

Talks, Events
& Workshops

Courses
& Classes

Holistic
Treatments
& Therapies

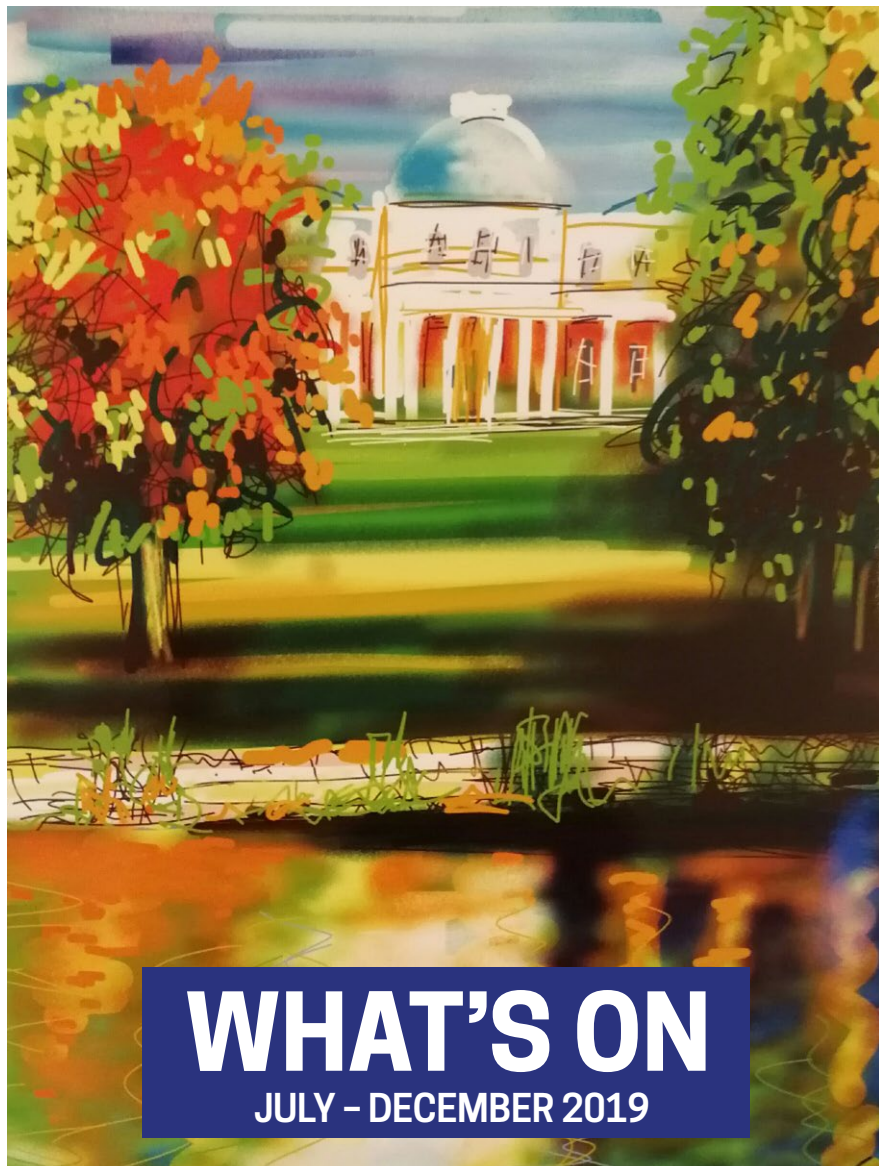
Facilities
& Room Hire

Services for
Business

Community
Outreach
Projects

The Isbourne

Events, courses and classes to boost your wellbeing



WHAT'S ON

JULY - DECEMBER 2019

www.isbourne.org

hello

The mid-point of the year seems like a good time to check in with ourselves and see how we're feeling. Are you relaxed and well-balanced, or are things a little off-kilter for you? With our fast-paced lives it's becoming more important than ever to take care of your wellbeing, and we hope that some of the events, courses and classes in this programme will help with that, from exploring your relationship with food (pg 1) and learning how to maintain a healthy immune system (pg 6), to combating chronic stress (pg 15) and managing anxiety (pg 19).

We've also made it even easier to enjoy our Quality Endorsed courses with the introduction of our new Super Early Bird offer where you can save 50% on the full cost of the course (pg 34)!

We're raising money by baking again in September (pg 11) and we round off the year, as always, with our Christmas Gift and Taster Fayre (pg 24).

See you soon!

The Isbourne Team

Talks, Workshops & Events	1
Living Better on a Small Planet	27
Weekly Classes	28
Bi-Monthly & Monthly Classes	31
Regular Classes Schedule	33
Super Early Bird Offer	34
Courses	35
Cover Art Competition	49
Therapist Directory	52
Workplace Wellbeing	56
Community Outreach Update	58



Joanna Hill

Trustee & General Manager



Julia Ingram

Business Development Manager



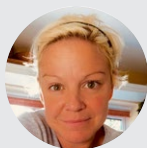
Kathryn Buxton

College Manager



Chloe Banyard

Marketing Manager



Helen Knight-Peters

Admin Coordinator



Bonnie Lloyd

Outreach Coordinator



Graham Boston

Marketing Assistant



Jack Bevan

Marketing & Events Assistant



Susan Dix

Administrator



Sue Lightstone

Receptionist



Sophie Perry

Receptionist



Vicky Jones

Receptionist



Paul Goddard

Videographer



Talks, Workshops & Events

What Is Feeding Our Mind And Body?

Kimberley Pena

This experiential talk is for anyone who is interested in exploring what is feeding our relationship with food and how this impacts our mind and body. Mindful that we live in a society bombarded with information about health and nutrition, this talk aims to simplify and holistically understand what may be driving our behaviours and how we can better support ourselves. The talk will be facilitated in a safe, non-judgemental manner with sensitivity to the subject matter.

**THURSDAY 4TH JULY
7.00PM – 8.30PM**

£18 if booked by 4th June
£20 thereafter

Conquer Your Fear Of Water: A Method That Will Leave You 'Bowled' Over

Ian Rampton

A fun and educational workshop aimed at adults who have a fear of water, cannot swim well, do not like water on their face or who jump in holding their nose. Learn how to take control of your breathing in a calm and mindful way and take control of your fears using simple, progressive and effective techniques. The accompanying demonstration in a bowl of water has to be seen to be believed!

**SATURDAY 6TH JULY
10.00AM – 11.30AM**

£15

SEED BALL WORKSHOP

Join us at the Midsummer Fiesta in Montpellier Gardens on Saturday 6th July where we'll be running a free kids' workshop making seed balls! All materials are provided and muddy hands are guaranteed!

SATURDAY 6TH JULY
MONTPELLIER GARDENS
(AS PART OF THE MIDSUMMER FIESTA)
12.00PM – 6.00PM

FREE!



Identity Constellations Day

Kate Collier

A chance to explore issues in your relationships, your family, your health, sexuality, work, money, choices and quality of life. Embodied, mindful work helping you to see clearly how your earliest attachment experience affects your identity. Resolving this helps you to change your perspective and find new paths in who you are and how you relate, bringing life-changing shifts in how we perceive ourselves with increased health, clarity of thought and sense of aliveness.

SATURDAY 6TH JULY
10.00AM – 5.00PM

£60 if booked by 6th June

£65 thereafter

10% concession for students

Crystal Bowl Sound Journey

Tanya Carter

A very relaxing session, journeying into the crystal realm and connecting with the energies of quartz and other types of crystal, and learning to work with spirit guides, whilst being deeply healed by the vibration frequency of crystal bowls. A beautiful way to relax and unwind. Please bring along any crystals you feel drawn to. A selection will be provided to work with if you do not have any of your own. Please bring something comfortable to lie on and a blanket.

SATURDAY 6TH JULY
10.00AM – 12.00NOON

£20 if booked by 8th June

£25 thereafter

10% concession for students

PATRICK HOLFORD

THE HYBRID DIET

The Hybrid Diet mimics the body's evolutionary design in that we run on glucose from carbs and ketones from our body fat. Alternating between the two is what Patrick considers to be the hottest health secret - mimicking the natural cycle of feast and famine.

A high fat diet switches on a cellular clean up, repairing the energy factories in cells, whereas a 'slow' carb diet makes clean energy and healthy new cells. Switching regularly between the two is like 'nutritional yoga': you become carb-adapted – craving fewer sweet foods - and fat-adapted – able to burn and derive energy efficiently from fat.

Patrick believes that variation, not moderation, is the key to health and to slowing down ageing. The opposite of The Hybrid Diet approach is the hallmark of modern junk food - a combination of animal fat and refined carbs that is the worst of both worlds.

During this talk Patrick will explore how to achieve a healthy weight without feeling hungry, rejuvenation and slowing the ageing process and the effect of nutrition on diabetes, cancer and heart disease, as well as dementia, epilepsy and other neurological disorders.

Patrick Holford is a pioneering nutrition expert, founder of the Institute for Optimum Nutrition and author of 39 books in over 30 languages, including (with awarding winning medical journalist Jerome Burne) The Hybrid Diet.

MONDAY 8TH JULY

7PM – 8.45PM

£15

50% concession with a Wellbeing Pass



The Power Of Your (Untold) Stories

Dr Gulara Vincent

'There is no greater agony than bearing an untold story inside you.' said Maya Angelou. It's not just a mental agony though, because you don't only hold your memories in your head - they also live in your body. The purpose of this workshop is three-fold: to write down your personal stories in response to specific prompts (great for generating material), unravel and release the unresolved emotions you are holding down, and then heal them through the power of your own compassion.

WEDNESDAY 10TH JULY
11.00AM – 2.00PM

£45 if booked by 1st July

£55 thereafter

10% concession for students

The Chi Rev Workout: Five Energy Exercises For Life

Max Watkins

Learn and perfect a 15-minute chi workout comprising five exercises: longevity breathing, chi scanning, chi balancing, heart-opening and freeing trapped chi. Through practicing these exercises your chi will flow more strongly and smoothly, giving rise to an energetic fitness, the foundation for our health, joy and vitality.

SATURDAY 20TH JULY
9.30AM – 1.00PM

£30 if booked by 29th June

£35 thereafter

10% concession for students

Planet-Friendly Gardening

Emma Reuvers

In busy urban environments our green spaces are more important than ever. No matter how big your outdoor space, this opening talk in our Living Better on a Small Planet series will explore how we can garden with the planet in mind, what we can do to reduce our overall impact and ways to create a garden which we can happily co-habit with our native wildlife. Emma Reuvers of Wild Edge Garden Design is a garden designer based in Cheltenham. Having always had an interest in the natural world her focus is to create gardens that not only work for her clients but that provide habitat and food for native wildlife.

WEDNESDAY 10TH JULY
7.00PM – 8.00PM

£8 if booked by 12th June

£10 thereafter

50% concession with a Wellbeing Pass



An Afternoon Of Meditation And Mindfulness

Mary Pearson

Get away from the stresses of daily life and deepen your meditation practice. This three-hour session will consist of guided meditations, mindfulness exercises, some chanting, and relaxation exercises. Meditating with others can bring a deeper sense of peace and calm. Mary is the author of 'Meditation, The Stress Solution', and co-founder of The British School of Meditation. Mary is a long-standing tutor at the Isbourne where she has been teaching meditation since 2001.

SUNDAY 21ST JULY
1.00PM – 4.00PM

£30 if booked by 14th July

£35 thereafter

10% concession for students

Conquer Your Fear Of Water: A Method That Will Leave You 'Bowled' Over

Ian Rampton

A fun and educational workshop aimed at adults who have a fear of water, cannot swim well, do not like water on their face or who jump in holding their nose. Learn how to take control of your breathing in a calm and mindful way and take control of your fears using simple, progressive and effective techniques. The accompanying demonstration in a bowl of water has to be seen to be believed!

SATURDAY 3RD AUGUST
10.00AM – 11.30AM

£15

Your Money, Your Values

Lee Coates OBE

We all want a better, fairer, cleaner world but are your finances working towards this goal or making things worse? This presentation will look at the many ways your savings, investments and pensions contribute to the world's problems and compromise your values - all without your knowledge. Provided you are willing to take control of your money there are so many ways to save and invest for a better world, and you don't need to accept lower returns.

Lee Coates OBE is Director of a locally-based national firm of financial advisers specialising in ethical and responsible investment. He has helped develop some of the most innovative responsible investment options in the UK, Australia and the US. In 2011 Lee was awarded an OBE for services to ethical business and finance.

WEDNESDAY 14TH AUGUST
7.00PM – 8.00PM

£8 if booked by 17th July

£10 thereafter

50% concession with a Wellbeing Pass



Natural Immune Health – Maintaining And Maximising A Healthy Immune System

Rachel Shackleton

Our body and mind is an intelligent mechanism that works within a fine corridor of balance. The lymphatic system is critical to ensuring this balance through maintenance of the immune system, and it is the immune system that is on alert when common illnesses are flying around, as well as when under stress. This talk will show you how to maintain a strong immune system for yourself and others naturally, through diet, herbs, awareness of the meridian lines and stimulation of the neurolymphatic points.

THURSDAY 22ND AUGUST
12.00PM – 3.00PM

£18 if booked by 22nd July
£25 thereafter
10% concession for students

How Does Exercise Affect Your Attitude?

Ruth White

Straighten up and take a deep breath. Do you feel more energy? Good posture is uplifting and contagious: your posture will affect those around you. Discover just how much information is projected by our shape and stance in this experiential talk. Ruth will demonstrate, with the option for participants to have a go themselves. You don't have to be fit, just give your body your full attention and learn how to lift your spirits.

TUESDAY 10TH SEPTEMBER
7.00PM – 8.30PM

£8 if booked by 20th July
£10 thereafter
10% concession for students



Calling all practitioners!

Would you like to see your class or workshop in this programme and on our website? Are you looking for a base from which to see clients? Interested in promoting yourself via our open days and other events?

Get in touch with us on info@isbourne.org to find out more about becoming an Affiliated Member of The Isbourne and the opportunities that could be available to you.

STEWART PEARCE

The Voice of Love

This workshop is an exciting adventure into your heart's secret chamber and the core of your Spirit to find the voice of your soul, which in turn will accelerate your spiritual intelligence, heal karma and link you with the abundance of the Source. It will also help you recognise that any challenge your love experiences is a powerful call to receive grace from the angels as Cosmic Guardians.

You will discover how to feel your signature note, or the Song of your Soul, as the divine key or code to the secret chamber of your heart, how to tap into your heart's wisdom for profound decision-making and how to identify and change limiting beliefs so that you may be regenerated and sanctified into divine love and grace. You'll also explore how to tune your brain and heart to super-coherence so that any trial may be endured, using powerful Sonic Meditations.

Stewart Pearce is a legendary Master of Voice, Voice Alchemist, Angel Emissary and has been a pioneer in the use of voice in sound healing for over 30 years. He has coached many illustrious people in how to use their voice, such as Diana Princess of Wales, Anita Roddick, Margaret Thatcher, Vanessa Redgrave, Eddie Redmayne, Hugh Bonneville and Mark Rylance. He is the author of six books, including the soon to be published 'Diana - The Voice of Change'.

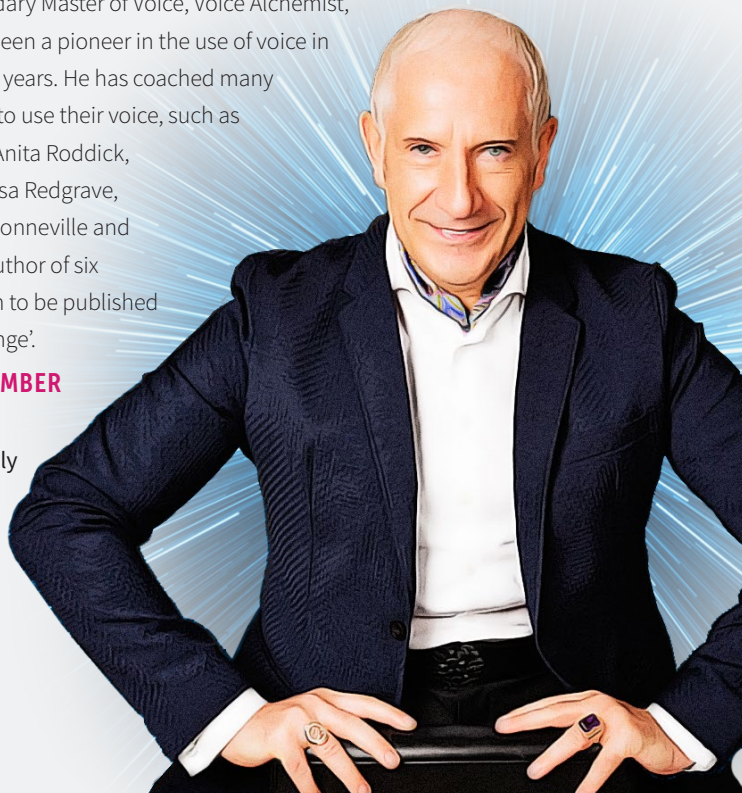
SATURDAY 7TH SEPTEMBER

10AM – 5.00PM

£70 if booked by 27th July

£80 thereafter

50% concession with a Wellbeing Pass



Repurpose Your Unwanted Stuff!

Karen Wilson



If current trends continue, we will fill existing landfill capacity within four years, with 45.4 million tonnes of waste being dumped in UK landfills annually. There is simply too much 'stuff' on the planet, affecting everything in the ecosystem and ultimately affecting us. We can do something about this situation by reconsidering the future of items that can be made both useful and beautiful without ending up in landfill or in the ocean. From food containers to unwanted furniture, in this interactive discussion and practical demonstration you will discover some inspirational ways that common household items can be repurposed.

WEDNESDAY 11TH SEPTEMBER

7.00PM – 8.00PM

£8 if booked by 14th August

£10 thereafter

50% concession with a Wellbeing Pass



Foundation Qigong: Tai Chi Circling Hands

Max Watkins

Tai Chi Circling Hands is a wonderful qigong set with the circularity, flow and beauty of tai chi, but in a much simpler, easy to learn form. The beauty of this set is that because the movements are simple we can quickly integrate internal techniques (neigong), considerably amplifying the benefits. This workshop will give you the opportunity to study and perfect this engaging set of movements in greater detail than you could in a weekly drop-in class.

SATURDAY 14TH SEPTEMBER
9.30AM – 1.00PM

£30 if booked by 24th August

£35 thereafter

10% concession for students

Crystal Bowl Sound Journey

Tanya Carter

A very relaxing session, journeying into the crystal realm and connecting with the energies of quartz and other types of crystal, and learning to work with spirit guides, whilst being deeply healed by the vibration frequency of crystal bowls. A beautiful way to relax and unwind. Please bring along any crystals you feel drawn to. A selection will be provided to work with if you do not have any of your own. Please bring something comfortable to lie on and a blanket.

SATURDAY 14TH SEPTEMBER
10.00AM – 12.00NOON

£20 if booked by 17th August

£25 thereafter

10% concession for students

Exploring Freedom

kironJ Gardner and James D'Angelo

What is freedom? Do we really want it? How can we experience freedom in our daily circumstances?

James D'Angelo and kironJ Gardner offer this experiential workshop to explore these questions, using sound, silence, meditation, movement and the radical ideas presented by A Course in Miracles.

All are welcome who would like to explore in this rich and supportive setting. No vocal skill or familiarity with ACIM required, just a little willingness to peep beyond the habitual and routine.

SUNDAY 15TH SEPTEMBER
10.30AM – 5.00PM

£35 if booked by 24th August

£40 thereafter

10% concession for students

Connecting To Your Mind And Body

Kimberley Pena

Life can take us in unexpected directions, causing us to lose sight of who we are or experience a sensation of being stuck, whether it be related to work, family dynamics or the expectations we place on ourselves. This experiential talk explores how a connection to the core self can be re-established through integrating mind and body, leading to a more confident and empowering experience of life.

THURSDAY 19TH SEPTEMBER
7.00PM – 8.30PM

£18 if booked by 19th August

£20 thereafter

The Healing Power Of Nature Connection

Ian Banyard

Join author and nature connection guide Ian Banyard to find out how a more nature-based form of mindfulness practice can boost our health, improve clarity of mind, relax the body and create a deeper connection. Learn how we can all experience the astounding wellbeing benefits that nature offers, and discover how reconnecting with nature, each other, and our true nature can help heal the planet. This event includes a screening of inspiring documentary film India's Healing Forests.

SATURDAY 21ST SEPTEMBER
3.00PM – 5.00PM

£7 if booked by 31st July

£12 thereafter

10% concession for students



PETER WHITE

See It My Way

Peter White MBE is a visually impaired journalist and DJ. A well-known voice on BBC Radio 4, he has presented popular programmes such as *In Touch, You and Yours* and the critically acclaimed series *No Triumph, No Tragedy*, in a career spanning nearly fifty years.

In his inimitable style Peter will reflect on his struggle to get into radio broadcasting as well as the huge changes he has witnessed in how disabled people and their disabilities are perceived. He will discuss how changes in legislation such as the Anti-Discrimination Law and how building access, technology and attitudes have all changed dramatically, enabling disabled people to work alongside their able-bodied colleagues - and how disabled people have made this happen through protest and direct action. He will also talk about the gruelling challenges of taking part in 100km trek across Kenya for Comic Relief.

Peter White has been blind from birth and has a blind elder brother. His parents were not over-protective, something he credits for helping them develop their independence. As a child Peter and his brother rather stunned the neighbours by doing all the things the other kids did: riding bikes, roller skating and getting into fights. After university Peter went straight into radio after door-stepping his local radio station in Southampton.

MONDAY 23RD SEPTEMBER

7.00PM – 8.30PM

£12 if booked by 12th August

£15 thereafter

50% concession with a Wellbeing Pass



WORLD'S BIGGEST COFFEE MORNING

We raised £222 for Macmillan with our coffee morning last year thanks to your generous support and an amazing spread of treats baked by staff. Pop in for a cup of tea and a piece of cake, and help us raise even more this year!

FRIDAY 27TH SEPTEMBER

10.00AM – 12.00PM

FREE ENTRY - Just pay for tea and cake!



Finding Your Balance Yoga And Meditation Workshop

Jo Fellows

This workshop is designed to revitalise your spirit and restore balance to your mind and body. It is a great antidote to stress! Teaching with great sensitivity, compassion and care, Jo is committed to empowering anyone who is on their journey to seek themselves and their joy through yoga and meditation.

SATURDAY 28TH SEPTEMBER

10.00AM – 12.00PM

£15 if booked by 14th September

£22 thereafter

10% concession for students

Hoop Flow & Mindful Movement

Tori Rogers

This a fully immersive workshop teaching how to journey into 'flow' state through mindful movement. You will learn on and off body hula hoop tricks, as well as how to move in a meditative way with a hula hoop. This will be so much more than just hula hooping around your waist: you will learn how to transition between different moves and put sequences together to find flow and movement with the hoop. No previous experience required!

SATURDAY 28TH SEPTEMBER

10.00AM – 4.00PM

£30 if booked by 28th August

£35 thereafter

10% concession for students

Embracing The Sacred Feminine

Jenny Etheredge

A gathering to explore the Divine Feminine and connect with our own inner goddesses. With the help of cacao (optional), we will journey into our heart and womb space to help us connect with our bodies, lives and cycles. The afternoon will include yoga nidra, yoga & somatic movement, dance, mantra, mudra and sacred circle discussion. It will be a deeply nourishing and healing space, allowing us to honour our bodies and emotions, embrace our darkness and light and connect to our creative potential.

SATURDAY 28TH SEPTEMBER

12.00PM – 5.00PM

£60 if booked by 1st September

£65 thereafter

WILL GETHIN

The Hero's Journey: Follow Your Bliss

Mythologist Joseph Campbell - best known for his 'Hero's Journey' template for storytelling as applied to films like Star Wars, The Matrix and The Wizard of Oz - was also famous for his mantra for a meaningful life: follow your bliss.

What's your deepest passion, the thing that makes you feel most alive? Often it's the thing you can't not do despite any resistance you may feel, hence Campbell later said what he really meant was "Follow your blisters"!

In this enlightening and entertaining talk, aimed at people in their 20s as well as anyone at a crossroads in their life, faced with a big challenge or looking for guidance with the next step (be it a new career, life path, job, creative project or community endeavour), Will Gethin introduces the Hero's Journey as a map for living and transformation, and offers guidance for finding your own authentic path whilst creating a fulfilling life rich with meaning and purpose. He also shares his experience of following his bliss/blisters as he lived out this mythical sequence in his own life, with all its trials, tribulations and hidden treasures...

Will Gethin is the founder of communications and events company Conscious Frontiers which promotes organisations and individuals engaged in creating positive change in the world. He has also worked extensively as a travel writer and holistic explorer/journalist writing for leading magazines and newspapers. Having powerfully experienced the stages of the Hero's Journey in his own life, Will leads workshops and retreats, sharing his experience of this transformative process to support others to move forward in their lives.

MONDAY 30TH SEPTEMBER

7.00PM – 9.00PM

£13.50 if booked by 19th August

£15 thereafter

50% concession with a Wellbeing Pass



MEL COLLINS

Highly Sensitive People

Are you a Highly Sensitive Person? Do you pick up on subtleties that others are unaware of and are highly empathic? Do you get affected by environmental and sensory stimuli and need to withdraw on a regular basis? If you do, this workshop is for you.

One in five people are born with the trait of high sensitivity. But the general lack of awareness and appreciation of sensitivity in our society leaves so many HSPs struggling physically, emotionally, mentally and spiritually with being highly sensitive in a non-sensitive world. This talk offers practical strategies to manage certain aspects of the trait and to help HSPs live more effectively, whilst still embracing and sharing their unique gifts. You'll explore how to protect your energy, the importance of grounding, how to cope with over-arousal, and look at EFT ('tapping') to deal with overwhelm and to optimise emotional health.

Mel Collins is an author and qualified Psychotherapeutic Counsellor, Spiritual Healer, Reiki Master and Intuitive who now offers workshops and talks about HSPs. Her book 'The Handbook for Highly Sensitive People' was published in January 2019 by Watkins Publishing. Mel also studied extensively under the late Jungian Psychotherapist Dr Roger Woolger in Past Life Regression and Spirit Release work. She has appeared on the Jeremy Vine Show on BBC Radio 2, also Radio 5 Live and had articles published in the Daily Mail, Natural Health magazine, Soul and Spirit, Spirit and Destiny and others.

SATURDAY 5TH OCTOBER

3.00PM – 4.30PM

£13.50 if booked by 19th August

£15 thereafter

50% concession with a Wellbeing Pass



Eating for a Sustainable Future

Karen Wilson



In Europe, food accounts for a third of greenhouse gas emissions. On top of that, one third of this is slung out adding further to those emissions. Healthy soil remains crucial for food production, flood defences and our ability to tackle climate change, so how can we play our part in sustainable eating?

In this interactive session, you'll take a look at the factors affecting our food choices whilst providing you with some enticing examples of sustainable meals, including how to reduce food waste and also at how to grow your own food in a small space through a local Community Gardening Initiative.

WEDNESDAY 9TH OCTOBER

7.00PM – 8.00PM

£8 if booked by 11th September

£10 thereafter

50% concession with a Wellbeing Pass



Natural Immune Health – Maintaining And Maximising A Healthy Immune System

Rachel Shackleton

Our body and mind is an intelligent mechanism that works within a fine corridor of balance. The lymphatic system is critical to ensuring this balance through maintenance of the immune system, and it is the immune system that is on alert when common illnesses are flying around, as well as when under stress. This talk will show you how to maintain a strong immune system for yourself and others naturally, through diet, herbs, awareness of the meridian lines and stimulation of the neurolymphatic points.

THURSDAY 10TH OCTOBER

12.00PM – 3.00PM

£18 if booked by 10th September

£25 thereafter

10% concession for students

Breathing For Optimal Health

Helene Su

Good breathing is fundamental to our overall health and wellbeing. It wards off diseases, lowers our blood pressure and cholesterol levels and alleviates physical pain, stress and anxiety. As we mature into adults our lifestyles and conditioning gradually erode the natural, uninhibited access to life force that we are born with, as seen in babies and young children. In this introductory workshop you will learn how to assess and identify your own unhealthy breathing patterns, and discover some basic tools to help correct them.

SATURDAY 12TH OCTOBER

10.00AM – 4.00PM

£45 if booked by 28th September

£55 thereafter

10% concession for students

An Afternoon Of Meditation And Mindfulness

Mary Pearson

Get away from the stresses of daily life and deepen your meditation practice. This three-hour session will consist of guided meditations, mindfulness exercises, some chanting, and relaxation exercises. Meditating with others can bring a deeper sense of peace and calm. Mary is the author of 'Meditation, The Stress Solution', and co-founder of The British School of Meditation. Mary is a long-standing tutor at the Isbourne where she has been teaching meditation since 2001.

SUNDAY 13TH OCTOBER
1.00PM – 4.00PM

£30 if booked by 6th October
£35 thereafter
10% concession for students

Identity Constellations Day

Kate Collier

A chance to explore issues in your relationships, your family, your health, sexuality, work, money, choices and quality of life. Embodied, mindful work helping you to see clearly how your earliest attachment experience affects your identity. Resolving this helps you to change your perspective and find new paths in who you are and how you relate, bringing life-changing shifts in how we perceive ourselves with increased health, clarity of thought and sense of aliveness.

SATURDAY 19TH OCTOBER
10.00AM – 5.00PM

£60 if booked by 19th September
£65 thereafter
10% concession for students

Wheel Of The Year – The Magic Of Samhain

Jenny Etheredge

Samhain marks the beginning of a new year in the Celtic calendar. It is a portal that takes us into the darkest time of year – a liminal time when the veil between worlds is thin and where we can connect to the magic of life through story, rituals and contemplation. Come and spend time in deep relaxation, exploring gentle movement and seasonal practices that will help you embrace this time of year and discover the magic of Samhain.

SATURDAY 19TH OCTOBER
12.00PM - 5.00PM

£60 if booked by 20th September
£65 thereafter

Mind And Body De-Stress

Claire Seabrook

QE

3 CPD HOURS

Living with ongoing stress without giving the body a chance to heal can have a profound effect on our health. In this workshop you'll learn how you can free your mind and body to feel at ease, without painful tension holding you back from doing the things you love. We'll explore restorative and gentle meditative practices to experience feeling deeply peaceful and you'll also receive a handout of key insights and tools to practice at home.

SUNDAY 20TH OCTOBER
10.00AM – 1.00PM

£35 if booked by 20th September
£45 thereafter

TIM FREKE

From Individuals to Unividuals: helping you make the next evolutionary jump

There has never before been a time when so many people cared about the suffering of human beings in distant lands they will never visit, felt cross-species compassion for endangered animals they will never encounter, and even experienced a transcendent oneness with the whole universe.

These developments signal an astonishing leap forward in the history of humanity that is quietly gaining momentum: the evolution of separate individuals into connected 'unividuals' who experience a profound sense of unity that transcends their individuality.

During this experiential evening Tim will teach 'unividual practices' that naturally create an experience of oneness, felt as all-embracing love for everyone and everything. You'll be introduced to the philosophy of 'Unividualism', which unifies science and spirituality to explain and support the evolutionary process, bringing deep meaning to our lives and giving us real hope for the future. This is your invitation to become a part of a new global tribe that can transform our individualistic self-serving society into a unividual culture of kindness.

Tim Freke is the author of 35 books, translated into 16 languages, including a top 10 international bestseller and Daily Telegraph 'Book of the Year'. He has been exploring new states of consciousness since a spontaneous spiritual awakening aged 12.

The philosophy and practises of 'Unividualism' are the culmination of his life's work as a pioneering free-thinker and life-explorer.

With his trademark clarity, humour, enthusiasm and acceptance of vulnerability, Tim is a master at creating a safe and playful environment in which transformation happens naturally. His mission is to unleash the deep goodness within us all, so that together we can create a kinder, wiser world.

MONDAY 21ST OCTOBER

7.00PM – 9.00PM

£13.50 if booked by 9th September

£15 thereafter

50% concession with a Wellbeing Pass



The Healing Power Of Nature Connection

Ian Banyard

Join author and nature connection guide Ian Banyard to find out how a more nature-based form of mindfulness practice can boost our health, improve clarity of mind, relax the body and create a deeper connection. Learn how we can all experience the astounding wellbeing benefits that nature offers, and discover how reconnecting with nature, each other, and our true nature can help heal the planet. This event includes a screening of inspiring documentary film India's Healing Forests.

SATURDAY 26TH OCTOBER
3.00PM – 5.00PM

£7 if booked by 31st July

£12 thereafter

10% concession for students

Positive Conversations

Clive Osborne

We all have to face those difficult conversations when we'd much rather simply walk away. But ignoring a problem never solved it, and conflict resolution professionals are constantly refining ways in which we can go into a challenging conversation feeling confident that it will result in a positive outcome for all concerned. This workshop will give you the tools and skills to understand why some conversations are so hard, and to tackle them whenever they occur so that everyone involved is satisfied with the result.

SATURDAY 26TH OCTOBER
9.30AM – 4.30PM

£85 if booked by 26th September

£95 thereafter

10% concession for students

THANK YOU!



We were thrilled that so many of you ventured out on a miserable January day for our first Open Day in 18 months.

All of our staff worked so hard on the event and the feedback from the day was amazing – thank you to everyone who came along, whether it was for a therapy session, a class taster, the kids' craft activities or just to sample the delicious vegan food on offer.

SEE YOU AGAIN NEXT JANUARY!

WILL GETHIN

The Hero's Journey: Follow Your Bliss (Workshop)

Is there a next step in life calling you, or a desire to explore? This workshop is a chance to move through the stages of The Hero's Journey, the mythical transformation process described by author Joseph Campbell.

You're invited to open the door to your bliss and journey towards your chosen new horizon, facing and learning from any fear and resistance that arises, and opening to new inspiration and direction. This is a chance to explore a fresh sense of purpose, to bring some juice back into your life and take a step towards a new dream or goal.

Will Gethin is the founder of comms and events company Conscious Frontiers which promotes organisations and individuals engaged in creating positive change in the world.

He has also worked extensively as a travel writer and holistic explorer/journalist writing for leading magazines and newspapers. Having powerfully experienced the stages of the Hero's Journey in his own life, Will leads Hero's Journey workshops and retreats, sharing his experience of this transformative process to support others to move forward in their lives.

SATURDAY 2ND NOVEMBER

10.00AM – 5.00PM

£58.50 if booked by 21st September

£65 thereafter

50% concession with a Wellbeing Pass





Meditation To Calm Your Anxious Mind

Kathryn Buxton

QE 3 CPD HOURS

Do you have an anxious mind that's negative about the future? This fun and informative workshop will touch on why our brain thinks negatively and provide you with lots of tips and tools, based around mindfulness meditation, to support yourself when the mind chatter gets too much. You will come away with some formal and informal mindful meditation practices which can fit into the busiest of schedules to calm your anxious mind.

SATURDAY 2ND NOVEMBER

10.00AM – 1.00PM

£35 if booked by 2nd October

£45 thereafter

Managing Anxiety Through The Mind And Body

Kimberley Pena

Are you experiencing anxiety and want to reduce the impact this is having on your wellbeing? Seeking insight and understanding beyond talking therapy? This talk explores the ways of managing anxiety from a Dance Movement Psychotherapy perspective, focusing on the integration of mind and body towards whole person health in a departure from the cultural norms of compartmentalizing our physical and mental health.

THURSDAY 7TH NOVEMBER

7.00PM-8.30PM

£18 if booked by 7th October

£20 thereafter

Conquer Your Fear Of Water: A Method That Will Leave You 'Bowled' Over

Ian Rampton

A fun and educational workshop aimed at adults who have a fear of water, cannot swim well, do not like water on their face or who jump in holding their nose. Learn how to take control of your breathing in a calm and mindful way and take control of your fears using simple, progressive and effective techniques. The accompanying demonstration in a bowl of water has to be seen to be believed!

SATURDAY 9TH NOVEMBER
10.00AM – 11.30AM

£15

Crystal Bowl Sound Journey

Tanya Carter

A very relaxing session, journeying into the crystal realm and connecting with the energies of quartz and other types of crystal, and learning to work with spirit guides, whilst being deeply healed by the vibration frequency of crystal bowls. A beautiful way to relax and unwind. Please bring along any crystals you feel drawn to. A selection will be provided to work with if you do not have any of your own. Please bring something comfortable to lie on and a blanket.

SATURDAY 9TH NOVEMBER
10.00AM – 12.00NOON

£20 if booked by 12th October

£25 thereafter

10% concession for students

Astrology – A Guide To Self Discovery

Graham Boston

QE

3 SPD HOURS

Did you know that who you are could be written in the stars? You probably know your Sun (or Star) sign, but do you know your moon sign? How about your Mercury, Venus and Mars signs? In this interactive workshop, suitable for those new to Astrology, you will discover what these signs say about your sense of identity, your emotional needs, the way you communicate, your relationship style and how you assert yourself.

SATURDAY 9TH NOVEMBER
2.00PM – 5.00PM

£35 if booked by 9th October

£45 thereafter



NICK PARKER

Lessons, Inspiration And Strategies From A Terminal Cancer Thriver

After being prescribed terminal care following a diagnosis of advanced aggressive metastasised prostate cancer on Christmas Eve 2015 Nick embarked on the biggest project of his life, undertaking unfathomed levels of research, overhauling every aspect of mind, body and spirit, engaging in robust debates with the medical profession and experimenting in uncharted waters.

Nick will share many lessons (both good and bad) to illustrate how he strives to give his body the best chances of recovering and maintaining health and wellbeing. Nick believes that all the answers to our failing health are out there: we just need to embark on our own journeys of discovery, make courageous decisions and change our attitudes.

Nick will share insights on topics such as the best approach to nutrition, the most beneficial meditation practice, getting better sleep and managing your doctor, as well as how to get started on the journey of improving your health when you struggle with self-discipline.

Be prepared for a no-holds barred conversation!

Explore with Nick everything from the future of the NHS and why sending poo in the post should be mainstream to understanding death in the pursuit of understanding life and managing the expectations of society, touching on toxic relationships, finding your purpose and faith, religion & spirituality along the way.

"Nick's talks are truly inspirational: I am one of the world's cynical old goats but have now been totally converted and I would challenge anyone to go and not be moved and come away a true believer.

Well done Nick." Terje Gilj

MONDAY 11TH NOVEMBER

7.00PM – 9.00PM

£22.50 if booked by 30th September

£25 thereafter

50% concession with a Wellbeing Pass



What's Your Carbon Footprint?

Alison Crane



An opportunity to work out your personal carbon footprint using a simple but comprehensive carbon calculator – covering transport, energy, food, waste and spending – and what you can do to improve it. No need to bring fuel bills, but it would be useful to know your average car mileage and monthly expenditure. Participants can take the form home with them to complete if they prefer. There will be plenty of chances to ask questions and to test your own knowledge by playing a game.

Alison Crane is a professional domestic energy adviser and facilitates small groups on how to reduce one's carbon footprint. She has a long-standing commitment to live better on our small and beautiful planet, through lifestyle choices and activism.

WEDNESDAY 13TH NOVEMBER

7.00PM – 8.00PM

£8 if booked by 16th October / £10 thereafter

50% concession with a Wellbeing Pass



Finding Your Balance Yoga And Meditation Workshop

Jo Fellows

This workshop is designed to revitalise your spirit and restore balance to your mind and body. It is a great antidote to stress! Teaching with great sensitivity, compassion and care, Jo is committed to empowering anyone who is on their journey to seek themselves and their joy through yoga and meditation.

SATURDAY 16TH NOVEMBER
10.00AM – 12.00NOON

£15 if booked by 2nd November

£22 thereafter

10% concession for students

The Healing Power Of Nature Connection

Ian Banyard

Join author and nature connection guide Ian Banyard to find out how a more nature-based form of mindfulness practice can boost our health, improve clarity of mind, relax the body and create a deeper connection. Learn how we can all experience the astounding wellbeing benefits that nature offers, and discover how reconnecting with nature, each other, and our true nature can help heal the planet. This event includes a screening of inspiring documentary film India's Healing Forests.

SATURDAY 23RD NOVEMBER
3.00PM – 5.00PM

£7 if booked by 31st July

£12 thereafter

10% concession for students

ALI NORRELL

Lessons From My Daughter In The Spirit World

A talk based on Ali Norell's experiences since the passing of her baby daughter Romy in 2014. Ali will describe how, as a medium herself, she found that many of the communications she received from Romy were later corroborated by other mediums. Through this, the most devastating of human experiences, Ali at first turned her back on her long-held spiritual beliefs but went on to discover that it was exactly these that held her up and gave her renewed purpose, resulting in the writing and publication of her book, *The Truth Inside*.

As well as sharing her own experience of this deeply personal life event, Ali seeks to share with her listeners, without prejudice or judgement, how she came to the conclusion that we choose major life events before we incarnate – even those that cause us immeasurable pain - in order to learn at the highest level.

Ali Norell is a mother – of three children here and one in spirit – author, medium, healer and inspirational speaker. Since childhood Ali has been able to see, hear and sense the spirits of those who have passed and those who serve as guides from the spirit world. She credits her daughter with helping her to realise a childhood dream of being an author and to live her life in the fullest way possible, alongside her grief.

MONDAY 25TH NOVEMBER

7.00PM – 9.00PM

£13.50 if booked by 14th October

£15 thereafter

50% concession with a Wellbeing Pass



Introduction To Shamanism: Learn The Shaman's Journey

Mandy Pullen

There is one simple technique that is the key to shamanism - that of the shaman's journey. On this workshop you will learn how to 'journey' like a shaman, explore the shaman's map, uncover the mystery of the drum, understand ritual and ceremony and learn how to source a power animal for someone else. Learning this ancient technique will enable you to access the world of spirit, to ask questions, seek healing and find a sense of peace in your daily life. Please bring a blanket, notebook and pen and an eye cover.

SATURDAY 30TH NOVEMBER
10.00AM – 5.00PM

£50 if booked by 16th November

£55 thereafter

10% concession for students



CHRISTMAS GIFT AND TASTER FAYRE

Join us for a Christmas Fayre with a difference! As well as over 20 stalls of gifts, crafts and produce from a range of local businesses and craftspeople, some of our recommended practitioners will also be running taster sessions in a variety of holistic treatments and therapies. It's shopping and relaxation combined!

TUESDAY 3RD DECEMBER
6.00PM – 8.00PM

£3 (includes a glass of mulled wine and a mince pie)



Natural Immune Health – Maintaining And Maximising A Healthy Immune System

Rachel Shackleton

Our body and mind is an intelligent mechanism that works within a fine corridor of balance. The lymphatic system is critical to ensuring this balance through maintenance of the immune system, and it is the immune system that is on alert when common illnesses are flying around, as well as when under stress. This talk will show you how to maintain a strong immune system for yourself and others naturally, through diet, herbs, awareness of the meridian lines and stimulation of the neurolymphatic points.

**THURSDAY 5TH DECEMBER
12.00PM – 3.00PM**

£18 if booked by 5th November / £25 thereafter
10% concession for students

Wheel Of The Year – Embracing The Magic Of Winter

Jenny Etheredge

Winter marks the darkest time of the year, when Mother Nature has settled down to rest. This gathering will be time to reflect, release and restore, and tune in with the season, going within and exploring our own inner landscape. With the help of gentle cacao medicine (optional), we will honour this magical time of year, find calm and stillness, surrender to the darkness and embrace the winter season by exploring gentle yoga and movement practices, deep relaxation and meditation, self-care practices and herbal kitchen medicine.

**SATURDAY 7TH DECEMBER
12.00PM – 5.00PM**

£60 if booked by 15th November / £65 thereafter

LOOKING FOR A UNIQUE GIFT IDEA?

Give the gift of wellbeing with a voucher valid for all of our events and classes for 12 months.

Available to purchase from reception in a value of your choice.



Stop The Plastic Tide

Alisdair Naulls



Living Better
on a Small Planet

Plastic and its damaging effect on our ocean is big news. Just how do we #stoptheplastictide? Just what you can put in the recycle bin? Why has that 'biodegradable' cup not degraded at all? Why does it say flushable on this wet wipe packet - that's wrong, right? What can I do that is simple and easy and ocean-positive? Join in the conversation to find out more!

With everyone from primary school students to undergraduates, business people to biologists and wild swimmers to coastal path strollers far more aware of the threats to our blue planet, how can YOU make ocean-positive change? Find out more about ocean plastics, share your stories and ask your questions in this invaluable talk.

Confused dad, amateur natural historian, picker-upper of urban, sub-urban and countryside litter, Alisdair Naulls has worked as the Marine Conservation Society Public Engagement Officer for over five years, having helped as a volunteer for 12 years before that.

WEDNESDAY 11TH DECEMBER, 7.00PM – 8.00PM

£8 if booked by 13th November / £10 thereafter

50% concession with a Wellbeing Pass



DATE FOR THE DIARY:

The Isbourne Open Day

Saturday 18th January 2020



We can all make a difference to the health of the world around us, but sometimes it's hard to know where to start. Our Living Better On A Small Planet series of talks is packed full of inspiration and practical tips on everything to do with ethical, sustainable and compassionate living.

Don't forget, Wellbeing Pass holders get a huge **50% off** these ticket prices!



Planet-Friendly Gardening

Explore how we can garden with the planet in mind and create a garden we can happily co-habit with our native wildlife.

WEDNESDAY 10TH JULY, 7PM – 8PM

£8 if booked by 12th June / £10 thereafter

Your Money, Your Values: How To Get Ethical With Your Finances

We all want a better, fairer, cleaner world but are your finances working towards this goal or making things worse?

WEDNESDAY 14TH AUGUST, 7PM – 8PM

£8 if booked by 17th July / £10 thereafter

Repurpose Your Unwanted Stuff!

From food containers to unwanted furniture, discover the inspirational ways that common household items can be repurposed.

WEDNESDAY 11TH SEPTEMBER, 7PM – 8PM

£8 if booked by 14th August / £10 thereafter

Eating for a Sustainable Future

Explore how you can play your part in sustainable eating, from meal choices and food waste to growing your own.

WEDNESDAY 9TH OCTOBER, 7PM – 8PM

£8 if booked by 11th Sept / £10 thereafter

What's Your Carbon Footprint?

An opportunity to work out your personal carbon footprint and what you can do to improve it.

WEDNESDAY 13TH NOVEMBER, 7PM – 8PM

£8 if booked by 16th October / £10 thereafter

Stop The Plastic Tide

Plastic and its damaging effect on our ocean is big news. But how exactly do we #stoptheplastic Tide?

WEDNESDAY 11TH DECEMBER, 7PM – 8PM

£8 if booked by 13th Nov / £10 thereafter





Regular Classes

Please check our website or give us a call on 01242 254 321 to check the dates the class you want to attend is running on – some classes take a break in between blocks.

WEEKLY CLASSES

Belly Dance For Beginners

Maria Iride Morelli

Belly Dance is suitable for everyone, encouraging movement from the feet to the hips, the shoulder to the fingertips and even the head. No muscle is left untouched. You will learn Egyptian and Indian moves, techniques and dances (both modern and traditional) to great music. Maria will teach you how to be in control of your body, empowering you to feel good inside and out! Wear comfortable clothing. Dancing is done bare foot.

**MONDAYS FROM 1ST JULY
6.30PM – 7.30PM**

£8 per session

£42 for six-session block

£56 for eight-session block

10% concession for students

A Course In Miracles

Angela Hoskins

This ongoing study support group aims to expand our understanding and practice of the principles of A Course in Miracles, working from the book of the same title. It is a very personal journey with your own inner self and the group is there to support you with this study. Please contact Terry or Angela on 01452 616868 to arrange an initial meeting before attending.

**MONDAYS FROM 1ST JULY (EXCEPT BANK
HOLIDAYS)
7.15PM – 9.00PM**

£4 per session

Qi Gong/Tai Chi

Margaret Kelly

In Qigong we practise a set of exercises - slow, flowing and in time with the breath - to improve the health and harmony of mind and body. The exercises are suitable for all ages and abilities, and are especially beneficial in helping older people with coordination and balance. The main aim is simply to make the practise enjoyable! The core of these sessions is Shibashi (the 18 exercises). You'll also experience standing and walking meditations, and a Yang-style form of Tai Chi Chuan.

**TUESDAYS FROM 2ND JULY
10.30AM – 11.45AM**

£9 per session

£24 for three-session block

£32 for four-session block

The Compassionate Heart: Meeting Yourself With Eyes Of Love

Caroline Bliss

What is your relation to yourself? Do you struggle to calm your inner thoughts? Do you have intense emotions which are difficult to digest? Spend an hour each week learning to 'go within'. Find a way to face your deepest emotions without fear. Meet 'little you', the hidden part which holds your memories and beliefs, and experience a profound compassion for yourself and your choices this lifetime. Finally, learn to merge into the Witness State of Infinite Peace.

**TUESDAYS FROM 24TH SEPTEMBER
7.00PM – 8.00PM**

£10 per session

£35 for four-session block

£40 for five-session block

10% concession for students

Lunchtime Meditation

Claire Seabrook

Simple and practical meditations for making everyday life feel easier! If you'd like to meditate but need support to get motivated, this class is for you. Join us for easy-to-follow guided meditations in a friendly atmosphere. You will learn to ease tension and reconnect with a calm, clear place within. Beginners are warmly welcome.

**WEDNESDAYS FROM 18TH SEPTEMBER
12.30PM – 1.15PM**

£8 per session

£32.00 for five-session block

10% concession for students

Meditation And Mindfulness For All

Kathryn Buxton

Come and learn the ancient discipline of meditation with like-minded people and an experienced tutor, enjoying the energy of meditation together in a group. These classes are fun and informative with a range of meditations from the Buddhist tradition. You'll be given tips on how to build and sustain a regular practice, and there will also be guidance on mindfulness meditation and how mindfulness can be incorporated into your everyday life, bringing you a sense of calm and equanimity in the face of life's inevitable challenges.

**WEDNESDAYS FROM 11TH SEPTEMBER
6.30PM – 7.30PM**

£10 per session

£5 per session for 18 – 25yr olds

£48 for six-session block

10% concession for students

Chi Workout

Max Watkins

A qi gong and tai chi energy exercise class for all levels! Enjoy a complete and relaxing class learning exercises from various qi gong sets including Dragon and Tiger, Tai Chi Circling Hands, Energy Gates and more. As you progress you'll steadily integrate internal techniques (nei gong) into the movements, amplifying the health benefits and providing an engaging journey into these ever-evolving arts.

WEDNESDAYS FROM 3RD JULY
7.00PM – 8.00PM

£8 per session

£50 for seven-session block

10% concession for students

Chi Workout

Max Watkins

A qi gong and tai chi energy exercise class for all levels! Enjoy a complete and relaxing class learning exercises from various qi gong sets including Dragon and Tiger, Tai Chi Circling Hands, Energy Gates and more. As you progress you'll steadily integrate internal techniques (nei gong) into the movements, amplifying the health benefits and providing an engaging journey into these ever-evolving arts.

FRIDAYS FROM 5TH JULY
9.30AM – 10.30AM

£8 per session

£50 for seven-session block

10% concession for students

Flowing Yoga

Ann Morley

Want to feel energised, focused and revitalised? This fun, friendly class will give you an energy boost for the weekend. Bodywork will lengthen and tone muscles, shedding tension and leaving you refreshed. Breathwork and relaxation will bring you fully into the present moment, calming the nervous system. You'll feel centered and uplifted, able to appreciate and enjoy all that your life offers. Come and join in! Please bring a yoga mat.

SATURDAYS FROM 6TH JULY
9.30AM – 10.45AM

£10 per session

£22.50 for three-session block

£30 for four-session block

£37.50 for five-session block

10% concession for students





Regular Classes

BI-MONTHLY & MONTHLY CLASSES

Gong Bath And Meditation

John and Tanya Carter

The gong is an effective and powerful tool for healing, breaking all boundaries and sense of limitation. The gong's vibration can be cleansing, detoxifying, relaxing, mind stopping, and utterly amazing. To experience, all you need to do is come along, immerse yourself in the guided meditation and relax whilst the gongs work their magic. Bring a cushion and a blanket.

**BI – MONTHLY FROM MONDAY 1ST JULY
6.30PM – 8.30PM**

£15 per session

10% concession for students

Cheltenham Healing Group

Alison Ensor

These sessions are aimed at members of the public who wish to receive healing. Experience a sense of inner peace and well-being with a one-to-one healing session from one of our volunteer qualified healers. We offer an opening guided meditation at 7.20pm and a closing distant healing meditation around 8.45pm – attend just the healing or experience the whole evening. We are keen to hear from qualified healers and healing students who would like to join us.

**MONTHLY FROM MONDAY 1ST JULY
7.15PM – 9.00PM**

£5 suggested donation

THE ISBOURNE IS AWARDED THE COVETED WORKPLACE WELLBEING CHARTER



Here at The Isbourne we always try to lead by example. So when we heard about the Workplace Wellbeing Charter it seemed like the perfect fit for an organisation that has not only pioneered the mind, body and spirit approach to wellbeing in Cheltenham for over 20 years, but that also offers workplace wellbeing services to other businesses.

This nationally acclaimed accreditation is awarded to organisations who can prove their commitment to the health and wellbeing of their workforce, evidencing a range of best practice, from leadership and management, right through to healthy eating. We were delighted to be awarded the Workplace Wellbeing Charter earlier this year, joining a thousand organisations nationally, including Government departments and Premier League football clubs, alongside local organisations such as the Gloucestershire Hospitals NHS Foundation Trust.

For more information on how we could work with your business to improve employee wellbeing please visit our website: www.isbourne.org/services-for-business

Gloucestershire Holistic Networking Group

Graham Boston

A monthly opportunity to meet holistic practitioners and small business owners to exchange news and ideas, flag up forthcoming events, share best practice and receive or pass on referrals. All welcome, whether in business or not. Each meeting includes a 30-minute presentation from a local business expert or thought leader who will share techniques and ideas that you can use in your own practice, followed by an informal networking session over tea, coffee and gluten-free cake.

**MONTHLY FROM FRIDAY 5TH JULY
11.00AM – 1.00PM**

£5 per session

10% concession for students

Gong Bath Sound Sanctuary And Guided Meditation

Alicia Davies

A Gong Bath is a profoundly relaxing experience. Washed by waves of sound, the body, mind and spirit enter a state of cohesion, while the vibrations of the powerful Planet Gongs and other healing instruments cause the cells to resonate sympathetically. Combined with powerful guided imagery, it's a fast track to deep meditation, perfect for quieting the busy mind and stimulating the body's innate healing abilities. Bring a blanket, warm socks and a cushion.

**MONTHLY FROM SATURDAY 13TH JULY
1.00PM – 3.00PM**

£15 if booked two weeks before the session date

£20 thereafter

10% concession for students

ISBOURNE REGULAR CLASSES

WEEKLY CLASSES

Belly Dance For Beginners	Mondays	6.30pm – 7.30pm
A Course In Miracles	Mondays	7.15pm – 9.00pm
Qi Gong/Tai Chi	Tuesdays	10.30am – 11.45am
The Compassionate Heart: Meeting Yourself With Eyes Of Love	Tuesdays	7.00pm – 8.00pm
Lunchtime Meditation	Wednesdays	12.30pm – 1.15pm
Meditation And Mindfulness For All	Wednesdays	6.30pm – 7.30pm
Chi Workout	Wednesdays	7.00pm – 8.00pm
Chi Workout	Fridays	9.30am – 10.30am
Flowing Yoga	Saturdays	9.30am – 10.45am

BI-MONTHLY AND MONTHLY CLASSES

Gong Bath And Meditation	Bi-monthly, Mondays	6.30pm – 8.30pm
Cheltenham Healing Group	Monthly, Mondays	7.15pm – 9.00pm
Gloucestershire Holistic Networking Group	Monthly, Fridays	11.00am – 1.00pm
Gong Bath Sound Sanctuary And Guided Meditation	Monthly, Saturdays	1.00pm – 3.00pm

Introducing...

Super Early Bird

**Our most
exciting offer yet!**

Our new pricing structure for our Quality Endorsed courses has landed. You can now **save a massive 50%** on the full price of these courses – but you'll have to be quick! Once tickets go on sale there will be **just two tickets up for grabs** at the Super Early Bird price, and once they're gone they're gone!



If you miss out on these super cheap tickets you can still save 25% on the full price of the course with our new lower-priced Early Bird tickets if you book up to six weeks ahead of the booking deadline.

Tickets for all our Autumn/Winter courses are on sale now! Make sure you sign up to our mailing list for reminders on when Super Early Bird discounts are about to expire!

Super Early Bird ticket price is not available in conjunction with any other offer or discount (including, but not limited to: concession discounts, Wellbeing Pass and promo codes). See course listings for individual pricing. Please note that bookings close for each course one week ahead of the start date..



Courses

The Myth And Magic Of Yoga

Jenny Etheredge

Yoga is full of enchantment - it comes with a deep heritage and spiritual philosophy developed in India almost 5,000 years ago. These sessions will explore the magic and myth of yoga, each week looking at a particular character or deity and experiencing their stories through flowing movement, presentation and discussion. Using mantra, mudra, pranayama, meditation and asana practice, we will meet Ganesh, Krishna, Durga, Gayatri, Virabhdra and Nataraja, adding a new dimension to your yoga practice.

THURSDAYS
SIX WEEKS
4TH JULY – 8TH AUGUST
7.00PM – 9.00PM

£75

Reiki Level 1 – Shoden

Eva Lilio-Castilla

Anybody can learn Reiki – it is the pure and ever-present energy of love and life. During this Level 1 course you will experience and learn how to connect with the Infinite Source (Ki or Universal Energy). Through learning about the theory and history of Reiki, practicing techniques and discussion, you will explore how to apply Reiki to your daily life and offer informal treatments to family and friends, pets and even plants.

SATURDAY
6TH JULY
10.00AM - 4.00PM

£135 if booked by 6th June

£150 thereafter

10% concession for students

Quality Endorsed course

The Isbourne College holds a Quality Endorsement Licence from awarding body Open College Network West Midlands, guaranteeing a high standard of teaching and learning. The College ensures that the course material is appropriate and delivered by the tutors in an accessible, interesting and informative way. There are no formal assessments for these courses, though tutors may set assignments, and each student will receive a certificate of achievement on completion.

All our Quality Endorsed courses are marked with

QE

Accredited course

Our Level 2 and Level 3 courses are of an equivalent teaching and learning standard to GCSE grade A* to C and A Level. You will be asked to complete an assignment at the end of the modules. These assignments are all designed to be personal to your experience and may require some research and reflection. On completion you will receive a certificate of accredited learning from the Open College Network West Midlands.

All our Accredited courses are marked with

A

Hoop Flow And Mindful Movement

Tori Kate Rogers

This course is a journey into a 'flow' state of concentration through mindful movement. You will learn on and off body hula hoop tricks, such as suspended spinning, and discover how to move in a meditative way with your hula hoop. This is so much more than just hula hooping round your waist! A huge stress reliever and a great way to get into gentle exercise. Open to all ages and fitness abilities.

THURSDAYS
FOUR WEEKS
22ND AUGUST – 12TH SEPTEMBER
6.00PM – 7.00PM

£38 if booked by 22nd July
£40 thereafter
10% concession for students

How To Blend Your Own Natural Skincare Using The Herbs That Grow Around Us

Laura Pardoe

What's on your body can be as important as what's in it. Freshly-made skincare has a vitality that surpasses anything you buy off the shelf and this vitality is enhanced by using plants that grow in our environment. Learn about the key ingredients and techniques for creating your own natural skincare in this fascinating course. You'll get to have a go at making products and will leave with the confidence to gather your own ingredients from nature and blend them yourself at home.

WEDNESDAYS AND FRIDAYS
TWO WEEKS
28TH AUGUST – 6TH SEPTEMBER
1.30PM – 4.00PM

£115 if booked by 9th August
£125 thereafter
10% concession for students



Writing For Wellbeing

Patricia Fleming

We all have a story to tell, and we are each best placed to tell it. Everyone can benefit from being heard and from hearing the stories of others, whether for pleasure, interest or as a therapeutic way of processing a particular difficulty. Guided writing in response to a themed prompt such as a poem, a picture or an object can stimulate imagination, insight and discussion – as well as the opportunity for creativity.

MONDAYS
FOUR WEEKS
9TH SEPTEMBER – 30TH SEPTEMBER
10.00AM – 12.00PM

£60 if booked by 19th August

£70 thereafter

10% concession for students

Angel Alchemy

Kelly Peacey

QE 18 CPD HOURS

Did you know you have a guardian angel? An illuminating course for anyone interested in healing, personal and spiritual development and energy work – or simply anyone who is curious about angels! Explore the angelic realm and identify your own guardian angel, learning how to call on and work with them. Discover how individual archangels can assist you in everyday life challenges.

SATURDAYS
THREE WEEKS
7TH SEPTEMBER – 5TH OCTOBER
9.30AM – 4.30PM

£138.75 if booked by 19th July

£185 thereafter

**Super Early Bird and Wellbeing Pass tickets
only £92.50!**

Introduction To Creative Writing

Patricia Fleming

Do you have a book in you? Or a play? Or perhaps a beautifully formed haiku? Our stories can take a variety of shapes - short stories, novels, poems, radio plays, theatre plays, screenplays... All have their own formats and some basic rules that are useful to learn even if you go on to break them! This introductory course aims to give you space to write creatively, and try out forms and genres of writing that you may not have thought of trying before.

SATURDAYS
EIGHT WEEKS
7TH SEPTEMBER – 26TH OCTOBER
10.00AM – 12.00PM

£125 if booked by 24th August
£150 thereafter
10% concession for students

Returning To Health With Dance

Helene Su

Would you like to move your body, and explore your inner world through dance and imagery? Based on the pioneering work of dancer Anna Halprin, who developed her own expressive, healing dance system, you'll be encouraged to befriend your body and subsequently explore the body as a healer. Each week builds on the previous one, developing mutual trust and support within the group. No experience necessary.

TUESDAYS
EIGHT WEEKS
17TH SEPTEMBER – 19TH NOVEMBER
2.00PM – 4.00PM

£120 if booked by 3rd September
£160 thereafter
10% concession for students

Breathing For Optimal Health

Helene Su

Did you know that good breathing is fundamental to our overall health and wellbeing? It can fight off many diseases, lower our blood and cholesterol levels, and alleviate physical pain, stress and anxiety. Yet our hectic lifestyles can inhibit the free flow of breath and erode a natural source of stress relief. This course will teach you how to assess and identify unhealthy breathing patterns and leave you with a unique set of tools to improve your life on all levels.

TUESDAYS
EIGHT WEEKS
17TH SEPTEMBER – 19TH NOVEMBER
10.00AM – 12.00PM

£120 if booked by 3rd September
£150 thereafter
10% concession for students

Natural Ways To Cleanse And How To Blend Your Own Face Cleansers

Laura Pardoe

We cleanse every day, but rarely go back to basics and think about what we're using and why. Learn about eight natural ways to cleanse using ingredients that grow around us with Laura, the author of 'Vital Skincare' and founder of Field Fresh Skincare. Through demonstrations and hands-on experience, you'll become confident whipping up a fresh herbal cleanser to give your skin what it needs and connect to nature through the vitality of plants.

WEDNESDAYS
TWO WEEKS
18TH SEPTEMBER – 25TH SEPTEMBER
1.30PM – 4.00PM

£60 if booked by 9th August
£65 thereafter
10% concession for students

Reiki Level 2: Okuden

Jo Fellows

This course is for those who have completed Reiki 1 at least three months previously. After completing this course you will be qualified to apply the Reiki energy and techniques professionally. At this level a deeper understanding and connection to the founder's teachings is achieved, moving beyond standard hand positions to embrace intuitive working. You'll also learn how to send Reiki long-distance in a variety of ways. Certification requires evidence of 15 hands-on treatments and evidence of practicing daily routines.

FRIDAY

20TH SEPTEMBER

10.00AM – 4.00PM

£150 if booked by 23rd August

£175 thereafter

10% concession for students

Reiki Level 1: Shoden

Jo Fellows

This beginner-level course will teach you how to give Reiki to yourself, family, friends and pets (but not professionally). You will receive energy (Ki) attunement and learn techniques to enable you to sense and cultivate Ki, as well as learning some of the history of Reiki. You will finish the course with a solid foundation on which to build your personal practice. The cost includes the course manual and on-going support to suit you.

SATURDAY

21ST SEPTEMBER

10.00AM – 4.00PM

£150 if booked by 24th August

£175 thereafter

10% concession for students

Applying The Tarot

John Down

QE

7.5 CPD HOURS

Keen to take your understanding of tarot a step further? This course will help you gain the knowledge and confidence to use tarot cards as a source of guidance for yourself, your friends and family. People interested in this course must have a working knowledge of how the tarot cards work and wish to apply that knowledge to give realistic and well-founded informal readings for yourself and others. Not suitable for beginners.

TUESDAYS

THREE WEEKS

24TH SEPTEMBER – 8TH OCTOBER

6.30PM – 9.00PM

£48.75 if booked by 6th August

£65 thereafter

Super Early Bird and Wellbeing Pass tickets only £32.50!

Natural Ways To Moisturise And How To Blend Your Own Face And Body Moisturisers

Laura Pardoe

Your skin is losing moisture all the time. Understanding how your skin works and the ingredients that support its natural processes enable you to keep it supple and youthful. In this course you'll learn how to use natural ingredients to make moisturising products for your face and body. Through demonstration and hands on experience you'll develop a repertoire of products using locally sourced ingredients, and the ability and knowledge to blend-it-yourself to suit your skin.

WEDNESDAYS

TWO WEEKS

2ND OCTOBER – 9TH OCTOBER

1.30PM – 4.00PM

£60 if booked by 9th August

£65 thereafter

10% concession for students

Hoop Flow And Mindful Movement

Tori Kate Rogers

This course is a journey into a 'flow' state of concentration through mindful movement. You will learn on and off body hula hoop tricks, such as suspended spinning, and discover how to move in a meditative way with your hula hoop. This is so much more than just hula hooping round your waist! A huge stress reliever and a great way to get into gentle exercise. Open to all ages and fitness abilities.

THURSDAYS
FOUR WEEKS
3RD OCTOBER – 24TH OCTOBER
6.00PM – 7.00PM

£38 if booked by 3rd September

£40 thereafter

10% concession for students

Introduction To Massage For Back Pain

Magdalena Lorynska

QE 6 CPD HOURS

Do you know someone who suffers from back pain and would benefit from a massage? For those interested in learning the basic techniques of back massage in order to help friends and family, or for those considering a career in massage therapy who would appreciate an introduction to the subject. By the end of the course you will be able to safely perform a back massage treatment.

SATURDAY
5TH OCTOBER
9.30AM – 4.30PM

£67.50 if booked by 16th August

£90 thereafter

Super Early Bird and Wellbeing Pass tickets only £45!

Nutrition And Modern Life

Adam Lloyd

QE 9 CPD HOURS

Did you know that what you eat can affect your mood? Food does so much more than satisfy hunger – modern science is now showing that what we eat and when we eat it can play a significant role in our general wellbeing. This fascinating course will encourage you to look at what you eat in a new and refreshing way, exploring the changes in our diet over the years and what this has meant for weight gain and overall health.

SATURDAYS
THREE WEEKS
5TH OCTOBER – 19TH OCTOBER
10.00AM – 1.00PM

£71.25 if booked by 16th August

£95 thereafter

Super Early Bird and Wellbeing Pass tickets only £47.50!

A Beginner's Guide To Reflexology

Lois Hastings

QE 10 CPD HOURS

Are you curious about the ancient healing powers of reflexology and would like to learn enough to treat family and friends? Reflexology is much more than just a foot massage – the pressure points stimulated on the foot are directly related to different parts of the body. This course will teach you some of the fascinating history behind the therapy as well as showing you how to use the five key techniques used in treatments.

MONDAYS
FOUR WEEKS
OCTOBER 7TH, 14TH, 21ST, 28TH
6.30PM – 9.00PM

£75 if booked by 19th August

£100 thereafter

Super Early Bird and Wellbeing Pass tickets only £50!

Quality Endorsed Courses

How do you know that a course or workshop that you are tempted to attend will deliver what you want and provide good value? After all, it's a commitment of both your time and your finances, and you don't want to feel you're taking a risk with either...

As well as being a busy holistic centre, The Isbourne is also an accredited training centre, working within the quality standards of Open College Network West Midlands. By quality endorsing our work the Open College Network is effectively giving our courses their 'seal of approval' – not only do we think our courses are of a high standard, but they do too!

We work closely with all our course tutors to develop, deliver and review the content of our courses – that means lesson plans with learning outcomes, ensuring that different learning styles are catered for and analysing the anonymous feedback collected at the end of each course.

We're continuously striving to make sure that our customers have a superb learning experience, so you can rest assured that with a Quality Endorsed course from The Isbourne you're getting the very highest standard of teaching and your time and money will be well spent.

All our Quality Endorsed courses and workshops are marked with **QE**

Find them in both the Courses and What's On section of this programme.





Age 18 - 29?

Discover more and spend less
with a **Wellbeing Pass!**

Enjoy 50% off

the full price of our Quality Endorsed courses and
Guest Speaker events from now until your 30th birthday.

It's free to join and you'll find events and courses spanning a huge range
of fascinating topics, from ethical living and climate change,
to tarot and astrology, and everything in between!

Introduction To Tarot

Lois Hastings

QE 12 CPD HOURS

Looking for help to make informed choices in your future? The Tarot is a deck of 78 cards that has been used for centuries to reveal hidden truths and meanings. It is a powerful tool for personal growth and can help by shining a light on things that may have been far from obvious. This fascinating course is ideal for beginners who are curious about reading the cards for family and friends.

THURSDAYS
EIGHT WEEKS
10TH OCTOBER – 28TH NOVEMBER
6.30PM – 8.00PM

£97.50 if booked by 22nd August
£130 thereafter

**Super Early Bird and Wellbeing Pass tickets
only £65!**

Writing For Wellbeing

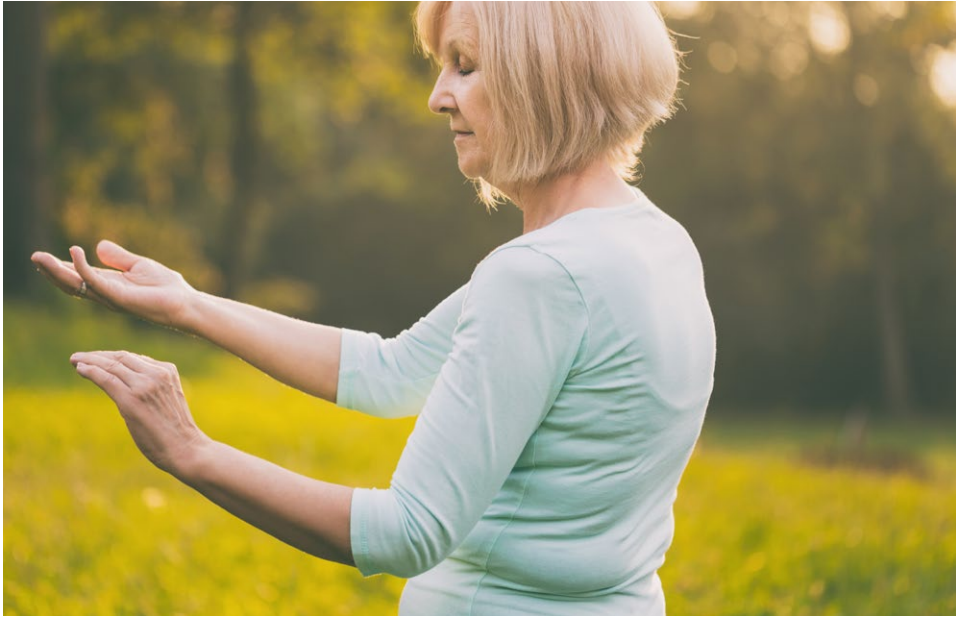
Patricia Fleming

We all have a story to tell, and we are each best placed to tell it. Everyone can benefit from being heard and from hearing the stories of others, whether for pleasure, interest or as a therapeutic way of processing a particular difficulty. Guided writing in response to a themed prompt such as a poem, a picture or an object can stimulate imagination, insight and discussion – as well as the opportunity for creativity.

MONDAYS
FOUR WEEKS
14TH OCTOBER – 4TH NOVEMBER
10.00AM – 12.00PM

£60 if booked by 30th September
£70 thereafter

10% concession for students



Introduction To Past Life Regression

Lois Hastings

QE

12.5 CPD HOURS

Have you ever met someone for the first time and yet feel you've known them all your life? Do you find yourself inexplicably drawn to certain places or certain types of people? Who we are today represents a culmination of all the experiences we have had over numerous lifetimes, and our past life events affect many aspects of our behaviour. Discover how past life regression can help you to develop your full potential, unlock hidden talents and create more compassion for yourself and others.

WEDNESDAYS
FIVE WEEKS
16TH OCTOBER – 13TH NOVEMBER
6.30PM – 9.00PM

£97.50 if booked by 28th August
£130 thereafter

**Super Early Bird and Wellbeing Pass tickets
only £65!**

Tai Chi Movements For Wellbeing

John Thorne


A gentle movement practice aimed at all ages and abilities, which may be done seated or standing. It draws on the traditions of tai chi and qigong as well as modern neurological understandings to offer support for a healthy 21st Century lifestyle. Participants will learn a complete sequence of 16 movements to support wellbeing. The sequence of movements is highly adaptable to individual requirements and ongoing support for home practice is offered by the accompanying DVD.

THURSDAYS
FIVE WEEKS
17TH OCTOBER – 14TH NOVEMBER
6.30PM – 8.00PM

£75 (plus £10 for support DVD)
£40 for repeating students

WHAT IS CPD?

Professional practitioners should continually seek learning experiences to maintain, improve and broaden their competence, knowledge and skills. CPD (Continuing Professional Development) refers to the process of tracking and documenting the skills, knowledge and experience that you gain both formally and informally as you work, beyond any initial training. It's a record of what you experience, learn and then apply. If you're a holistic practitioner, many of our courses could contribute to your own CPD - it is the responsibility of individual practitioners to decide which CPD activity is relevant for their practice and to request a CPD Certificate of Attendance.

Look out for  throughout the courses section to find out how many CPD hours each course provides.

Reiki Level 2: Okuden

Jo Fellows

This course is for those who have completed Reiki 1 at least three months previously. After completing this course you will be qualified to apply the Reiki energy and techniques professionally. At this level a deeper understanding and connection to the founder's teachings is achieved, moving beyond standard hand positions to embrace intuitive working. You'll also learn how to send Reiki long-distance in a variety of ways. Certification requires evidence of 15 hands-on treatments and evidence of practicing daily routines.

**FRIDAY 8TH NOVEMBER
10.00AM – 4.00PM**

£150 if booked by 11th October

£175 thereafter

10% concession for students

Reiki Level 1: Shoden

Jo Fellows

This beginner-level course will teach you how to give Reiki to yourself, family, friends and pets (but not professionally). You will receive energy (Ki) attunement and learn techniques to enable you to sense and cultivate Ki, as well as learning some of the history of Reiki. You will finish the course with a solid foundation on which to build your personal practice. The cost includes the course manual and on-going support to suit you.

**SATURDAY 9TH NOVEMBER
10.00AM – 4.00PM**

£150 if booked by 12th October

£175 thereafter

10% concession for students

ATTENDED ONE OF OUR COURSES?

If you're not currently on the Alumni mailing list you are missing out on exclusive discounts and offers!

Get in touch if you'd like to subscribe:
info@isbourne.org

Energy And Intuition – A Beginners Guide

Lois Hastings

QE

12 CPD HOURS

What does 'trust your intuition mean' and how do you know if your intuition is right? This fascinating and empowering course will help you to understand the role of energy in your life and how you can work safely and effectively with it to live more harmoniously and authentically. You will also explore the role of angels, guides, animals and nature. Ideal for those who want to learn more about themselves and their connection to the universal guidance all around us.

MONDAYS
SIX WEEKS
11TH NOVEMBER – 16TH DECEMBER
6.30PM – 8.30PM

£97.50 if booked by 23rd September
£130 thereafter

Super Early Bird and Wellbeing Pass tickets only £65!

Introduction To Palmistry

John Down

QE

6 CPD HOURS

Would you like to learn more about the significance of the lines and markings on your palm? Aimed at the curious beginner, this fun and informative course will look at basic hand shapes, skin patterns and the meanings behind major lines. You'll be equipped with a solid understanding of the art of palmistry and enough confidence to try it out on family and friends.

TUESDAYS
THREE WEEKS
12TH – 26TH NOVEMBER
6.30PM – 8.30PM

£48.75 if booked by 24th September
£65 thereafter

Super Early Bird and Wellbeing Pass tickets only £32.50!

Reiki Level 2 – Okuden

Eva Lilo-Castilla

At Reiki Level 2 you will learn mantras and symbols and discover how to use them to connect to your higher self and heal others professionally. You will need to have completed Reiki 1 at least 4 to 6 months previously and be able to show your certificate. At the completion of the course you will need to practice, with evidence, 15 treatments of hands-on Reiki healing in order to gain your certification to practice professionally.

SATURDAY
16TH NOVEMBER
10.00AM – 4.00PM

£135 if booked by 16th October
£150 thereafter
10% concession for students

The Yoga Of Vocal Sound

James D'Angelo

A human being is composed of subtle vibrations which, due to stress, negative emotions and a dispersed mind, can go out of tune. The best instrument for positively altering these vibrations is our own voice. James will explore various approaches to retune our essential subtle energy centres (the Chakras), leading into meditation. Some of the toning is accompanied by complementary movements. These practices are supplemented by natural sound rituals and chanting. No experience necessary only a deep intent for transformation.

SATURDAY
23RD NOVEMBER
10.00AM – 5.00PM

£40 if booked by 4th November

£45 thereafter

10% concession for students

Further Steps In Past Life Regression

Lois Hastings

QE

10 CPD HOURS

Do you sometimes feel stuck, caught up in endless repeated patterns of triggered emotions that you don't know how to release? It may be that you need to re-visit your past reincarnations to safely release the trauma that is stopping you from moving on in the present. This course explores hypnosis as a way to clear blocks and unwanted energy, bringing about personal and spiritual growth. Suitable for anyone with an introductory level knowledge of the practice.

WEDNESDAYS
FOUR WEEKS
27TH NOVEMBER – 18TH DECEMBER
6.30PM – 9.00PM

£78.75 if booked by 9th October

£105 thereafter

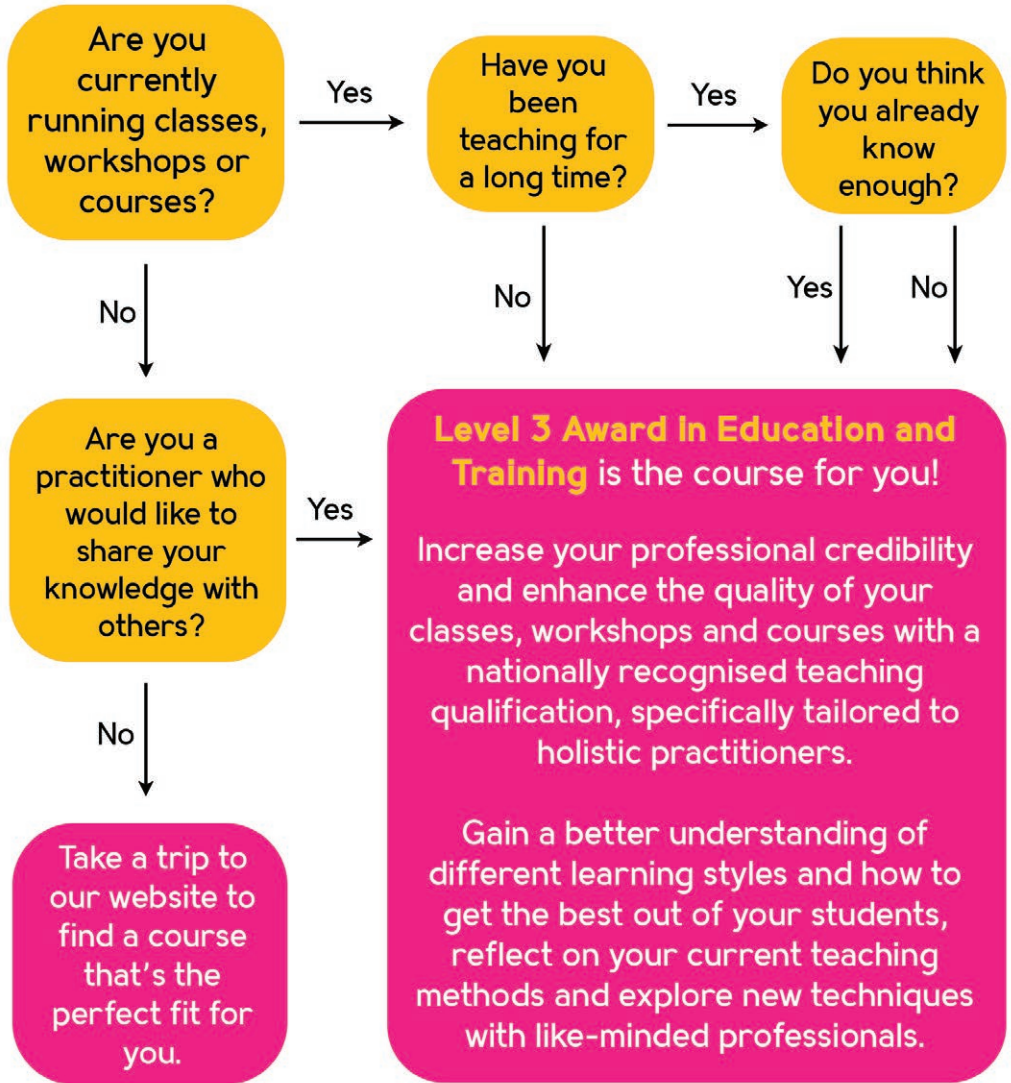
Super Early Bird and Wellbeing Pass tickets only £52.50!

WHO GUARANTEES THE QUALITY OF OUR COURSES?

Open College Network West Midlands is a national Awarding Organisation, regulated by Ofqual, Qualifications Wales and the Quality Assurance Agency for Higher Education (QAA) to develop and award nationally recognised qualifications. They work in partnership with organisations such as training providers and colleges, enabling them to deliver a variety of quality assured qualifications and courses.



Would you benefit from a teaching qualification?



Interested? You'll find full course details online at www.isbourne.org, or if you'd rather have a conversation with a human being you can get in touch with us on info@isbournecollege.org or 01242 254 321.



CONNECT WITH OTHER HOLISTIC PRACTITIONERS AND GROW YOUR BUSINESS WITH OUR MONTHLY NETWORKING GROUP

Build a network of like-minded professionals all working within the holistic industry: exchange news and ideas, learn new business skills, flag up forthcoming events and promotions, share best practice and pass on referrals.

Each month a local entrepreneur, businessperson or practitioner will share their top business tips on a variety of subjects, which could help you grow or enhance your own practice.

Enjoy informal networking, with tea and cake, at Gloucestershire's leading holistic organisation, for just £5 per person!

**FIRST FRIDAY
OF EVERY
MONTH**

11AM - 1PM



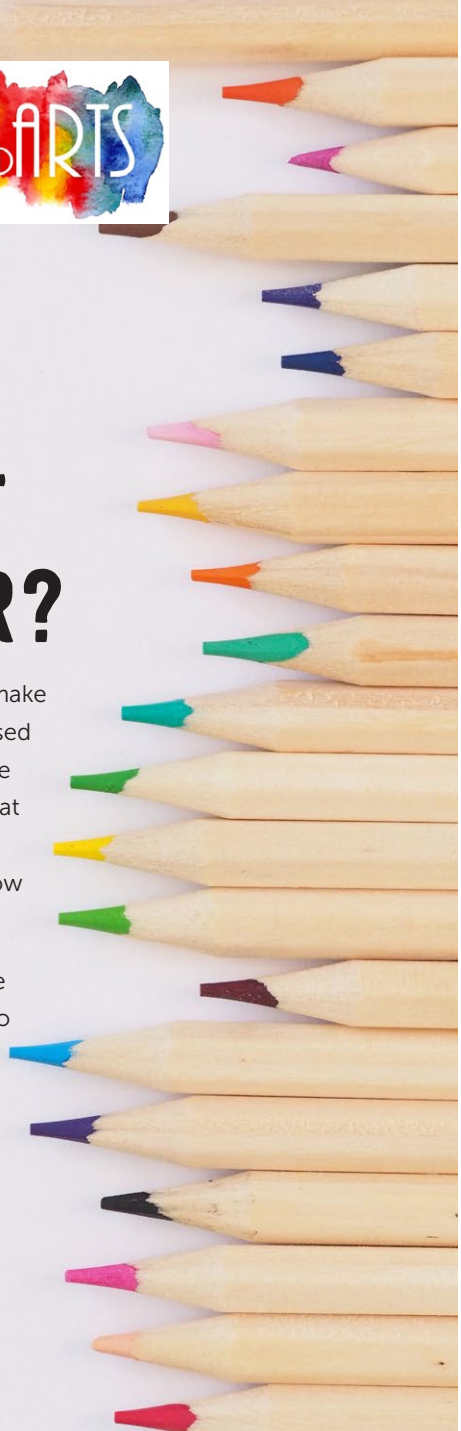
COULD YOUR ARTWORK BE ON OUR NEXT FRONT COVER?

We're ditching the theme this time around to make it easier to enter. You could submit artwork based around the seasons, something that reflects the kind of thing we do at The Isbourne, a piece that portrays your favourite part of Cheltenham, or something completely different. You never know what we might choose to feature!

You don't have to be a pro artist or have a large collection of work – the competition is open to all ages and all art forms, from illustration and graphic design to watercolour and oil painting, and beyond! It's free to enter your artwork. All we ask is that you live (or work) in Gloucestershire.

Email submissions to art@isbourne.org by 1st October 2019.

See www.isbourne.org/art for more details.



ARTWORK COMPETITION

WINNER JILL HAMMOND

Congratulations on winning our cover art competition!

Thank you very much - I can't believe it!

What's your background in art and did you have any formal training?

I did Teacher Training and art was my main subject. I learnt a lot of techniques to pass on to pupils, such as pottery and screen-printing. I then taught art to 11-18 year-olds for over thirty years in Yorkshire. The problem though was that whilst I was working I didn't have time to do any painting, apart from with the students. After I stopped working I then had time to practice and experiment and go to exhibitions and generally give more time to my own work.

Your picture of Cheltenham's Pittville Pump Room was done on a laptop - is this a first foray into digital media?

I've done four or five digital images so far. I was inspired by a David Hockney exhibition in London a few years ago in which some of his work was created using an iPad. There were also some very large paintings as well as charcoal drawings and one or two early works from his California period. Soon after, I had to get a new laptop, and on it was a drawing program so I thought I would play around with it and see what happened. It was very different to what I had been used to. You still have to think about composition and the same things as with traditional media, but it's a very different way of working.

Does it have its own challenges?

You can't quite get the same subtleties because you're using your finger or a stylus, though it depends on the program - if it's very sophisticated you probably could, but mine is not that sophisticated. In some ways I like that though



because if you're working digitally you don't want it to necessarily look like an oil painting. It is a little bit freer because you're not working with a pencil and a rubber - you just have to go for it. You can go back and 'undo' of course but you can't do that too much. It's good to see how the different tools work together, such as the blur tool and overlaying different colours. It's also nice that once you've done it you can import the artwork into a different program and play around with the saturation, contrast etc.

You also use other media?

When I started getting back into making art I started off with traditional oils and brushes and then I moved on to palette knives and found that it was a freer way of working - much less detailed. And then I had seen one or two other artists who work in mixed media. There's an artist called Mike Bernard

- he works in Devon and Dorset and his work is all in mixed media. It's very nice - he uses lots of different techniques and so I thought 'well I'm going to experiment and see what happens'. I usually start with collage and then I build up with blocks of basic colour. If I want something textural I might use crumpled tissue paper on a canvas, board or very thick paper. When I look at buildings I might notice 'that's a bit pink' and 'that's a bit cream'. I might get material from magazines which has the same colour combination and I'll tear it out and layer that on so it's like a background and then partly paint over it so that some of it shows through, even lettering. Then you gradually add more detail. You start to put in chimneys and windows and work out from big areas of colour to quite detailed work. I also like to put ink on top of the collage.

Do you work in a studio?

I have a little studio in my garden. I belong to Cheltenham Art Club as well and work there. It's very good for bouncing ideas off other people and seeing what they think.

What inspires you as an artist?

Lots of things! Other artists' work. Being out and about around town or on holiday - you might see a view that at first might not seem very interesting but you'd be surprised what you can do with it when you turn it into a painting. I also read The Artist magazine every month and sometimes things in there look interesting to try. I never seem to wonder what to paint - I've always got something in my head for the next thing. I've not suffered from artist's block yet!

Where do you exhibit?

The Art Club has two exhibitions a year at The Gardens Gallery in Montpellier Gardens and I also exhibit in Art In The Park in Imperial Gardens in the summer, as well as the odd small fair.

Are there any developments in the pipeline?

I'm running a Mixed Media workshop for the Art Club, which will be the first time I've done it. Also this year I'm part of Cheltenham Open Studios which runs between the 8th to the 16th of June, so people will be able to visit my home and studio. I've also now got some prints and cards for sale at The Isbourne!





Holistic Therapies & Treatments

We have over 100 tutors and therapists practising at The Isbourne, all approved via our Affiliated Membership scheme as part of our commitment to standards and quality. You can find many more therapists online at www.isbourne.org



Cathy Baynes Pilates Classes

Pilates builds core muscle strength whilst improving posture, balance and flexibility. Cathy's classes are suitable for all abilities from the less mobile to those wanting something more physically challenging, and as a tutor she is dedicated to improving your quality of life by giving you time and caring guidance.



Helen Galpin Meditation Teaching

Helen teaches meditation as a way to help deal with the stresses of day-to-day living. She is also a co-founder, along with Mary Pearson, of The British Meditation School, which offers externally accredited Meditation Teacher Training.



Teresa Dellbridge (formerly Moorey) Counselling, Hypnotherapy, Reiki, EFT, Nature Worship, Astrology

Teresa has written over 50 books on esoteric subjects and writes regularly for *Kindred Spirit*, *Spirit & Destiny* and *Chat It's Fate* magazines. In addition to being a qualified hypnotherapist, counsellor and EFT practitioner, Teresa is a Third Degree Wiccan High Priestess, Reiki healer and has an MA in Cultural Cosmology.



John Carter **Sound Healing and Gong Baths**

Having trained in various forms of energy and sound healing, John has over ten years developed a practice that combines gongs and other sound instruments with energy work, crystals, meditation and breath work for one-to-one treatments and group sessions.



Robin Watkins-Davis **Yoga Classes for Young People**

Robin runs classes at The Isbourne for people aged 21 and under. Learn a range of yoga sequences in a safe and friendly environment accompanied by music to help with general fitness, sleep and mental health. For all levels, with variations to suit different abilities and experience.



Alicia Davis **Gong Bath and Guided Meditation Sessions**

A gong bath is a profoundly relaxing experience: washed by waves of sound the body, mind and spirit enter a state of deep meditation. Just turn up, lie down, and chill out! Alicia is a professional musician, artist and writer who believes sound is the future of medicine.



Janine Cera **Rapid Transformational Therapy**

RTT is a unique therapy that helps you understand why you get stuck in the same problems over and over again. Janine is passionate about empowering people and helping them transform their lives for the better, so if you are ready for change, contact Janine to book a free no-obligation chat.



Yael Hochenburg **Nia Dance Classes**

Nia is an expressive body-mind-spirit movement programme that offers an artistic and innovative approach to fitness and healing. Drawing from aspects of Martial Arts, Dance Arts, and Healing Arts, Nia provides a variety of movement dynamics to create an experience that energises body and spirit.



Sharon Branagh **EFT, Counselling and Mind Detox**

Sharon is qualified in an extensive variety of holistic psychotherapeutic techniques and uses her experience to assess the most appropriate interventions and offer one-to-one treatment packages. Having a full DBS (Disclosure and Barring Service, formerly CRB) check also enables Sharon to work with both children and vulnerable adults.



James D'Angelo

Sound Healing

James, a musician and composer, runs sound healing and chakra awakening workshops at The Isbourne and is a leading pioneer in the field of vocal sound healing. He is the author of 'The Healing Power of The Human Voice' and 'Seed Sounds For Tuning the Chakras'.



Karan Walsh

Yoga Classes and One-to-one Therapy

Karan is a qualified Dru Yoga Therapist as well as a Dru Yoga and Meditation teacher. She is passionate about the therapeutic and restorative benefits of yoga in supporting health and wellbeing (including trauma, PTSD, stress and back care), and runs regular yoga classes and one-to-one sessions at The Isbourne.



Ann Chen

Fitline Dance Exercise

FitLine is an exercise routine that combines ballroom dancing (including Salsa, Jive and Rumba) and QiGong, and is ideal for those with no dance partners or think they have two left feet. It improves one's Chi and provides an enjoyable way to reduce stress, improve mobility, flexibility, memory and confidence.



Jaimie Cahill

Psychotherapy & Counselling – with Mindfulness

Jaimie, who is trained in Integrative Counselling and Transpersonal Psychotherapy and has been in private practice since 2002, helps you work through emotional and psychological issues, explore your relationship with yourself, your world and with others, and experience your being deep within you – your journey 'home'.



Telle King

Energy Healing, Colour Analysis, Shadow & Light Work, Numerology & Colour

Telle, born in Finland, learned a variety of holistic modalities during time spent in Hong Kong and England, and has extensive experience of running groups, teaching and lecturing. In addition to one-to-one she offers training in colour therapies to practitioner level and runs workshops on the Psychology of Colour.



Dr. Emma Riggs

Clinical Psychological Assessment

Emma offers psychological assessments, interviewing individuals or families as well as administering psychometric questionnaires. Emma, a Chartered and Clinical Psychologist and British Psychological Society Member since 2004 is also registered with the Health and Care Professions Council. In her practice she uses cognitive behavioural therapy integrated with other psychological theories.



Max Watkins

Qigong, Tai Chi, Tui Na Massage

In addition to having run classes in Tai Chi and Qigong at The Isbourne for over seven years, Max, a qualified Wu style tai chi instructor offers Tui Na, the massage branch of traditional Chinese medicine. All three Eastern disciplines promote good health, flexibility and mental wellbeing.



John Down

Palmistry, Tarot Card Reading

John has given readings for over twenty years and runs regular psychic circle meetings at which students can practice their skills with members of the public. A reading with John is an opportunity to see yourself clearly and to explore your past, present and future life path.



Shaun Carr

Hypnotherapy, Spiritual Healing, Regression Therapy

Shaun is an experienced, accredited therapist who focuses on helping clients bring about transformational change. Issues he has worked with include emotional trauma, anxiety/stress, phobias, improving confidence and physical ailments.



Jenny Etheredge

Somatic Movement and Henna Workshops

Jenny is a Soft Tissue Therapist and Somatic Movement Coach, specialising in treating acute and chronic musculoskeletal conditions. Through hands on treatment and gentle somatic exercises, Jenny will help relieve patterns of tension, stress and pain, leading to improved posture, movement and wellbeing. Jenny is also a Henna artist.



Patricia Fleming

Creative Writing, Writing for Wellbeing

We all have a story to tell, and Patricia's Creative Writing course offers an opportunity to write in different genres such as short stories, poetry, plays or screenplays, whilst with Writing for Wellbeing a prompt such as a picture or poem stimulates not only creativity but imagination, insight and discussion.



Kiron J Gardner

A Course in Miracles

Kiron J works as an ACIM facilitator and healer, and offers teaching and support. She is also the Events Manager for The Miracle Network, the organisation which represents A Course in Miracles in the UK.



SERVICES FOR BUSINESS

Alongside its varied programme of events, The Isbourne also offers a number of training services for business, whether local or further afield.

WORKPLACE WELLBEING

Staff mental health and wellbeing training comes in a wide variety of shapes and sizes. In fact, the range of choices available to businesses can be overwhelming. At The Isbourne we only offer what we have been experts in for over 20 years: the complementary approach to wellbeing, holistically incorporating the mind, the body and the spirit. Our wellbeing sessions are engaging and interactive, and companies can choose from a selection of quick and highly effective holistic practices to help their employees combat common issues such as anxiety, stress, desktop fatigue and poor sleeping habits.

Over the past year our clients have worked with us to offer their employees wellbeing sessions such as **Calm the Mindchatter** – learning mindfulness and meditation techniques to change your response to that voice we all have in our head - and **Desktop Yoga** - learning gentle and effective techniques to keep your body healthy while toiling in front of a computer

screen. We've also held sessions on **Healthy Communication at Work and at Home, Stress Busting Techniques, The Role of Nutrition in Mental Health and Wellbeing** and one company requested a day of one-to-one therapy sessions, in this case **Reflexology**, which we were happy to accommodate.

Our **Workplace Wellbeing** sessions can be delivered flexibly in everything from a one hour introductory session to longer, more in depth training for either half a day, or a full day.

We are in the unique position of having a wide range of wellbeing practices and therapies available to our customers. In fact, there isn't much in the field of complementary therapy that we aren't able to offer. Combine that with a set of professional practitioners who have undergone a rigorous process of due diligence prior to working with us, and you have a winning combination that businesses can trust to deliver.



QUALITY ENDORSEMENT

of Internal and Private
Training Programmes

The Isbourne is a nationally accredited training provider, working within the quality standards of our Awarding Body, the Open College Network West Midlands.

Through our **Quality Endorsement Licence**, you have the opportunity to give your internal staff training programme the hallmark of educational quality, ensuring that your training delivers the results you want, whilst giving your employees a certificate of achievement from a national awarding body – something they can proudly add to their CV.

And if you are a private Training Provider delivering non-accredited courses, our Quality Endorsement service will add the hallmark of educational quality your current training offer currently lacks.



For more information on
any of the services we offer,
please contact

Julia Ingram on
01242 544 568 or
juliaingram@isbourne.org

COMMUNITY OUTREACH UPDATE

Our Outreach team hit the ground running in 2019 with a revamped programme at Eastwood Park women's prison, delivering weekly sessions in the induction wing where the offenders are often at their most vulnerable with high levels of anxiety, stress, mental health conditions and self-harming.



The tutors - Kathryn Buxton, Sharon Branagh and Lesley Roberts - do a fantastic job of educating and encouraging the women to find empowerment, resilience and peace within themselves by learning mindfulness & meditation, EFT, breathing techniques, and Zentangle pattern drawing art. We have also introduced musical duo Andy Yapp and Jonny Gracie to the programme, who perform a Jonny Cash-style set to the wing once a month to lift the spirits and allow some free expression, causing much excitement with both prisoners and staff!

At the time of going to press we are busy applying for grants to enable us to run the 'Flowing Movement for Mind & Body' course on a regular basis for people with dementia and their carers. Taught by Isbourne tutor John Thorne using the TaiChi Movements for Wellbeing (TMW) method, our pilot course last Autumn was very successful so we hope to soon be able to reach many more people living with dementia across Gloucestershire.

Our third major project for 2019 is to launch our 'Mindset & Positive Change' community workshops, following successful pilot courses last year. The aim is to provide short courses for individuals who are unable to access holistic wellbeing services due to circumstances including social isolation, mental health or financial difficulties. We are currently looking for partner organisations who may have clients experiencing such issues to work with us on a referral basis.

Finally, we would like to say a big thank you to Sharon Glover who organised the 'Women Celebrating Women' Belly dance & Bollywood workshop in March at Whittington Village Hall, raising £120 for the Eastwood Park prison programme. We very much appreciate any donations that help us to keep running these very worthwhile projects.

If you would like more information about The Isbourne's Outreach work please contact Bonnie Lloyd on 01242 254321 or email bonnie@isbourne.org

Spiritual Practices • Holistic Therapies • Earth Wisdom • Astrology
• Numerology • Angels • Health & Healing • Well-being

A trusted source of guidance & well-being



Kindred Spirit magazine combines ancient wisdom with practical advice from contemporary teachers and mind body & spirit authors.

Discover new healing modalities, enjoy insightful interviews and read about the latest discoveries in the field of spirituality.

Get Kindred Spirit delivered straight to your door 6 times a year

PLUS FANTASTIC SUBSCRIPTION DEALS ONLINE!

www.kindredspirit.co.uk/subscribe

Or find us in the App Store - we've gone digital



Aquarius Severn Monthly Astrology Talks

4th July: The Mystique of Neptune
Richard Swatton

1st Aug: Astrology Talk (*speaker tba*)

5th Sep: The Dwarf Planets *Alan Clay*

3rd Oct: Astrology Talk
Nick Oakley-Smith

7th Nov: Astrology Talk (*speaker tba*)

5th Dec: Astrology Talk (*speaker tba*)

Our 'tba' (to be arranged) talks are likely to include Christina Rodenbeck ('The Oxford Astrologer') on next January's **Saturn-Pluto Conjunction**, as well as a talk on **The Astrology of The Internet** by Kris Lee.

Talks are held at The Isbourne on the **first Thursday of the month** between 7.30pm and 9.30pm, and all are welcome.

Throughout the year we also hold regular social events such as walks, visits and pub meals that include plenty of astrological conversation :-)

Astrology provides a way of understanding ourselves, our relationships and the times we live in from a wider, more cosmic perspective.

See our programme of events at www.aquariussevern.com



ONE DAY
SILENT
MEDITATION
RETREAT

SUNDAY 6TH OCTOBER | HOLLAND HOUSE, EVESHAM

In retreat we move forward

Experience walking and sitting meditations | Peaceful location
Reconnect to your true self.



Led by experienced retreat leaders and mindfulness meditation tutors Kathryn Buxton and Claire Seabrook.

Book online at: spacious-mind.co.uk or claireseabrook.co.uk

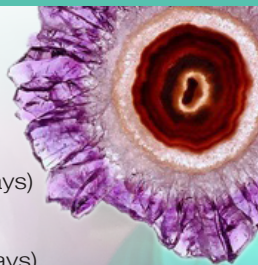
Do you want to develop your skills and become a Crystal Healing Therapist?



Foundation Level Y1, P1
(5 days)

Certificate Level Y1, P2
(Foundation level + extra 5 days)

Diploma Year 2
(Certificate level + extra 12 days)



Cotswolds School of Crystal Healing and Awareness is a member school of Affiliation of Crystal Healing Organisations (ACHO) and Crystal Therapy Council (CTC) and offers 1 day workshops on all areas of crystals and crystal healing as well as the 2 year professional practitioner Diploma in Crystal Healing Therapy.

To find out more about upcoming workshops, CSCHA 2 year Diploma or to have a treatment with Kelly Peacey, please visit www.cscha.co.uk or email kelly@kellypeacey.com

WWW • KELLYPEACEY • COM

FRIENDS FINDING LIGHT GROUP

Friends Finding Light is NOT your average spiritual/psychic development group. Friends Finding Light Group is for those that wish to find meaning to life by exploring consciousness, energy healing, current planetary influences (astrology), meditation and seeing beyond the conventional view of alternative history, science, the nature of reality and medicine. No stone is left unturned it makes for a friendly group atmosphere of debate, contemplation and an awesome opportunity to learn from one another and make new friends. Expect profound insights and laughter!

Hosted fortnightly by Kelly Peacey (Principal of Cotswolds School of Crystal Healing and Awareness) there is always a group healing meditation with a powerful crystal healing grid.
All welcome

Please see website for dates or ask the Isbourne on 01242 254321
Venue: The Isbourne Centre, 3 Wolseley Terrace, Cheltenham GL50 1TH
Time: 7.30 - 9.30 pm
Cost: £10. (This includes coffee, tea and cake)



EUROPE'S LARGEST SHAMAN ALTERNATIVE SHOP
'ANCIENT TRADITIONS SUPPORTING MIND, BODY & SOUL IN TODAY'S LIVING'

- PERUVIAN INKA QERO TEXTILES & CEREMONIAL ARTEFACTS
- VOGEL 100% CLEAR QUARTZ EXTRACTION CRYSTALS - SPACE CLEARING SPRAYS
- SACRED ESSENCES - PALO SANTO & GUM RESINS - CALIFORNIAN WHITE & DESERT SAGE
- NATURAL NATIVE AMERICAN & REMO SYNTHETIC DRUMS - AMAZON SHIPIBO RATTLES

"WORKING WITHIN COMMUNITY - FAIR TRADE. SMALL ARTISANS"

"TRADITION, HANDMADE. HIGH QUALITY. HAND CHOSEN"

'JUST A FEW WORDS OF WHO WE ARE.'



www.sacredessence.co.uk T: 0845 094 9527 E: info@sacredessnce.co.uk



DEER SPIRIT EVENTS

MIND BODY SPIRIT WELLBEING SHOWS

- June 1st: Banbury Town Hall,
- June 15th: Aylesbury Stoke Mandeville Stadium
- July 6th: Cheltenham Pittville Pump Rooms
- July 20th: Stroud Lansdown Hall
- August 31st: Gloucester Guildhall
- Sept 14th: Banbury Town Hall
- Sept 28th: Wycombe Swan Theatre High Wycombe
- Oct 19th: Stroud Lansdown Hall
- Nov 16th: Gloucester Guildhall
- Nov 30th: Aylesbury St Mandv Stadium

2019



SPIRITUALITY, SELF-HELP, WELL-BEING, MINDFULNESS, MEDITATION, HEALING,
HEALTHY LIVING/EATING, MASSAGE, BEAUTY, MOVEMENT + DANCE
HOLISTIC, COMPLEMENTARY + ALTERNATIVE THERAPIES
PSYCHICS, MEDIUMS + CLAIRVOYANTS, CRYSTALS, ART, CRAFTS, SPIRITUAL GIFTS
PAGANISM, HISTORY, NEW AGE PHILOSOPHY, SCIENCE, THE PARANORMAL.

- SATURDAYS 11-5PM
- FREE TALKS, DEMOS, WORKSHOPS
- INSPIRATIONAL SPEAKERS AND TEACHERS
- WIDE RANGE OF AUTHENTIC EXHIBITORS
- POSITIVE ENERGY AND GREAT VIBES!

ENERGY HEALING WITH BRIDGET

RELAX & REJUVENATE

REIKI WORKSHOPS

TREATMENTS
AVAILABLE

FOR MORE INFO:

www.blessingsreiki.com

bridget@blessingsreiki.com





TECH (Teach Education Cheltenham) Connect is a new digital learning centre opening in Leckhampton, Cheltenham. The centre was set up by IT Schools Africa to help people improve their skills and confidence using e-Learning technology.

TECH Connect provide sessions on a wide variety of topics, FREE OF CHARGE, for anyone who wants to:

- Learn basic computer skills
- Use the Internet
- Keep in touch with family using emails and online messaging
- Improve confidence to learn new skills

Since 2004 ITSA has sent over 55,000 refurbished computers to schools in Africa giving access to over 5,000,000 children. The charity relies on equipment donations from UK businesses, schools and individuals as well as the support of volunteers who help with the refurbishment of the computers.

For more information please contact
lucy@itschoolsafrica.org or call 01242 228800

www.itschoolsafrica.org · 01242 228800

Unit 4, Mead Road Industrial Estate, Leckhampton,
Cheltenham GL53 7EF · Registered charity No.1146157



YOGA THERAPY- Ruth Henderson-Cash



YOGA WELL
for your well being

IN A NUTSHELL: Uses the tools of yoga, tailored for your condition / injury and your goals. Empowers you in recovery from or adaption to the challenges you now face.

IN SESSION: Content and emphasis is shaped by you- e.g. physical practice, breath work, visualisation, reflection, relaxation.

AFTER SESSION: Home practice plans help embed new tools into your life. Review goals. Reflect on changes.

MORE INFO: Get in touch to discuss how yoga therapy can assist you.

www.yogawell.biz

07702 943593

ruth.yogawell@gmail.com



Looking for somewhere to relax and re-energise before or after your treatment or therapy session?

Or perhaps you've been to one of our morning classes with a friend and want somewhere to catch up afterwards? Our friendly cafe is the perfect place with great coffee, cake and a wide variety of lunches made to order. Find us on the basement level.

Cafe Opening Hours

Monday - Friday

9.30am - 2.30pm

VISITOR INFORMATION

OPEN TO THE PUBLIC

Monday to Thursday 9.00am – 8.30pm

Friday 9.00am – 5.00pm

Saturday (when classes running) 9.00am – 2.00pm

Please pop in and say hello!

BOOKINGS

Payment accepted online at www.isbourne.org, in person at reception, or by phone with a credit/debit card. Please book in advance wherever possible.

CANCELLATIONS

Events cancelled by The Isbourne will be fully refunded or payments transferred if appropriate. Please note that we do not refund or transfer tickets to other events unless the event is cancelled.

DISCOUNTS

Early Bird: look out for our advance booking discounts!

Block booking: most regular classes are cheaper booked in a block.

Concessions: a 10% discount is available on selected events for students. Please book via telephone or in person and provide proof of entitlement when attending.

Wellbeing Pass: if you're aged 18 – 29 you can save 50% on selected events and courses!

ROOM HIRE

We have a variety of fully-equipped practitioner treatment rooms available to hire, as well as light and airy rooms ideal for meetings, workshops, conferences or seminars. We can also offer refreshments and reception services.



PARKING

We don't have parking on site, but the Rodney Road car park is just across the road from our building.

CONTACT US

Isbourne House, 3 Wolseley Terrace,
Cheltenham, Gloucestershire GL50 1TH
Registered Charity No. 1051622
t. 01242 254321
e. info@isbourne.org

OUR MISSION STATEMENT

To support, educate and encourage people in improving their own wellbeing, both mentally, physically and spiritually, and that of the environment.



@IsbourneCentre



Isbourne



the_isbourne



TheIsbourne



soul-food.blog



isbourne.org