – Friday 18th March

Led by Gillian Waddilove

Patchwork and quilting, by hand or machine, is a fun way of making useful or decorative items. The group works co-operatively, suggesting projects to share and bringing their own projects to 'show and tell' and perhaps get completed. There is plenty of experience to guide anyone who hasn't tried this before. This course is for people who like to sew, piecing fabrics and making quilts, bags or clothes in a friendly atmosphere, sharing expertise and fellowship.

Course starts 5.00pm Monday and finishes 12.30pm Friday.

Creative Writing	12 places	£465
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Monday 28th March - Friday 1st April

Led by Tony Rossiter

Whether you are a beginner or a more experienced writer, this flexible course will inspire you. With discussion, syndicate workshops and individual writing, you'll be able to ask questions, share experience and explore and develop your own specific writing interests. There will be tips on effective writing and the opportunity to put these into practice, for example in writing magazine articles. We'll also look at what we can learn from the styles and techniques of some well-known authors. A former diplomat, Tony is a member of the Society of Authors, and has written several non-fiction books, including *How to Write Like a Bestselling Author* (2017). Course begins 5.00pm Monday and finishes 12.30pm Friday.

Boot, Boat and Goat	14 places	£485
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Monday 25th - Friday 29th April

Led by Terry Winterton and Grace Ogilvie

Visiting various parts of the Lake District by minibus, this holiday is suitable for those, both able and less able, who would welcome the companionship of a small group. There will be short, gentle walks and a cruise on the lake every day. We visit a Quaker Meeting House and old churches along the way. Stout footwear and suitable clothing will be required. All excursion costs included. Course finishes Friday with breakfast.

Walking Holiday	12 places	£450
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Monday 23rd - Friday 27th May

Led by Robin Hargreave

A holiday of walks local to Glenthorne. We will include Easedale Tarn, Alcock Tarn, Elterwater and Rydal Water. A good level of fitness is required as occasionally some of the sections will be steep and fairly strenuous. We will not be doing any high-level walking but we will be rewarded with climbs that give stunning views across the lakes and surrounding mountains. Please bring wet weather footwear and waterproof clothing. We hope for good weather but plan for the worst! Course finishes Friday with breakfast.

Circle Dancing	17 places	£425
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Monday 30th May - Friday 3rd June

Led by Anne-Lise Kryger

This course welcomes people with experience as well as newcomers to circle dancing. It is an inclusive form of community dancing where no partners are required.

The dances we do are drawn from many countries and cultures. They are always walked through before dancing. We dance for our pleasure and enjoyment in a supportive group with no pressure to 'get every step right'. The pace of the dances varies from lively to meditative and leaves participants with a sense of belonging, joy and inner peace. The afternoons will be free to explore the delights of our surroundings. Begins Monday 5.00pm and finishes 12.30pm Friday.

Walking with the Alexander Technique	12 places	£460
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Monday 6th - Friday 10th June

Led by Hilary Cook

Join Hilary in the beautiful scenery of the Lake District to explore walking with the Alexander Technique. We will look at our skeleton through anatomy and movement discovering a more accurate map of ourselves. In addition, we will look at the principles of the Alexander Technique in a practical, fun and experiential way helping you improve your posture, de-stress, ease back ache as well as move with less effort and tension. We will apply the Alexander Technique in the lovely gardens at Glenthorne as well as short low-level walks in the local area. Afternoons are free for you to explore the surrounding area (possibly putting into practice what you have learned). Bring your walking shoes, waterproofs and a small rucksack and walking poles (if you have them), plus a mat and some thin paperback books. Course begins 5.30pm Monday, finishes 12.30 pm Friday.

Métta Meditation	15 places	£255
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Friday 10th – Sunday 12th June

Led by Adam Dacey

Love is what nourishes our potential to be happy, builds and strengthens our relationships and brings happiness and peace to our world. This one mind can solve all problems and difficulties in our life. If we are influenced by it as often as possible we will find the quality of our existence improving regardless of the condition of our material life. On this weekend we explore how to meditate on the precious mind. The retreat is based on Adams new book *Métta Meditation* which is available online. Adam is a former

Buddhist monk and the founder of Mindspace and Meditation in schools. He has been teaching Mindfulness since 1994, beginning at a Tibetan monastery in the Himalayas. Course finishes Sunday 12.00pm.

Music as Spiritual Nourishment	12 places	£450
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Monday 13th – Friday 17th June

Led by John & Diana Lampen

This course will have the character of a retreat, listening to inspiring music in a context of silence and worship. There will also be opportunities to share our thoughts and responses to what we hear. Each day will have a theme: peace and tranquillity; sadness and grief; courage; joy; and spiritual depth. Diana and John worked for peace in Northern Ireland from 1983 to 1994. Since then they have been involved in development and healing work and supported local peace groups in several post conflict situations. Diana is a qualified yoga teacher and John is author of *Mending Hurts, the Peace Kit for Teenagers, Peaceful Inside* (for 5-7 yr olds) and books on Quaker history. Course finishes Friday with breakfast.

Tai-Chi & Chi Kung Silk Reeling	15 places	£250
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Friday 17th - Sunday 19th June

Led by Kim Noy-Man Jackson

We will introduce the practice through exercise, meditations and the teaching of the theoretical and philosophical aspects of Tai-Chi and Chi Kung Silk Reeling. Most of the sessions are practical, with body and mind exercises, in beautiful surroundings. Please bring suitable clothing and shoes for indoors and outdoors. The retreat will suit novices and skilled students from all disciplines and abilities. Kim is a Quaker and has had a passion for practising and teaching the art of Tai-Chi and Chi Kung Silk Reeling for 30 years. Course begins 5.00pm Friday, finishes 1.00pm Sunday.

T S Eliot – Exploring the Four Quartets	12 places	£415
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Monday 20th – Friday 24th June

Led by Barbara Windle

“I said to my soul be still.” In *Exploring the Four Quartets* we will discover together what this poetry says to each of us; open discussion will encourage all to contribute actively, whether new to Eliot or steeped in the Quartets. While there is introductory material and opportunities to develop our awareness of Eliot’s wider work and background, the focus throughout is on getting to know the Quartets in depth, seeing them individually and as a whole. Barbara, a York Quaker, spent much of her career opening up literature to pre-university teenagers. Since retirement she has continued exploring some of her favourite poets with adults for the sheer joy of it. Finishes Friday 12.00pm.

Creative Spiritual Poetry	12 places	£425
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Persons under 35 qualify for £100 reduction

Monday 27th June – Friday 1st July

Led by Freya Blyth

Inspired by the same surroundings as Dorothy and William Wordsworth, Coleridge and more, we will explore our own creative poetry skills through a spiritual lens. We will have workshops and poem sharing of what we have written through the day with a supportive and explorative way. There will also be afternoons off to explore and find inspiration in nature. All existing levels and spiritual backgrounds welcome. Freya is a writer and librarian. She has an MA in creative writing and has completed the *Woodbrooke Equipping for Ministry* course. She has taught spiritual writing for many years and is passionate about helping others. Course begins 6.00pm Monday and finishes at 12.00pm Friday.

A Concise History of the Quaker Way

14 places

£250

Persons under 35 qualify for £100 reduction

Friday 15th – Sunday 17th July

Led by Ben Pink Dandelion

This course offers an overview of the history of the Quaker way, from its dramatic beginnings to its current place in the spectrum of spiritual options. We will cover four centuries of Quaker adaptation and change in order to better understand our tradition and the choices we have made as Friends along the way. The weekend is based on a series of talks but with plenty of time for questions and discussion, all in the beautiful Lake District setting. Ben is a well-known Quaker writer and teacher. He has worked at Woodbrooke for 25 years and gave the Swarthmoor lecture *Open to Transformation*.

Course finishes Sunday 1.00pm.

Painting & Sketching in the Lakes

12 places

£455

Monday 25th – Friday 29th July

Led by Sue Ford

An exciting week painting and sketching in the Lakes using mixed media, pen and wash, acrylic and pastel. Depending on the weather we will be working on local sights. There will be daily demonstrations and exercises. Sue has 17 years of teaching experience, exhibiting at many exhibitions in the UK and at the Mall Galleries in London. Sue runs weekly classes near her home in North Yorkshire and has guided popular courses at Glenthorne for many years. Course starts on Monday with a demonstration at 4.00 pm and finishes at 10.00am Friday.

Creative Textiles – Fun with Fabric

10 places

£465

Monday 8th – Friday 12th August

Led by Jenni Simmons

A practical course of informal workshops which will include rug making, hand spinning, weaving on a peg loom and quilting with recycled fabrics. Materials and equipment are provided. Jenni is a textile worker and teaches handcrafts. Course starts 5.30pm Monday and finishes 1.00pm Friday.

Exploring Quaker Botanists

12 places

£270

Friday 12th – Sunday 14th August

Led by Letta Jones

The Botanists Panel displayed at the Quaker Tapestry Museum in Kendal, highlights key people and plants in the story of Quaker Botanists from the 17th to 20th centuries. By exploring the life and times of some of these botanists and nurserymen, we will assess their contribution and legacy to the wider world of garden and horticultural history. A closer look at the plants reveals their connections with this fascinating aspect of Quaker tradition. If you are interested in plants, people and history, then this is a weekend for you.

Course finishes Sunday 12.30pm.

Dru Yoga – Stillness in Motion

12 places

£460

Monday 15th – Friday 19th August

Led by Julia Slater

A graceful style of yoga for all shoe sizes! There will be strengthening exercises for postural muscles, helping to stabilise and balance the spine. There will also be free time for walking, socialising and peace and quiet. Julia is a qualified yoga teacher, aromatherapist and reflexologist. Treatments will be on offer for an additional cost. We will gather together before the evening meal on Monday to meet and greet. There will be yoga sessions on Tuesday, Wednesday and Thursday. Course finishes Friday after breakfast.

The Kingdom of God and the Quaker Testimony	12 places	£220
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Persons under 35 qualify for £100 reduction

Friday 19th- Sunday 21st August

Led by Janet Scott

Jesus came to proclaim the Kingdom of God in word and deed. We look at what he meant by the Kingdom and at how this underpins the Quaker Testimony. Janet taught religious studies in the University of Cambridge. She is a trustee of Churches Together in England and gave the Swarthmoor Lecture *What Canst Thou Say*. Course finishes Sunday 12.30 pm.

Painting & Sketching in the Lakes	12 places	£460
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Monday 22nd – Friday 26th August

Led by Sue Ford

An exciting week painting and sketching in the Lakes using mixed media, pen and wash, acrylic and pastel. Depending on the weather we will be working on local sights. There will be daily demonstrations and exercises. Sue has 17 years teaching experience, exhibiting at many exhibitions in the UK and at the Mall Galleries in London. Sue runs weekly classes near her home in North Yorkshire and has guided popular courses at Glenthorne for many years. Course starts on Monday with a demonstration at 4.00 pm and finishes at 10.00am Friday.

Living in the Mystery	12 places	£220
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Persons under 35 qualify for £100 reduction

Friday 26th – Sunday 28th August

Led by Jan Arriens

An exploration of the place of mysticism in the Quaker tradition, from the early days of Quakerism through to the present time. A particular focus is the life and work of the American Quaker Rufus Jones and the subsequent rise of liberal Quakerism. The weekend is also an opportunity to explore and share our personal experiences of mysticism and its relevance for us today in this rational and scientific world. What does it mean to lead one's life as an act of meditation? Jan came to Quakerism in the mid-1980s, shortly before founding the charity LifeLines, whose members correspond with prisoners on death row in the US. He is the author of two volumes of all-age stories, *Journeys in the Light* and *Seeking the Source*. Course finishes 1.00pm Friday.

Circle Dancing	15 places	£425
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Monday 29th August – Friday 2nd September

Led by Anne-Lise Kryger

This course welcomes people with experience as well as newcomers to circle dancing. It is an inclusive form of community dancing where no partners are required.

The dances we do are drawn from many countries and cultures. They are always walked through before dancing. We dance for our pleasure and enjoyment in a supportive group with no pressure to 'get every step right'. The pace of the dances varies from lively to meditative and leaves participants with a sense of belonging, joy and inner peace. The afternoons will be free to explore the delights of our surroundings. Begins 5.00pm Monday and finishes 12.30pm Friday.

The Truth of Our Life: The Quaker Vision	12 places	£220
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Persons under 35 qualify for £100 reduction

Friday 9th – Sunday 11th September

Led by Rex Ambler

The Truth that our situation requires these days is neither a general truth about God and the world, passed on by religious authority, nor a truth about the world that has been established by science. It is a truth that we are able to discern for ourselves and confirm in our own experience. The early Quakers discovered by experiment that truth can be experienced directly and personally in such a way that it can serve as a basis for our life. It is a truth about ourselves and the world we live in, as distinct from the world described

objectively by Science. We shall learn about this experiment and how we can apply it today. We will be sharing the approach from Rex's upcoming book *The Truth of Our Lives - The Quaker Vision*. Rex was a lecturer in theology at Birmingham University for over thirty years and he now works mostly with Quakers, giving talks and workshops on Quaker Faith and Practice. He is the author of many books including *The Quaker Way*, *Light to Live by* and *Truth of the Heart*.

Encountering the Divine in Nature	14 places	£450
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Monday 12th – Friday 16th September

Led by Terry Winterton & Margaret Calvert

We will share our experience of stillness and nature, exploring ways of going deeper together. In the mornings there will be mindful short walks in atmospheric and beautiful parts of the Lake District (via minibus), meditations and time for reflection and also fun! There will be opportunities for individual spiritual accompaniment and free time for artwork, craft or journaling in the afternoons each day. Terry is the Quaker Friend in Residence at Glenthorne and a registered counsellor. Margaret is an experienced facilitator with many years' experience accompanying people dealing with change. Course finishes Friday 12.00pm.

Art History in the Lake District	12 places	£220
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Friday 16th – Sunday 18th September

Led by Roy Love

The Lake District and its nearby environment has not only attracted painters over the years but also art collectors, critics and designers. This short course will visit three major venues: Sizergh Castle (NT) near Kendal, dating from the 14th Century; Brantwood, 19th century, home of John Ruskin, near Conistown and Blackwell, near Bowness, a substantial Arts and Crafts house designed by Hugh Baille-Scott in 1901. All have gardens. The evening programme includes a look at landscape painting. Roy is an economist with an interest in art markets and museum finance, backed by academic studies of art history and its theories. Course finishes 12.30pm Sunday.

Finding Peace through Yoga	13 places	£470
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Monday 19th – Friday 23rd September

Led by Leah Barnett

The course will aim to show participants how yoga practices can be used to connect with and dwell in the inner realm of peacefulness. We will use a combination of movements with breath practices, chanting (singing Sanskrit words), deep relaxation and meditation to access this space and take time to really savour how it feels. All practices are optional and each student is encouraged to work at their own pace. Leah has been teaching Yoga for over 15 years. Her focus is on allowing space for students to feel into their bodies so they can fully experience each practice from the inside. Her influences include BKS Iyengar, Vanda Scaravelli, Donna Farhi, Adhyashanti, Eckhart Tolle, Penne Chodron and Tara Brach.

Know Thyself	12 places	£220
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Persons under 35 qualify for £100 reduction

Friday 23rd – Sunday 25th September

Led by Roswitha Jarman

Carl Gustav Jung spoke of *Individuation* as an essential part of our growth and wrote that it is impossible to have real relationships without individuation. He also held that: individuation is essentially a spiritual journey. What does that mean for us in our life? Has our sense of self changed as we have grown in years? We will explore the personal self and its connection to the universal self. We will let ourselves be inspired by CG Jung, Ken Wilber, Thich Nhat Hanh and Martin Buber. Roswitha joined the Society of Friends nearly 60 years ago. She is inspired by early Friends and the mystics of all faiths and times. She has been a member of the Quaker Retreat Group and has led many workshops and retreats in many places and countries. Much of her work has been as a teacher, a counsellor, a workshop leader and as a peace activist. She is married with three children and grand children. Course finishes 12.30pm.

Harmony in Voice and Spirit	12 places	£415
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Monday 26th – Friday 30th September

Led by Meri Goad

This invigorating break welcomes all voices that love to sing! Join us to let go of everyday concerns, learn new songs, explore the local area and to relax into singing simple harmonies as well as enjoying guided meditations or taking time out. No need to be able to read music and previous singing experience is not necessary. Songs include unaccompanied rounds and simple part songs from a range of traditions and cultures. Meri has been leading two small community choirs for ten years. She is a vibrant and energetic teacher who can help anyone who thinks they can't sing to find their voice. Course starts Monday 5.30pm and finishes Friday 12.30pm.

Tai-Chi & Chi Kung Silk Reeling	15 places	£245
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Friday 30th September - Sunday 2nd October

Led by Kim Noy-Man Jackson

We will introduce the practice through exercise, meditations and the teaching of the theoretical and philosophical aspects of Tai-Chi and Chi Kung Silk Reeling. Most of the sessions are practical, with body and mind exercises, indoors and outdoors in beautiful surroundings. Please bring suitable clothing and shoes for indoors and outdoors. The retreat will suit novices and skilled students from all disciplines and abilities. Kim is a Quaker and has had a passion for practising and teaching the art of Tai-Chi and Chi Kung Silk Reeling for 30 years. Course begins 5.00pm Friday, finishes 1.00pm Sunday.

Boot, Boat and Goat	14 places	£485
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Monday 3rd – Friday 7th October

Led by Terry Winterton and Grace Ogilvie

Visiting various parts of the Lake District by minibus, this holiday is suitable for those, both able and less able, who would welcome the companionship of a small group. There will be short, gentle walks and a cruise on the lake every day. We visit a Quaker Meeting House and old churches along the way. Stout footwear and suitable clothing will be required. All excursion costs included. Course finishes Friday with breakfast.

Himalayan Meditation	15 places	£250
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Friday 7th – Sunday 9th October

Led by Adam Dacey

Inspired by the vastness of the king of mountain ranges we journey into the world of the mind. We will be guided skilfully so we can experience the vastness and peace which is always present in our mind world. Reflecting on lines such as 'my body is like a mountain; my breath is like the wind and my mind is like the sky,' to guide and inspire us through this inspirational weekend. Adam is a former Buddhist monk and the founder of Mindspace. He has been teaching Mindfulness since 1994, beginning at a Tibetan monastery in the Himalayas. Courses finishes Sunday 12.00pm.

Before, During and Afterlife: Quakers and Immortality	12 places	£450
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Monday 10th – Friday 14th October

Led by Rhonda Riachi

What happens to us when we die? Where was I before I was born? These questions are asked by every generation, and some might claim that they are unanswerable. From the 17th century through to the present, Quakers have collected convincing evidence of what happens when we die. We shall explore recent personal testimony in the new QFAS anthology, The Life That Never Ends, and share accounts from other times and texts, including international scientific research. Rhonda works in education for the wellbeing of healthcare staff and patients. Her Masters dissertation was on communication for dementia carers. She is a member of the Quaker Fellowship for Afterlife Studies, the Alister Hardy Society, the Scientific and Medical Network. Course starts 6.00pm Monday and finishes 11.00am Friday.

Seen & Unseen	12 places	£220
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Friday 14th – Sunday 16th October

Led by Peter Jarman

What is seen or unseen in thoughts and practice of Quaker and Buddhist faiths? How do these faiths find ways out of suffering caused by greed, ignorance and self-delusion? What is known and unknown about our physical universe? Is God a creation of our consciousness or an independent being? How do we peacefully resolve conflicts of perceptions between different people and ideologies? Participants will share their experience of the known and unknown. The course is based on Peter's 2018 Kindlers booklet *Seen and Unseen: Way of Being Along Quaker and Buddhist Paths*. Peter is a Buddhist Quaker and physicist. He has worked for Quakers in Moscow and is a member of the Sea of Faith movement and the Buddhist community of Inter-Being. Course finishes 12.30pm Sunday.

What has Wordsworth to Offer us Today?	12 places	£415
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Monday 17th – Friday 21st October

Led by Barbara Windle

Wordsworth's poetry offers strong feeling and sensibility combined with rich meditative thought and spiritual awareness. His openness to mystical experience in its very broadest sense strikes a chord with us today as he moves beyond conventional labels to find the deep places within himself. Our sessions include an opportunity to explore a fresh, in depth look at the *Immortality Ode*, *Tintern Abbey*, *Michael*, parts of *The Prelude* and *The Excursion*. Barbara is a Quaker and an inspirational English teacher. Course finishes Friday 12.00 pm.

Circle Dancing	17 places	£425
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Monday 24th – Friday 28th October

Led by Anne-Lise Kryger

This course welcomes people with experience as well as newcomers to circle dancing. It is an inclusive form of community dancing where no partners are required.

The dances we do are drawn from many countries and cultures. They are always walked through before dancing. We dance for our pleasure and enjoyment in a supportive group with no pressure to 'get every step right'. The pace of the dances varies from lively to meditative and leaves participants with a sense of belonging, joy and inner peace. The afternoons will be free to explore the delights of our surroundings. Courses finishes 12.30 pm Friday

Sketching & Painting in the Lakes	12 places	£375
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Friday 28th – Monday 31st October

Led by Sue Ford

An exciting long weekend painting and sketching in the Lakes using mixed media, pen and wash, acrylic and pastel. Depending on the weather we will be working on local sights. There will be daily demonstrations and exercises. Sue has 17 years of teaching experience, exhibiting at many exhibitions in the UK and at the Mall Galleries in London. Sue runs weekly classes near her home in North Yorkshire and has guided popular courses at Glenthorne for many years. Course starts on Friday with a demonstration at 4.00pm and finishes at 10.00am Sunday.

DIRECTIONS

By car

From the North (A591) Take the 1st turning into Grasmere village (opposite The Swan), past the park, village store and other shops. Take the first turning on the right; this is Easedale Road (opposite Sam Read's book shop). 300m up the slight hill; we are the first major building on the left. Our car park is at the rear. From the South (A591) Take the first exit off the roundabout into the village. Past the school, Church, Wordsworth Hotel and Red Lion Hotel, Heaton Cooper art studio is on the left, Sam Read's book shop is directly in front of you. Turn left opposite the book shop into Easedale Road. 300m up the slight hill; we are the first major building on the left. Car parking is at the rear.

By rail

The nearest rail station is at Windermere. Catch the No 555 or the 599 bus from the station to Grasmere centre (the journey takes approx 30 mins). From the bus stop walk back a few metres (opposite the book shop) and turn right up Easedale Road. Glenthorne is 300m up the slight hill; we are the first major building on the left. Car parking is at the rear.

Local Taxi Service: Hilltop Taxis 07979 664 472

By bus

Grasmere is serviced by a regular local bus service (approx every hour during the day), No 555 running between Keswick and Lancaster. Alight at Grasmere centre and walk back a few metres (opposite Sam Read's book shop) and turn right up Easedale Road. Glenthorne is 300m up the slight hill; we are the first major building on the left. Apart from the winter months, an open top bus service No 599 also runs between Windermere and Grasmere at least twice an hour. You can check the time schedule from the Stagecoach website.

BOOKINGS

Making a booking

To make a booking please email us on info@glenthorne.org, call on 015394 35389 or write to the address below.

Start and finish times

Tea and cake are available from 4.30pm, which is complementary with your stay. Courses begin with dinner at 7.00 pm and finish with breakfast on departure day, unless otherwise stated under the individual course details.

Board

All the courses are based on full board which include a packed lunch. Packed lunches for departure days are available on the Sunday for weekend courses. This does not apply for the weekday courses (on Friday's) and can be ordered at reception for an extra £6.50.

Accommodation

Most of our rooms are en suite. There are a few non ensuite rooms available at a discount of £10.00 per night.

Special offer

Extend your visit staying with us the Sunday before or after the course:

B&B £50.50 per person/ Dinner, B&B £72.00 per person

Financial help

Quakers should apply for financial support to their meeting in the first instance. Glenthorne's bursary scheme is also available. For more information call 015394 35389 or visit www.glenthorne.org

Glenthorne Guest House and Conference Centre

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