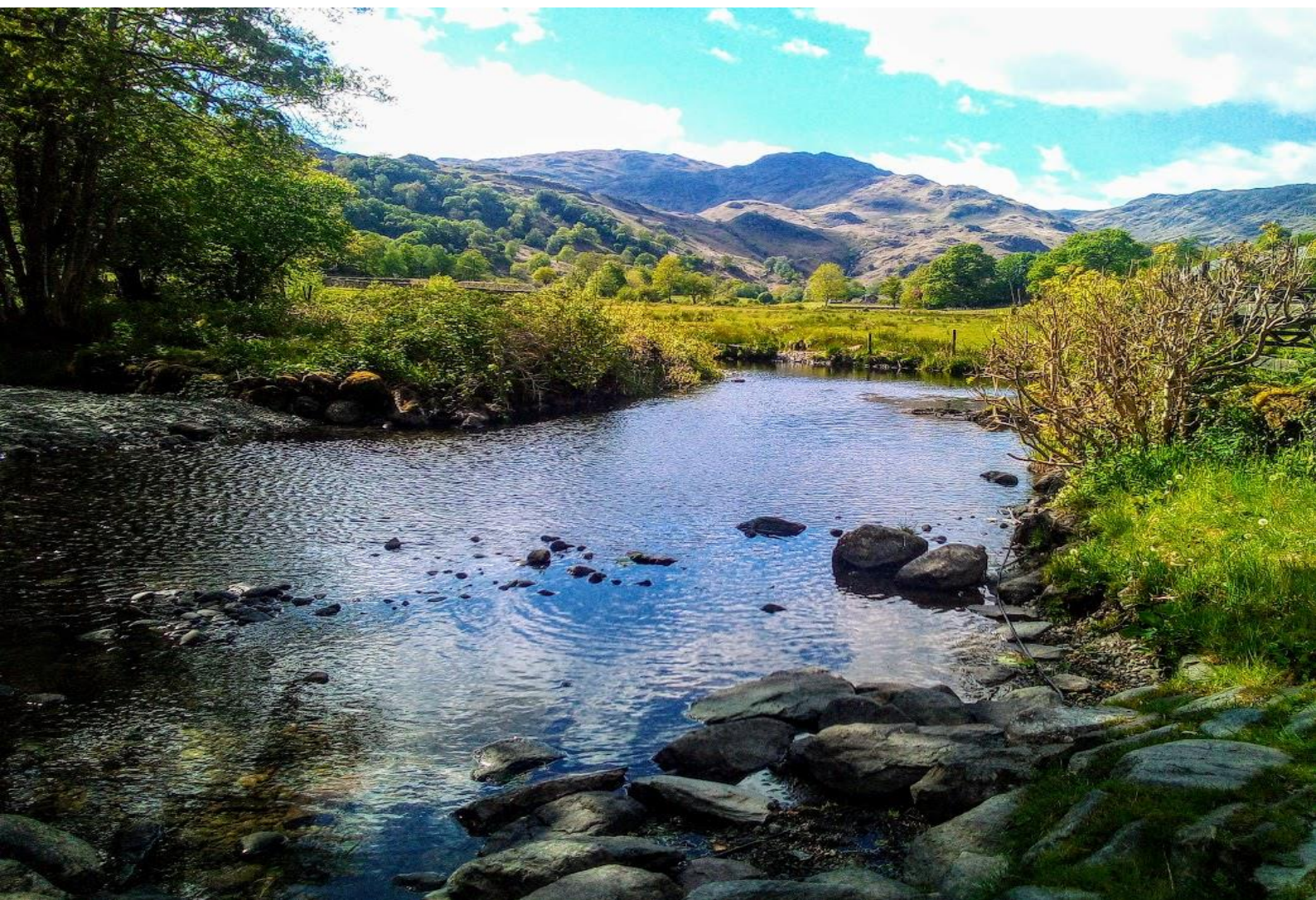


Glenthorne

Guest House and Conference Centre

2023



Ford at Easedale Beck – Grasmere

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Programme of Special Interest Holidays & Courses

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

BOOKINGS

Making a booking

To make a booking please email us on info@glenthorne.org, call on 015394 35389 or write to Glenthorne Quaker Guest House, Easedale Road, Grasmere, Ambleside, LA22 9QH.

Start and finish times

Tea and cake are available from 4.30pm, which is complementary with your stay. Courses begin with dinner at 7.00pm 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 provided on the Sunday for weekend courses. This does not apply for the weekday courses (departure on Fridays) and can be ordered at reception for an extra £8.00.

Accommodation

Most of our rooms are ensuite. 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 £60.00 per person/ Dinner, B&B £82.00 per person.

Financial Help

Quakers & enquirers may apply for financial support to their meeting in the first instance. Glenthorne's bursary scheme is also available for all courses. Persons under 35 qualify for a £100 reduction on selected courses. For more information, please phone on 015394 35389 or visit www.glenthorne.org for more details.

Course Categories

- Activity
- Arts, Craft & Creativity
- Climate Change & Sustainability
- Equality, Diversity & Inclusion (EDI)
- Music, Literature & Poetry
- Quakerism
- Spiritual
- Yoga & Meditation

2023 PROGRAMME

10 th – 12 th February	<i>Listening</i> ●●	James McCarthy
17 th – 19 th February	<i>Spiritual Adaptation</i> ●	Rupert Read
13 th – 17 th March	<i>Patchwork for Fun</i> ●	Gillian Waddilove
30 th March – 3 rd April	<i>Circle Dancing</i> ●	Anne-Lise Kryger
3 rd – 5 th April	<i>Modern Slavery</i> ●	Roy Love
17 th – 21 st April	<i>Walking Holiday</i> ●	R Hargreave & T Winterton
24 th – 28 th April	<i>Boot, Boat & Goat</i> ●	T Winterton & G Ogilvie
19 th – 21 st May	<i>Centering Prayer</i> ●●	R Field & R Eddlestone
29 th May – 2 nd June	<i>Circle Dancing</i> ●	Anne-Lise Kryger
5 th – 9 th June	<i>Living Out of Joy, Dying into Love</i> ●	Rhonda Riachi
9 th – 11 th June	<i>Today it's Sunny</i> ●●	Adam Dacey
12 th – 16 th June	<i>Exploring T.S. Eliot's Four Quartets</i> ●	Barbara Windle
16 th – 18 th June	<i>Tai Chi & Chi Kung Silk Reeling</i> ●●●	Kim Noy-Man Jackson
3 rd – 7 th July	<i>Music as Spiritual Nourishment</i> ●●	John & Diana Lampen
10 th – 14 th July	<i>Connecting with Plants</i> ●●	Letta Jones & Jane Brook
21 st – 23 rd July	<i>The Heart of the Quaker Way</i> ●	Ben Pink Dandelion
24 th – 28 th July	<i>Sketching & Mix Media Painting</i> ●	Sue Ford
11 th – 13 th August	<i>Walking with Trees</i> ●	Letta Jones
14 th – 18 th August	<i>Dru Yoga</i> ●	Julia Slater
18 th – 20 th August	<i>Praying with Mark's Gospel</i> ●	Janet Scott
21 st – 25 th August	<i>Sketching & Mix Media Painting</i> ●	Sue Ford
28 th Aug – 1 st September	<i>Circle Dancing</i> ●	Anne-Lise Kryger
8 th – 10 th September	<i>Living in Dark Times with William Penn</i> ●	Rex Ambler
11 th – 15 th September	<i>Practising Prayer</i> ●●●	T Winterton & M Calvert
15 th – 17 th September	<i>Art History in the Lake District</i> ●●	Roy Love
18 th – 22 nd September	<i>Soul, Silence & Song</i> ●●	Meri Goad
22 nd – 24 th September	<i>Myth & Symbols</i> ●	Roswitha Jarman
2 nd – 6 th October	<i>Boot, Boat & Goat</i> ●	T Winterton & G Ogilvie
6 th – 8 th October	<i>Timeless Wisdom for Modern Life</i> ●●	Adam Dacey
9 th – 13 th October	<i>Circle Dancing</i> ●	Anne-Lise Kryger
13 th – 15 th October	<i>Perceptions of the Seen & Unseen</i> ●●	Peter Jarman
23 rd – 27 th October	<i>What has Wordsworth to Offer us?</i> ●	Barbara Windle
27 th – 30 th October	<i>Sketching & Mix Media Painting</i> ●	Sue Ford

● ● Listening**12 places****£225**

Persons under 35 qualify for £100 reduction

Friday 10th – Sunday 12th February**Led by James McCarthy**

Listening as a skill is vastly under-appreciated. This weekend will look at what good listening is, what it leads to, and how we can become better at it. Listening inwardly to ourselves and learning to notice the promptings of our hearts deepens and informs our relationships. We'll work together in small groups as well as in plenary and on our own. This course is about acceptance and change. You are likely to come away feeling buoyed up, inspired, and more connected with yourself and others.

James and Ruth are Quakers who have experience in running courses in a variety of settings. Ruth is a retired community nurse and James a retired social worker. James' book *Listening As Quaker Practice* is published by the Kindlers. Course finishes at 1pm Sunday.

● Spiritual Adaptation to the Climate and Extinctions Crisis 25+ places £235

Persons under 35 qualify for £100 reduction

Friday 17th – Sunday 19th February**Led by Rupert Read**

We need to accept that our way of life will be changed forever as a result of the climate crisis, which is now far too advanced for us to be able to prevent or entirely mitigate against. That means adapting to the new brutal reality of the changed Earth, which is no easy task. Partly material, partly spiritual, such adaptation needs to include grief-work plus a major change in values and what we hope for. It also includes a new humility. This short course focuses uncompromisingly on spiritual adaptation to the reality of our present and future. It does so in the context of the need for continued brave truth-telling, and of the possibilities opened up by the emerging movements and organisations, 'radical' and 'moderate', which are willing to start from there. Rupert Read is an Associate Professor of Philosophy at the University of East Anglia in Norwich, former spokesperson for Extinction Rebellion and co-founder of the Moderate Flank Incubator. He is the author of several books, including *This Civilisation is Finished* and *Parents for a Future*. He has been a Quaker for many years. His past and present teachers include Thich Nhat Hanh and Joanna Macy. Be prepared to be challenged. Course starts 8.30pm Friday. (There will be a special one-hour session at 3.15pm on the Friday for those who attended the 2022 weekend in February).

● Patchwork for Fun**9 places****£420****Monday 13th – Friday 17th 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.

● Circle Dancing**15 places****£465****Thursday 30th March - Monday 3rd April****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. Anne-Lise continues to attend workshops to bringing new dances and cultural flavours to her groups and numerous holidays she leads nationally and abroad. She uses circle dancing as a way of bringing people together in community. Courses begins 8.30pm Thursday and finishes 12.00pm Monday.

● **Modern Slavery: roots and challenge's, & how we respond 12 places £245**

Monday 3rd – Wednesday 5th April

Led by Roy Love

Quakers were deeply involved in the British abolition of slavery movement of the 18th century and remain active in challenging its widespread contemporary forms. This course considers such questions as: how 'modern' is modern slavery? Why so endemic across the globe? How feasible to eliminate it? What are the personal, societal and systemic factors in its prevalence? What can we do as concerned individuals? These questions are considered in the context of the Modern Slavery Act, its workings, achievements and critiques. This leads on to international aspects, focusing mainly but not exclusively, on Africa; including vulnerabilities to entrapment such as age and gender; human trafficking supply chains and problems of prosecution; long-term implications; links with climate change, conflict, and the global economy. Roy has published on child soldiers, small arms, modern slavery in Ethiopia, prepared reports for UK asylum courts, and delivered short courses on modern slavery at York University. Course finishes 12.30pm Wednesday.

● **Walking Holiday 12 places £465**

Monday 17th - Friday 21st April

Led by Robin Hargreave & Terry Winterton

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.

● **Boot, Boat and Goat 14 places £520**

Monday 24th - Friday 28th 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.

●● **Centering Prayer 12 places £245**

Persons under 35 qualify for £100 reduction

Friday 19th - Sunday 21st May

Led by Richard Eddlestone & Rosemary Field

Centering Prayer is a specific method for opening to the presence of God, the sacred, ultimate reality. It's one of a range of personal spiritual practices available to Friends, and one that may be particularly suitable for us. The weekend will welcome those new to Centering Prayer and those

with more experience. It will include introductory talks, time for reflection and sharing, and, above all, practice. Richard has been a Quaker for over 30 years and practising Centering Prayer for over a decade. He has facilitated three local groups for over eight years. He has run a course on Centering Prayer at Woodbrooke and attended various retreats. Rosemary has been practising Centering Prayer for five years and believes it to be at the heart of her Quaker Faith. Course finishes Sunday 1.00pm.

● **Circle Dancing** **15 places** **£465**

Monday 29th May - Friday 2nd 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. Anne-Lise continues to attend workshops to bringing new dances and cultural flavours to her groups and numerous holidays she leads nationally and abroad. She uses circle dancing as a way of bringing people together in community. Course begins Monday 8.30pm and finishes Friday 12.00pm.

● **Living out of Joy, Dying into Love** **12 places** **£470**

Monday 5th – Friday 9th June

Led by Rhonda Riachi

What happens to us when we die? Where was I before I was born? From the 17th century to the present, Quakers have collected evidence of what happens after our death and before we arrive on earth. We'll explore personal testimony in the new QAFS anthology, *The Life That Never Ends*, and share uplifting accounts from other times and texts, including international scientific research. Rhonda works in professional health education. She has followed developments in near death experience and survival research for 20 years and is a member of the Quaker Fellowship for Afterlife Studies. Course begins at 6.00pm Monday and finishes 11.00am Friday.

● **Today it's Sunny: Meditations to Keep a Happy Mind** **15 places** **£280**

Friday 9th – Sunday 11th June

Led by Adam Dacey

Learn inspirational methods to keep a happy mind through the practice of Meditation. Regardless of what arises in our life with a peaceful mind we can learn always to rely upon a happy mind. 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.

● **T S Eliot – Exploring the Four Quartets** **12 places** **£465**

Monday 12th – Friday 16th 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. Course finishes Friday 12.00pm.

●● **Tai-Chi & Chi Kung Silk Reeling** **15 places** **£280**

Friday 16th - Sunday 18th 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 Friday 5.00pm and finishes Sunday 1.00pm.

●● **Music as Spiritual Nourishment** **12 places** **£480**

Monday 3rd – Friday 7th July

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 year olds) and books on Quaker history. Course finishes Friday with breakfast.

●● **Connecting with Plants** **12 places** **£555**

Monday 10th – Friday 14th July

Led by Letta Jones & Jane Brook

With local short, easy, walks we will explore wild and garden plants growing in the local area, considering the effects of climate change on plant communities. Grassland, woodland, garden, hedges, stream and water side habitats all provide a rich variety of plants to discover. There will be a visit to the Armit Museum in Ambleside, to see Beatrix Potters original fungi and moss illustrations (£10 per admission fee). You will need to be able to stand for 15 to 20 minutes and negotiate uneven paths and slopes safely. Letta Jones MA, is a Lecturer in Landscape Horticulture who teaches in London at the Chelsea Physic Garden, at Claridge House, The City Lit, Holehird Gardens Windermere, and Denman At Home. Jane Brook, MSc, is a Lecturer in Plant Science, who co taught with Letta at Capel Manor College and Middlesex University for over 15 years. She lectured in woodland ecology at University of Hertfordshire, has worked in the horticultural retail sector and is an examiner for the Royal Horticultural Society. Course begins on Monday 8.30pm and finishes Friday 12.00pm.

● **The Heart of the Quaker Way** **14 places** **£280**

Persons under 35 qualify for £100 reduction

Friday 21st – Sunday 23rd July

Led by Ben Pink Dandelion

This course will outline the essentials aspects of the Quaker way of faith, its core understandings, and its message for the future: direct encounter with the divine; a distinctive form of worship; the centrality of discernment; and our witness in the world. There will be mix of input and discussion, with no prior knowledge assumed. This course is ideal for newcomers as well as those seeking a refresher. Ben is a well-known Quaker writer and teacher on the Quaker way. The author of

numerous books, he has been a Quaker since the 1980s. He worships at Clitheroe. Course begins Friday 8.30pm and finishes Sunday 12.45pm.

● **Sketching & Mix Media Painting** **12 places** **£495**

Monday 24th – Friday 28th July

Led by Sue Ford

We have use of the Studio, surrounded by stunning scenery of the Cumbrian Hills. Daily painting exercise and sketching if the weather is nice, in and around Glenthorne. If students want do work on their own reference material, that's fine. Working in watercolours, acrylic and pastel. A full itinerary will be sent nearer to the course and published on Sue's web site www.sueford.co.uk. Starting with a demonstration on the arrival day at 4pm, each day we commence at 9.45am and finish at 5pm. The course finishes on Friday morning with breakfast.

● **Walking with Trees** **12 places** **£295**

Friday 11th – Sunday 13th August

Led by Letta Jones

An exploration of the local area and its magnificent trees and landscapes, with gentle walking, standing and pausing to appreciate and better understand the landscape and the settings. A visit to Rydal Hall's trees and gardens included. Letta is a landscape horticulturist who has taught adults and taken garden study trips abroad for over twenty years. She has taught at Woodbrooke, Holehird Gardens and the Chelsea Physic Garden and has a special interest in trees. Course finishes Sunday 12.30pm.

● **Dru Yoga – Stillness in Motion** **12 places** **£515**

Monday 14th – Friday 18th 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.

● **Praying with Mark's Gospel** **12 places** **£235**

Persons under 35 qualify for £100 reduction

Friday 18th – Sunday 20th August

Led by Janet Scott

This course uses the Gospel of Mark as a resource for thinking about prayer. It looks at the significance of locations, such as solitary places, the lakeside, the garden and the road. These are interwoven with some of the themes of the gospel, including healing, nourishment, struggle, waiting, surrender, and faith. "*My house shall be called a house of prayer*" (Mark 11:17). Can this gospel help us build our inner sanctuary? Please read Mark before you come, and bring a Bible with you. 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 12.30pm.

● **Sketching & Mix Media Painting** **12 places** **£495**

Monday 21st – Friday 25th August

Led by Sue Ford

We have use of the Studio, surrounded by stunning scenery of the Cumbrian Hills. Daily painting exercise and sketching if the weather is nice, in and around Glenthorne. If students want do work on their own reference material, that's fine. Working in watercolours, acrylic and pastel. A full itinerary will be sent nearer to the course and published on Sue's web site www.sueford.co.uk. Starting with a demonstration on the arrival day at 4pm, each day we commence at 9.45am and finish at 5pm. The course finishes on Friday morning with breakfast.

● **Circle Dancing** **15 places** **£465**

Monday 28th August – Friday 1st 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. Anne-Lise continues to attend workshops to bringing new dances and cultural flavours to her groups and numerous holidays she leads nationally and abroad. She uses circle dancing as a way of bringing people together in community. Courses finishes 12.00pm Friday.

● **Living in Dark Times with William Penn** **12 places** **£235**

Persons under 35 qualify for £100 reduction

Friday 8th – Sunday 10th September

Led by Rex Ambler

An introduction to William Penn, an outstanding man of his time, the 17th century Quaker who still speaks to us today. This course gives time for participants to voice their own experience of living in a time of turbulence and anxiety. Drawing on the wisdom and insights of Penn, we then explore ways that we can respond to the challenges we face. Rex was a lecturer in theology at Birmingham University for over 30 years. He now works mostly with Quakers, giving talks and workshops on Quaker Faith and practice. He is an author of many books including *The Quaker Way*, *Light to Live by*, *Truth of the Heart* and the Pendle Hill booklet, *Living in Dark Times*.

●●● **Practising Prayer – Connecting with the Source** **14 places** **£475**

Persons under 35 qualify for £100 reduction

Monday 11th – Friday 15th September

Led by Terry Winterton & Margaret Calvert

Everything is a gift. Our planet nurtures us, but how do we respond? Together we will explore how action and prayer are intimately linked in responding to our times. You are invited to share your experience of balancing prayer with action in a time of global emergency. There is free time each afternoon. Opportunity for individual spiritual accompaniment is also offered. Terry is the Quaker Friend in Residence at Glenthorne and a registered counsellor. Margaret is a Quaker who draws on many faith traditions in her prayer life. Course finishes Friday 12.00pm.

●● **Art History in the Lake District** **12 places** **£245**

Friday 15th – Sunday 17th 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 Coniston and Blackwell, near Bowness, a substantial Arts and Crafts house designed by Mackay

Hugh Baillie 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.

● ● **Soul, Silence & Song** **12 places** **£456**

Monday 18th – Friday 22nd September

Led by Meri Goad

If you enjoy singing and contemplation, this course is for you! Join us to let go of everyday constraints, absorb songs easily, explore local places – and relax into singing simple harmonies as well as enjoying guided meditations or taking time out. No need to be able to read music. Previous experience of singing unnecessary. Songs include unaccompanied rounds and simple part songs from a range of traditions. Meri has been leading two small community choirs for twelve years. She is a vibrant and energetic facilitator helping anyone who thinks they can't sing to find a voice. Monday 5.30pm - Friday 12.30pm. Meri Goad has a B.Ed, a diploma in Music and a BA Hum. with Music (OU). She has been leading two small community choirs over the past twelve years in Fife, Scotland and is a member of the Quaker Meeting in St Andrews. Enabling communities to harmonise is her passion. Course starts Monday 5.30pm, finishes Friday 12.30pm.

● **Myth & Symbols: Doorways to the Numinous** **12 places** **£245**

Persons under 35 qualify for £100 reduction

Friday 22nd – Sunday 24th September

Led by Roswitha Jarman

We will explore the value of myth and symbols as doorways to our spiritual life. We will be helped by wise guides of all ages and times as well as sharing our own discoveries and understandings. The numinous has no words nor forms and can only be shared through symbols and myth. If we lose myth and symbols, we deprive ourselves of essential spiritual guides. I have been a Quaker for some 60 years. Much of my work has been in relationships as mother, teacher, counsellor and active peace worker both at home and abroad, over many years. I have led retreats with Quakers and other groups in a number of different countries. Whilst being Quaker Representatives in Moscow with Peter, my husband, we set up of the Quaker Meeting there and helped to lay down the foundations for Friends House Moscow. Course finishes 12.30pm.

● **Boot, Boat and Goat** **14 places** **£520**

Monday 2nd – Friday 6th 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.

● ● **Timeless Wisdom for Modern Life** **15 places** **£280**

Friday 6th – Sunday 8th October

Led by Adam Dacey

Drawing upon the wisdom shared in ancient meditation texts we spend an inspirational weekend applying these teachings to our daily lives and discover the secret to a fulfilled mind. 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. For more information, please visit mindspace.org.uk. Course finishes Sunday 12.00pm.

● **Circle Dancing** **15 places** **£465**

Monday 9th – Friday 13th 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 flavours to her groups and numerous holidays she leads nationally and abroad. She uses circle dancing as a way of bringing people together in community. Course finishes 12.00 pm Friday.

●● **Perceptions of the Seen & Unseen** **12 places** **£245**

Friday 13th – Sunday 15th October

Led by Peter Jarman

This course is based on the substance and queries of the Kindlers' booklet by Peter Jarman on *Seen and Unseen – Ways of Being along Quaker and Buddhist Paths*. How do we perceive the Guide in our lives? How do our perceptions contrast with what is objectively known about the wonders of the physical universe that will be displayed? How do we become awakened by our seen and unseen perceptions arising from the practice of Buddhists and Quakers? We may engage in some mindfulness and meditative practices. Peter Jarman is a Buddhist Quaker, a physicist and a member of the Sea of Faith movement and the Buddhist Community of Interbeing. He has served as Europe Secretary of Quaker Peace and Service, and as a Quaker representative in Russia helping to promote conflict resolution and alternatives to violence. Course finishes 12.30pm Sunday.

● **What has Wordsworth to Offer us Today?** **12 places** **£465**

Monday 23rd – Friday 27th 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.

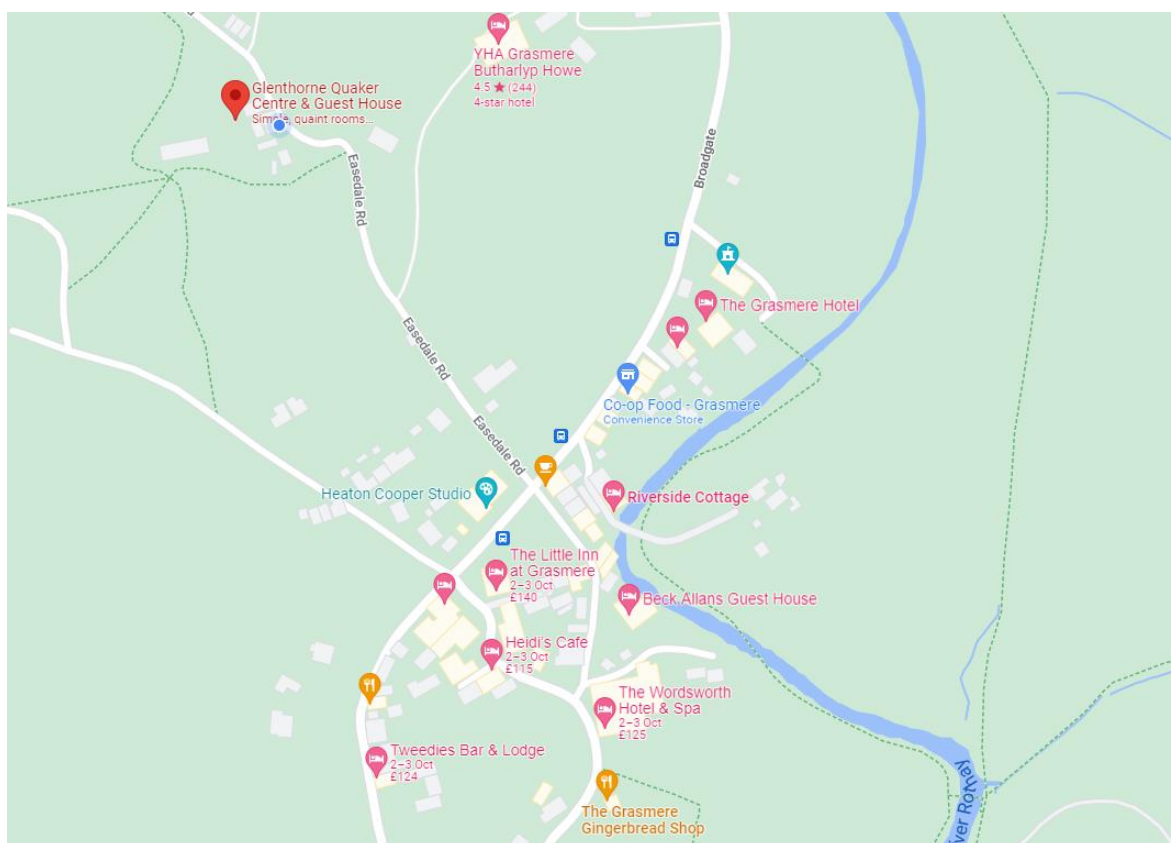
● **Sketching & Mix Media Painting** **12 places** **£375**

Friday 27th – Monday 30th October

Led by Sue Ford

We have use of the Studio, surrounded by stunning scenery of the Cumbrian Hills. Daily painting exercise and sketching if the weather is nice, in and around Glenthorne. If students want do work on their own reference material, that's fine. Working in watercolours, acrylic and pastel. A full itinerary will be sent nearer to the course and published on Sue's web site www.sueford.co.uk.

Starting with a demonstration on the arrival day at 4pm, each day we commence at 9.45am and finish at 5pm. The course finishes on Monday morning with breakfast.



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 the Inn at Grasmere, 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. Postcode is LA22 9QH

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 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. 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, Kendal 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.

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