

Glenthorne

Guest House and Conference Centre



2024



Watercolour by Jym Paris (trustee)

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 to the weekday courses (departure on Fridays) but 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 by 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

Run in partnership with Woodbrooke: Booking for Woodbrooke courses is via Woodbrooke. Please see www.woodbrooke.org.uk/glenthorne

Email: learning@woodbrooke.org.uk or Telephone: +44 (0)1217282360



WOODBROOKE

2024 PROGRAMME

9 th – 11 th February	What is Prayer? ●●	Jennifer Kavanagh & A Seddon
16 th – 18 th February	Climate & Extinction Emergencies ●	Rupert Read
18 th – 21 st March	Time Set Aside ●●	T Ashworth & A Seddon
8 th – 12 th April	Spirituality of the Heart ●	The Begin the Heart team
15 th – 19 th April	Art, Spirit and Life ●	Erik Dries
19 th – 21 st April	Ecological Homecoming ●	K Harrison & J Durtnall
22 nd – 26 th April	Boot, Boat & Goat ●	T Winterton & G Ogilvie
26 th – 28 th April	George Fox and Early Quaker Culture ●	H Hinds & Ben Pink Dandelion
24 th – 26 th May	What does love require of us? ●●	David and Rosemary Brown
27 th - 31 st May	Circle Dancing ●	Anne-Lise Kryger
31 st May – 2 nd June	Tai- Chi and Chi Kung Silk Reeling ●	Kim- Noy Jackson
3 rd – 7 th June	Living Out of Joy, Dying into Love ●	Rhonda Riachi
10 th – 14 th June	Exploring T.S. Eliot's Four Quartets ●	Barbara Windle
21 st – 23 rd June	Blue Sky Mind Meditation ●●	Adam Dacey
15 th – 19 th July	Quakers as others see them ●●	John & Diana Lampen
29 th July – 2 nd August	Sketching & Mix Media Painting ●	Sue Ford
5 th – 9 th August	Dru Yoga ●	Julia Slater
16 th – 18 th August	Exploring Quaker Botanists ●	Letta Jones
19 th – 23 th August	Sketching & Mix Media Painting ●	Sue Ford
23 rd – 25 th August	The Hope of Creation / Old Testament	Janet Scott
26 th – 30 th August	Circle Dancing ●	Anne-Lise Kryger
1 st – 6 th September	Papier Mache ●	Patty Callaghan
9 th – 13 th September	Singing and Silence for the Earth ●●	Meri Goad
13 th – 15 th September	George Fox after 400 years ●	Rex Ambler
20 th - 22 nd September	Voices of the Earth ●	Zélie and Phillip Gross
27 th – 29 th September	Centering Prayer	R Field & R Eddleston
30 th Sept – 4 th October	Boot, Boat & Goat ●	T Winterton & G Ogilvie
4 th – 6 th October	Inner Peace Meditation Retreat ●●	Adam Dacey
7 th – 11 th October	Circle Dancing ●	Anne-Lise Kryger
25 th – 28 th October	Sketching & Mix Media Painting ●	Sue Ford
28 th Oct -1 st November	What has Wordsworth to Offer us? ●	Barbara Windle

• What is Prayer?**12 places****£240****Friday 9th – Sunday 11th February****Led by Jennifer Kavanagh and Annique Seddon**

Many of us have a problem with the word, maybe the whole concept of prayer. This weekend will give us the opportunity to explore different types of prayer. What is prayer? Who or what do we pray to? Does it work? This workshop offers a rare opportunity to share something of our spiritual lives and practice. We will consider how forms of collective and individual prayer in different traditions are reflected in our own spiritual practice. We will explore the practice of contemplative prayer and the possibility of an entire life lived as prayer. We will spend the weekend as a community with time in plenary, as well as sharing in pairs and groups. There will be input, some readings and time for solitary consideration. Annique has been a trained counsellor and spiritual accompanier for many years and Jennifer is an author of a number of books on spirituality including *Practical Mystics* and *A Little Book of Unknowing*. Course finishes Sunday 12.30pm.

• Spiritual Adaptation to Climate and Extinction Emergencies**25 places £290**

Persons under 35 qualify for £100 reduction

Friday 16th – Sunday 18th 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 it. 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. Course starts 8:15pm on Friday and finishes at 12.00pm on Sunday. Rupert is an associate Professor of Philosophy at the University of East Anglia; he is a former spokesperson for Extinction Rebellion and the author of several books including *Why Climate Breakdown Matters* and *Do you want to know the truth?* He has been a Quaker for many years and his spiritual teachers have included Joana Macy and Thich Nhat Hanh. Course finishes Sunday 12.30pm. Vegan and Vegetarian Menu.

• Time Set Aside: An individually guided retreat**14 places****£495**

Anyone aged 18-35 can book a Woodbrooke course for half the listed price

Monday 18th – Thursday 21st March**In Partnership with Woodbrooke****Led by Timothy Ashworth and Annique Seddon**

This retreat is carefully structured to encourage silence to develop throughout. While sharing regular quiet gatherings with other participants, you will have daily personal time with one of the retreat leaders where you can share what is happening for you and receive guidance on how to make the most of what the silence is showing you. As you explore what is arising for you, you will also discover the benefit of being in the supportive presence of others. Each day will include shared silent worship and a morning presentation to help nurture your personal reflections during the day. Timothy Ashworth has a long-term interest in spiritual experience which has shaped his retreat work for Woodbrooke, he has been leading courses and retreats for over 25 years. Annique has been a trained counsellor and spiritual accompanier for many years. Course finishes on Thursday at 12:30pm and will include a packed lunch on the final day.

● **Spirituality of the Heart – Four Paths of Creation Spirituality** 20 Places £400

Monday 8th – Friday 12th April

Led by Margaret Siberry, Anne Harding, Andrew Thomson and Celia Sparkes

‘Spirituality of the Heart’ invites us to deepen the experience of God’s presence in our lives. Set amidst the beautiful Lakes, this four day course follows a traditional Christian journey through the Four Paths of Creation Spirituality to help our hidden selves grow strong. Beginning with The Way of Wonder and Beauty, we also recognise the world’s struggles and our own through The Way of Befriending Pain. Accepting our woundedness, The Way of Creativity and Healing helps release our potential to be co-creators with God. Embracing The Way of Change of Transformation offers healing to our broken world. The Begin with the Heart Team – Andrew Thomson, Celia Sparks, Anne Harding and Margaret Siberry, four friends of Fr Daniel O’Leary (RIP) whose mission is to continue his work of offering a spirituality for anyone seeking a deeper and happier way of living.

Course starts 5pm Monday and finishes 12 noon Friday.

● **Art, spirit and life** 11 places £500

Monday 15th- Friday 19th April

Led by Erik Dries

No competition, no showing off, just the enjoyment of creating. And a little wondering about the relationship between art, spirituality and life. Each morning there is a short meeting for worship which you might like to attend. This will be followed by facilitated learning and exercises. After lunch, time to work on your own art and skills as well as just spend time outside. Some evenings I would like to have a worship sharing. Bring your own art material. You do not have to be an artist or highly skilled in painting or drawing. Erik has explored mainly watercolour, acrylic and digital media in his life as an artist. He has transformed the children's room at his local Quaker meetinghouse in a forest, and has made games, calendars, postcards, bookmarks and a comic book on Quakers. He facilitates the art retreat in Congénies, France.

● **Ecological Homecoming: Nature Connection Retreat** 12 places £255

Anyone aged 18-35 can book a Woodbrooke course for half the listed price

Friday 19th– Monday 21st April

In Partnership with Woodbrooke

Led by Kim Harrison and Jack Durtnall

A restorative retreat deepening our connection with creation and our place within it. Core routines based on the ‘8 shields’ model cultivate an embodied sense of ecological homecoming. Feeling more supported by the web of life, we can step forth into our climate/ social justice witness. An opportunity to pause and simply BE. Coming into presence and slowing down is a radical act in our fast- paced world countering the ‘urgency culture’ within climate/ social justice movements, which often leads to burnout. Regular nature connection practices alongside like-minded Friends can support and rejuvenate us. We will be mostly outdoors, so please bring appropriate clothing. Kim is an art therapist, an Eco therapist, forest school teacher and nature-based mindfulness guide; she has over 13 years of experience of direct-action campaigning and political lobbying. Jack is a musician and trained nature connection facilitator; he has been actively involved in deep nature connection since 2016. The course starts at 4:00pm on Friday and finished Sunday 12:30pm.

● **Boot, Boat and Goat** **14 places £525**

Monday 22nd - Friday 26th 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.

● **George Fox and Early Quaker Culture** **14 places £285**

Anyone aged 18-35 can book a Woodbrooke course for half the listed price

Friday 26th – Sunday 28th April

In Partnership with Woodbrooke

Led by Hilary Hinds and Ben Pink Dandelion

This weekend, led by experts in the writings of George Fox and Quaker thought, will offer participants a clear overview of the history and also delve below the key events in the 1650s to allow us to better understand the theological mechanisms of success for the first Friends. There will be talks from Hilary and Ben but also plenty of time for discussion and conversation, all in the beautiful setting of Glenthorne in the heart of the Lake District. Ben Pink Dandelion has worked at Woodbrooke for over 30 years and is a well-known writer and speaker. Hilary Hinds is a Professor in English at Lancaster university and she is the author of *George Fox and early Quaker Culture*; she gave the George Richardson lecture in 2019. Course finishes Sunday 12.30pm.

●● **What Does Love Require of Us?** **15 places £255**

Friday 24th – Sunday 26th May

Led by David and Rosemary Brown

We will explore how we can be open to love and how to use our gifts in loving service to the world. 'Love requires us to show our light, to help the frightened and weak. To use our gifts to heal the world and let our lives truly speak'. In the words of the Epistle of the Britain Yearly Meeting 2023. 'We seek intentional change, led by the spirit, to help our community as we move into uncertain futures that dance before us'. David and Rosemary Brown have been leading workshops for Quakers around the country for several years and are active in their local and area meeting. They are both retired teachers of English to foreign students and David's book *'What Does Love Require of Us?'* has been published by the Kindlers. Course finishes Sunday 12.30pm.

● **Circle Dancing** **15 places £490**

Monday 27th – Friday 31st May

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 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 a community. Course begins Monday 8.30pm and finishes Friday 11.45pm.

● **Tai-Chi and Chi Kung Silk Reeling** **15 places** **£285**

Friday 31st May- Sunday 2nd June

Led by Kim- Noy 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. The course begins Friday 5.00pm and finishes Sunday 12.00pm.

● **Living out of Joy, Dying into Love** **12 places** **£500**

Monday 3rd – Friday 7th 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. Through discussion, presentation and recordings, we'll explore personal testimony in the QFAS anthology, *The Life That Never Ends*, and share uplifting accounts from other texts, including scientific research. The afternoons will be free for you to explore Grasmere and more. Rhonda Riachi 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 8:30pm Monday and finishes at 11:00am Friday.

● **T S Eliot – Exploring the Four Quartets** **12 places** **£470**

Monday 10th – Friday 14th June

Led by Barbara Windle

This course is for everyone, whether newcomers to the Four Quartets or steeped in Eliot's poetry. There will be some contextual background placing Four Quartets within Eliot's wider work, but the main focus will be on immersing ourselves in the poems, with open discussion of what this poetry says to each of us. We shall aim for depth; seeing the poems both individually and as a whole. Barbara, a York Quaker spent much of her career opening up literature to pre- university teenagers.

● **Blue Sky Mind Meditation** **15 places** **£285**

Friday 21st – Sunday 23rd June

Led by Adam Dacey

During this retreat, we'll learn inspirational meditations to help us enjoy our blue-sky mind and let go of the distracting thoughts and worries within. We'll explore how our root mind is like the blue sky, and our conceptual thoughts are like clouds arising and dissolving out of the sky. We'll have not just a physical retreat in a beautiful location but a real retreat from the busy thoughts in our 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. Adam is a meditation practitioner with over 27 years of experience of teaching. and Course finishes Sunday 12.30pm.

● **Quakers as other see them** **12 places** **£500**

Monday 15th – Friday 19th July

Led by John & Diana Lampen

We will look at some novels with negative and positive portrayals of Quakers to see what they tell Friends about themselves. The course is for enjoyment rather than study. Advanced reading is not essential but we will offer suggestions. Diana and John Lampen are experienced writers and teachers, John is a published Poet and has published one novel.

● **Sketching & Mix Media Painting** **12 places** **£510**

Monday 29th July – Friday 2nd August

Led by Sue Ford

Mix media painting holiday, working in watercolours, acrylic, pastel and collage. Step by step teaching technique, suitable for all levels of painting, depending on fitness levels and weather. We may do some outside sketching. A full itinerary and materials to bring will be issued before the course and is also issued on my website www.sueford.co.uk. If you are travelling by public transport, Sue can bring extra drawing boards and tables, please make us aware of this on booking.

● **Dru Yoga** **12 places** **£525**

Monday 5th – Friday 9th August

Led by Julia Slater

A graceful style of yoga for all. 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. 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.

● **Exploring Quaker Botanists** **12 places** **£295**

Friday 16th – Sunday 18th August

Led by Letta Jones

The Botany 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 and people, this is a weekend for you. It is hoped there will be a visit to Holehird Gardens, Windermere to see some of the plants from the Tapestry. This depends on travel, if you are willing to give lifts and drive to the gardens, and have the necessary insurance, please let the tutor know at the beginning of the course. Course finishes Sunday 12.30pm.

● **Sketching & Mix Media Painting** **12 places** **£510**

Monday 19th – Friday 23rd August

Led by Sue Ford

Mix media painting holiday, working in watercolours, acrylic, pastel and collage. Step by step teaching technique, suitable for all levels of painting, dependant on fitness levels and weather we may do some outside sketching. A full itinerary and materials to bring will be issued before the course and is also issues on my website www.sueford.co.uk. If you are travelling by public transport, Sue can bring extra drawing boards and tables, please make us aware of this on booking.

● **The Hope of Creation: Looking again at the Old Testament** **12 places** **£235**

Persons under 35 qualify for £100 reduction

Friday 23rd – Sunday 25th August

Led by Janet Scott

This course uses the Bible to explore the relationship of human beings to the rest of creation and to the creator. Looking at selected Psalms as well as stories of creation, it considers our boundaries, our destructiveness and our hope. What does it mean to be creatures of earth, air and word? Can Shalom be found in Cities? Janet taught religious studies at Cambridge University and she is a trustee of Churches Together in England; she also gave the Swarthmoor lecture *What Canst Thou Say?* Course finishes Sunday 12.30pm.

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

Monday 26th – Friday 30th August

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 finishes 11.45am Friday.

● **Sculpting animals in Papier mâché** **12 places** **£525**

Sunday 1st – Friday 6th September

Led by Patty Callaghan

Join Patty for this new course to learn how to create an animal from papier mâché. You might want to immortalise a much-loved family pet or that icon of the Lakes, a Herdwick sheep or go wild with a wildebeest – the choice is yours! Papier mâché is a wonderfully sustainable and adaptable medium. We will be using old newspapers and magazines and a cooked flour and water paste so it really is an ideal art form to tread lightly on the planet. Patty is a papier mâché artist based in Cheshire and has been running workshops for many years. She is evangelical about the pleasure of creating something appealing from what would otherwise be thrown away and keen to get papier mâché out of the primary school and back into grownup's lives.

● ● **Singing and Silence for the Earth** **12 places** **£480**

Monday 9th – Friday 13th September

Led by Meri Goad

This invigorating break welcomes all voices who love to sing! Join us to let go of concerns, learn new songs and relax into singing simple harmonies as well as enjoying guided meditations or taking time out to explore the local area. No need to be able to read music; previous singing experience unnecessary. Songs include unaccompanied rounds and simple part songs from a range of traditions and cultures. Meri has led two small community choirs for twelve years. A vibrant and energetic facilitator, she can help anyone who thinks they can't sing to find a voice. Course starts Monday 17:15pm and finishes Friday 12:00pm.

● **George Fox after 400 years** **12 places** **£240**

Persons under 35 qualify for £100 reduction

Friday 13th – Sunday 15th September

Led by Rex Ambler

It is that long, this year, since George Fox was born, yet somehow, he still seems to speak to us. 'He found that in order to be free and whole as human beings we had to see ourselves as we actually were in the present moment. And he showed us how that could be done,'. It has something to do with finding the truth in ourselves and learning to trust it completely in everything we do. It's a tough message but it can be wonderfully liberating. Over the weekend we will try to understand more fully what he had to say then and what he is saying now. The course will focus on Rex's anthology of George Fox, **Truth of the Heart**, published by Quaker Books.

●● **Voices of the Earth** **14 places** **£255**

Anyone aged 18-35 can book a Woodbrooke course for half the listed price

Friday 20th – Sunday 22nd September

In Partnership with Woodbrooke

Led by Zélie and Phillip Gross

A weekend of hands-on creative exploration, play and reflection seeking renewed perspectives for these complicated and unsettling times. Paying close attention to the world around us, we'll work with visual media and writing to stir up familiar habits of thinking about the planet and humanity, through creating something new. We'll work sometimes in collaboration, sometimes alongside in our own quiet concentration to shed light from many angles on a timely and earth-centred question: how do we start again from here? Throughout, we will stay grounded in our own direct experience as we seek for responses to a changing and endangered world. Phillip is committed to the principles of collaboration and disciplined playfulness in freeing the life of our words, he has worked with visual artists, dancers and musicians as well as fellow poets. Zélie is enthusiastic about enabling participants to discover their unique gifts and abilities, she brings her background in art teaching to a creative approach to learning. Course finishes Sunday 12.30pm.

●● **Centering Prayer** **14 places** **£250**

Friday 27th – Sunday 29th September

Led by Rosemary Field and Richard Eddleston

Centering Prayer is a specific method for opening to the presence of God, the sacred, ultimate reality. Its one of a range spiritual practice 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. Rosemary has been a Quaker for five years and believes Centering Prayer to be at the heart of her Quaker faith. Richard has been a Quaker for over 30 years, he has facilitated three local groups for over eight years and he has run a Centering Prayer course at Woodbrooke and attended various other retreats. Course finishes Sunday 12.30pm.

● **Boot, Boat and Goat** **14 places** **£525**

Monday 30th September – Friday 4th 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.

● Inner Peace Meditation Retreat **15 places** **£285**

Friday 4th – Sunday 6th October

Led by Adam Dacey

The inner Peace Meditation Retreat is a transformative experience carefully designed to help you cultivate a deeper sense of calm and inner stillness. Over the course of the weekend, you'll be guided through a series of gentle meditation practices, all helping you quieten the mind and cultivating a sense of inner peace. By the end of the retreat, you'll have developed valuable skills for managing stress and cultivating lasting inner peace. 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. Adam is a meditation practitioner with over 27 years of experience of teaching. Course finishes Sunday 12.30pm.

● Circle Dancing **15 places** **£490**

Monday 7th – Friday 11th 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. Anne-Lise continues to attend workshops 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 a community. Course finishes 11.45 pm Friday.

● Sketching & Mix Media Painting **12 places** **£395**

Friday 25th – Monday 28th October

Led by Sue Ford

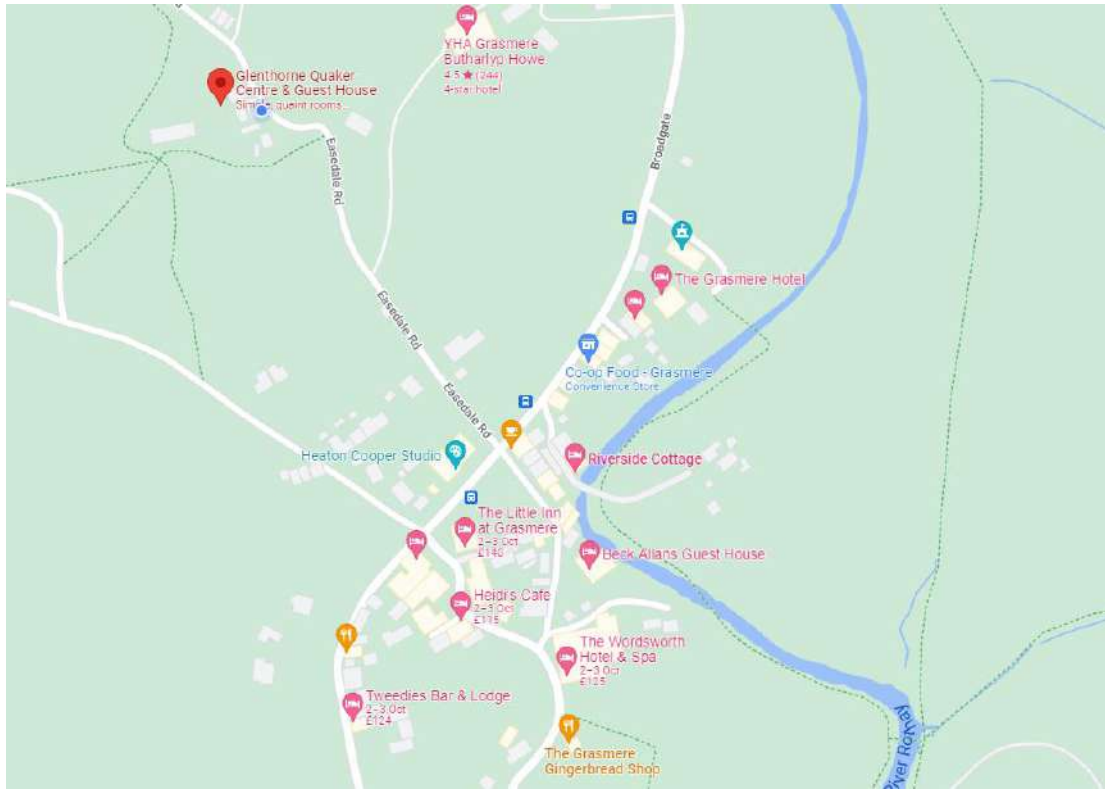
Mix media painting holiday, working in watercolours, acrylic, pastel and collage. Step by step teaching technique, suitable for all levels of painting, depending on fitness levels and weather we may do some outside sketching. A full itinerary and materials to bring will be issued before the course and is also issues on my website www.sueford.co.uk. If you are travelling by public transport, Sue can bring extra drawing boards and tables, please make us aware of this on booking.

● What has Wordsworth to Offer us Today? **12 places** **£480**

Monday 28th October – Friday 1st November

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.



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.

Glenthorne Guest House and Conference Centre
Easedale Road, Grasmere LA22 9QH, Cumbria
Registered Charity No 232575

Tel : 015394 35389

Email : info@glenthorne.org Website : www.glenthorne.org