

Talks, Events
& Workshops

Courses
& Classes

Holistic
Treatments
& Therapies

Facilities
& Room Hire

Services for
Business

Community
Outreach
Projects

The Isbourne



WHAT'S ON

MAY - DECEMBER 2018

www.isbourne.org

hello

Over the past few months we've been busy putting together a programme of talks, workshops and events that will enliven and inspire you, with guest speaker talks ranging from the topical with Nick Clements on Transgender Roles (pg 11), to the vast with Tim Freke on "life, the universe and everything" (pg 9).

We're going vegan in June, with a month of events celebrating this increasingly popular lifestyle choice (pg 4). Make sure you pop in to pick up our guide to vegan eating in Cheltenham.

We also continue to support holistic practitioners wanting to grow and develop their business with a series of courses in everything from teaching skills to website design (pg 33).

We look forward to seeing you soon!

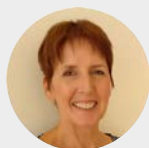
The Isbourne Team

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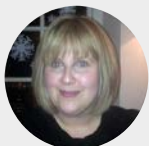
Helen Knight

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Talks, Workshops & Events

Three Secrets To Overcoming Writer's Block With Ease And Grace

Gulara Vincent

What gets in the way of your creativity? Procrastination? Perfectionism? Low self-esteem? There is a story inside of you that is begging to come out, but so far it has felt like a struggle to even write one word. You feel like you've failed before you've started. But what if you could finally write that book, and do it with ease? Learn how to heal your creativity blocks by using simple and powerful self-enquiry techniques.

**THURSDAY 3RD MAY
11.00AM – 3.00PM**

£40 if booked before 30th April
£55 thereafter

Reading The Non-Verbal Cues Of Others

Kim Phillips

Learn how to use Neuro-Linguistic Programming (NLP) to better understand, relate to and communicate more effectively with others by reading their non-verbal cues. Sharpen up your senses to recognise the subtle cues people give away about what they really think and feel, identify signs of incongruence between what someone thinks, says and does, and learn to let go of pre-conceived assumptions and judgements about others to keep an open mind.

**SATURDAY 12TH MAY
10.00AM – 1.00PM**

£25 if booked before 30th April
£30 thereafter

Crystal Bowl Journey

Tanya Carter

A very relaxing session, working with journeying into the crystal realm and connecting in with the energies of quartz and other types of crystal. You'll gain an understanding of the five layers of the human psyche, whilst being deeply healed by the vibration frequency of crystal bowls. A selection of crystals will be provided if you do not have your own. Please bring a cushion and a blanket.

SATURDAY 19TH MAY

10.00AM – 12.00PM

£25

Pushing The Boundaries

Maxine Smith

A workshop for parents and carers who are experiencing ongoing difficulties with their children and teens, and who are seeking an alternative way to tackle the issue whilst improving relationships. You'll be supported to identify the non-negotiable boundaries you set for your child and explore different ways to communicate these non-negotiables that your child will respond to in a positive way.

SATURDAY 26TH MAY

10.00AM – 2.00PM

£40 if booked by 12th May

£55 thereafter

MARK RICE-OXLEY

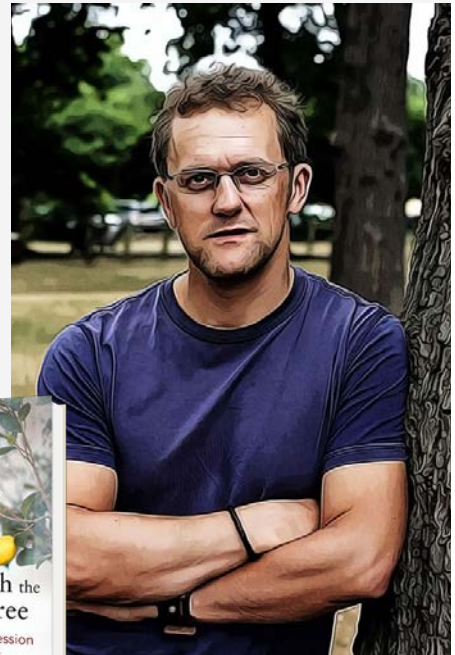
The Depression Epidemic – Tactics For Survival

Mark Rice-Oxley had a major depressive breakdown in 2009, forcing him to face some uncomfortable truths. Why was he always so busy, so restless, and so worried about results, outcomes, people and himself? Slowly he rethought his life and his outlook, and wrote a book about it in 2012. He has been sharing his valuable insights on how to cope with depression, defuse stress, become more psychologically flexible and to generally give less of a damn about things with whoever will listen ever since.

THURSDAY 24TH MAY

7.00PM – 8.30PM

£15



RENNIE GOULD

Release Your WOW!

Rennie was unable to make it to The Isbourne earlier in the year due to illness, so we're delighted to have been able to reschedule his appearance for this new date.

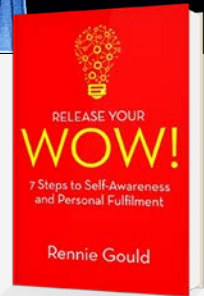
This fascinating talk introduces the main concepts in Rennie's new book 'Release Your WOW!', structured around his '7 Steps to Self-Awareness and Personal Fulfilment' and incorporating key insights from mindfulness, neuroscience, epigenetics and positive psychology – all of which suggest that our genes are not our destiny but merely the starting point for a journey that can take us as far as we want to go.

Our "Current Selves" are made up from a random assortment of genes, largely triggered by chance events in our early lives. The implication is that our "True Self" might not yet have emerged and, as a result, we may be running on outdated autopilots that are producing all of our thoughts, feelings & behaviours. The latest findings from neuroscience and epigenetics tell us that we can actually rewire our minds to make fundamental changes to every aspect of our lives, offering the prospect of leading a happier, more authentic and fulfilled life.

Find out how you can take advantage of the concepts behind positive psychology to discover your true, authentic self and to develop the confidence and energy to become the person you were always supposed to be!

TUESDAY 5TH JUNE
7.00PM – 8.30PM

£15





The Isbourne GOES VEGAN

We're flying the flag for veganism in June with a month of vegan-friendly events. Keep an eye out on our social media pages to see how our staff are getting on with their own vegan challenge!

A BEGINNER'S GUIDE TO GOING VEGAN

What do Morrissey, Ellen DeGeneres and Albert Einstein have in common?

They are (or were!) all vegans. More and more people are turning to veganism as a life choice, both to improve their diet and to try to live more compassionately on the planet. If you are curious about making the change but don't know where to start then this course, run by The Whole Food Chef's Karen Wilson, will equip you with everything you need to know about the wonderful world of veganism!

TUESDAY EVENINGS
1ST - 22ND MAY
6.30PM - 9.00PM

**This course also runs in September –
see course listings for details**

£120 if booked before 17th April
£130 thereafter



Wondering where you can get a decent vegan meal around here? Wonder no more! We've teamed up with local eateries and created a handy map of cafes and restaurants that provide vegan options on their menus. With everything from cakes to curries, it's a vegan treasure trail! Pop into The Isbourne and pick up your free map any time during June, and look out for our campaign window stickers around Cheltenham town centre.

VEGAN LUNCHBREAK IN THE PARK

Whether you're a seasoned vegan or just dipping your toe into the water, bring your own vegan packed lunch and picnic blanket and join us in Imperial Gardens on our lunch break. Enjoy the simple pleasure of eating lunch outside, and pick up some fresh ideas for your boring old work lunches while you're at it!

MONDAY 18TH JUNE
12PM - 2PM

FREE ENTRY!

COOK SHARE EAT VEGAN WITH AINE CARLIN

Join Aine Carlin for an evening of vegan-centered conversation to celebrate the release of her latest book *Cook Share Eat Vegan*. Whether you're a keen cook or a curious beginner there's something for everyone in this food focused talk that will also offer handy lifestyle tips that extend beyond the kitchen. Charting her career from food blogger to cookbook author, Aine will talk candidly about her journey into veganism and how it has shaped her adult life.

MONDAY 25TH JUNE
7.00PM - 8.30PM

£15

PLUS! We've teamed up with local plant-based food delivery and catering superstars Poco Culina who'll have some innovative, ethical and delicious samples for you to try after the talk.




DEAN FARM TRUST
PROTECTING INFORMING EDUCATING

The Isbourne is proud to be supporting Dean Farm Trust



Using The Law Of Attraction With Vision Boards

Naomi Sheppard

Wondering how to turn your dreams into reality? A vision board is something you create that helps you to focus on goals and aspirations. It is an enabler to success. And it really works! Learn how to use a vision board to achieve your personal dreams and use the Law of Attraction to its full potential, as well as boosting your life by turning negative thoughts into positive ones.

FRIDAY 8TH JUNE
10.00AM – 2.30PM (WITH A 30 MINUTE LUNCH BREAK)

£41 if booked by 25th May

£49 thereafter

Who Am I In Love, Relationships & How I Live My Life - An Identity Constellations Day

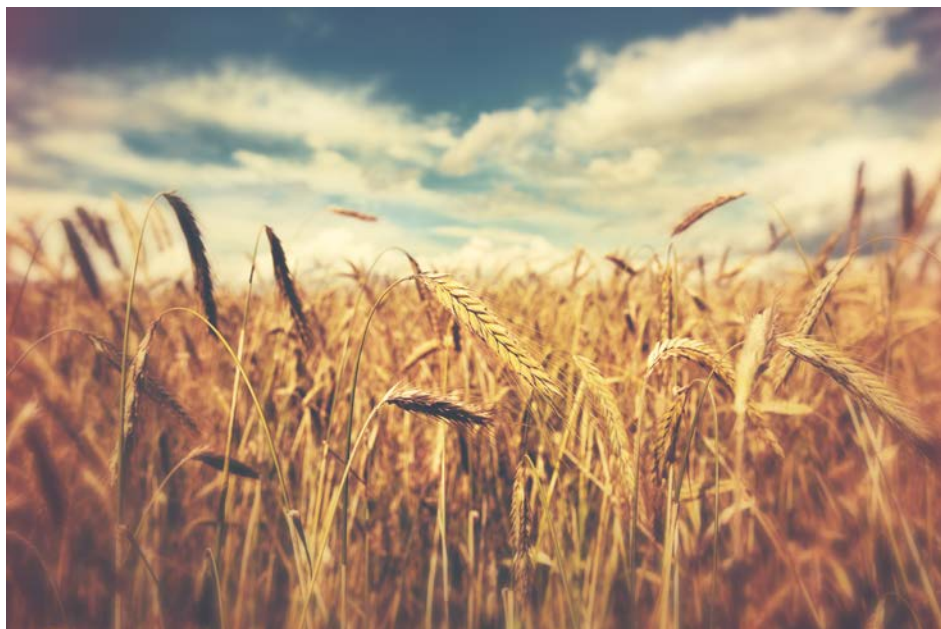
Kate Collier

Explore in a mindful, embodied way how your earliest attachment experience has made you who you are and how this affects your close relationships, your health and sexuality, your work, and the quality of your life. You will gain an understanding of how parts of yourself have been affected from pre-birth experience on, which can bring about life-changing shifts in how we perceive ourselves with increased health, clarity of thought and sense of aliveness.

SATURDAY 9TH JUNE
10.00AM – 5.00PM

£55 if booked before 19th May

£65 thereafter



Wellness Workshop: Techniques And Tools To Feel Fantastic!

Helen Mawson

In this fun yet informative workshop Helen will show you several techniques based on energy medicine that you can use on a daily basis to enhance your general health and wellbeing. You will learn how to calm the stress response, balance the meridians and your blood chemistry, reduce fatigue, boost the immune system, feel strong and healthy, and much more!

SATURDAY 9TH JUNE
10.00AM – 2.00PM

£45 if booked before 14th May
£50 thereafter

An Introduction To Eco Shamanism

Mandy Pullen

Eco shamanism is a marriage of shamanism and ecology, encouraging a new perception of how we see our lives in relation to our earth and helping us to reconnect our senses and spirit to our surroundings. This workshop will show you how to bring about a communion of the senses and spirit with the emerging work of how to live 'in', or 'as', our Earth rather than 'on' it. Please bring a blanket, notebook and pen and an eye cover.

SATURDAY 30TH JUNE
10.00AM – 5.00PM

£50 if booked before 16th June
£55 thereafter

Crystal Gridding

Tanya Carter

Learn how to set up and use crystal grids and crystal layouts for self-empowerment and moving stuck energy, including how to intuitively select crystals for your grids and layouts, and the basics of sacred geometry. Suitable for beginners and the more experienced. Some crystals will be provided but please bring any of your own that you would like to work with - the bigger the selection the better.

SUNDAY 10TH JUNE
10.00AM – 4.00PM

£55 if booked before 27th May
£65 thereafter

Create Your Own Angel Essences

Lois Hastings

Connect with the angelic realms through aromatherapy! Angelic essences create a bridge between your everyday world and that of the angelic realms. Learn the basics of blending oils and how to charge your finished blend with angelic energy to create two angelic sprays of your own for use in the home, workspace, bath or oil burner.

SATURDAY 30TH JUNE
10.30AM – 4.00PM

£50 if booked before 1st April
£55 thereafter

Awakening Chakra Energies Through Sound

James D'Angelo

The key to our self-transformation lies in retuning the frequencies of the chakras: through vocal sound and vibrations the chakras are stimulated and re-balanced. This is achieved by various rituals of toning using vowels, consonant and seed syllables of the great Tantra Yoga tradition. These experiences lead to meditations on these vibrations, bringing deep peace. No previous experience necessary, only the intent to transform the psychology of your chakras.

SUNDAY 29TH JULY
10.00AM – 5.00PM

£40 if booked before 15th July
£45 thereafter

Finding Your Balance – A Yoga And Meditation Workshop

Jo Fellows

This yoga, pranayama and meditation workshop is suitable for beginners and more experienced yogis alike, and is designed to revitalise your spirit and restore balance to your mind and body. Recommended if you're feeling stressed! 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 11TH AUGUST
9.30AM – 12.00PM

£20 if booked before 30th June
£25 thereafter

Crystal Gridding

Tanya Carter

Learn how to set up and use crystal grids and crystal layouts for self-empowerment and moving stuck energy, including how to intuitively select crystals for your grids and layouts, and the basics of sacred geometry. Suitable for beginners and the more experienced. Some crystals will be provided but please bring any of your own that you would like to work with - the bigger the selection the better.

SUNDAY 9TH SEPTEMBER
10.00AM – 4.00PM

£55 if booked before 26th August
£65 thereafter

WORLD'S BIGGEST COFFEE MORNING

Pop in for a cup of tea and piece of cake, all lovingly handmade by The Isbourne Team, and help us raise money for Macmillan!

FRIDAY 28TH SEPTEMBER
11.00AM – 12.30PM

FREE ENTRY - Just pay for tea and cake!





TIM FREKE

Big Questions, Deep Answers

You are invited to an evening exploring 'life, the universe and everything' with Tim Freke, who has been hailed as 'our greatest living philosopher' and 'a modern-day Socrates.' Tim is the bestselling author of 35 books, translated into more than 15 languages, including his latest book '*Soul Story*', which offers a visionary new understanding of evolution, time, death, and the purpose of existence. Bring your greatest questions and, with his characteristic clarity and playful enthusiasm, Tim will search for the deepest answers with you.

MONDAY 24TH SEPTEMBER

7.00PM – 8.30PM

£12 if booked before 10th September

£15 thereafter

Love Is One

Kiron J Gardner & James D'Angelo

Experience the therapeutic, creative and joyful nature of making group sound, and discover how sound and silence together can lead us to unity with others and within ourselves. This experimental day will be a weaving together of vocal rituals, contemplations on non-dual love and surrendered silence, all influenced by the teachings of A Course In Miracles. All welcome – no prior spiritual or vocal experience required.

SATURDAY 29TH SEPTEMBER
10.00AM – 5.00PM

£35 if booked before 15th September
£40 thereafter

What Can Meditation Do For You?

Mary Pearson

Interested in learning to meditate? In this talk, Mary will explore some of the many benefits of a daily meditation practice, including managing stress better, improved sleep, and feeling happier. You will also experience some guided meditations. Mary Pearson is the Chief Executive of the British School of Meditation and author of 'Meditation, The Stress Solution'.

TUESDAY 2ND OCTOBER
7.00PM – 8.30PM

£10 if booked by 24th September
£15 thereafter

Who Am I In Love, Relationships & How I Live My Life - An Identity Constellations Day

Kate Collier

Explore in a mindful, embodied way how your earliest attachment experience has made you who you are and how this affects your close relationships, your health and sexuality, your work, and the quality of your life. You will gain an understanding of how parts of yourself have been affected from pre-birth experience on, which can bring about life-changing shifts in how we perceive ourselves with increased health, clarity of thought and sense of aliveness.

SUNDAY 7TH OCTOBER
10.00AM – 5.00PM

£55 if booked before 9th September
£65 thereafter

Learn The Shaman's Journey

Mandy Pullen

There is one simple technique that is the key to shamanism: the shaman's journey. During 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 13TH OCTOBER
10.00AM – 5.00PM

£50 if booked before 29th September
£55 thereafter

Crystal Bowl Journey

Tanya Carter

A very relaxing session, working with journeying into the crystal realm and connecting in with the energies of quartz and other types of crystal. You'll gain an understanding of the five layers of the human psyche, whilst being deeply healed by the vibration frequency of crystal bowls. A selection of crystals will be provided if you do not have your own. Please bring a cushion and a blanket.

SATURDAY 20TH OCTOBER
10.00AM – 12.00PM

£25

An Afternoon Of Mindfulness And Meditation

Mary Pearson

Join with like-minded people for an afternoon of peace and serenity. The session will consist of guided meditations, mindfulness exercises and some periods of deep relaxation. The session will be led by Mary Pearson, Chief Executive of the British School of Meditation and author of 'Meditation, The Stress Solution'.

SUNDAY 21ST OCTOBER
1.00PM – 4.00PM

£30 if booked by 14th October
£35 thereafter

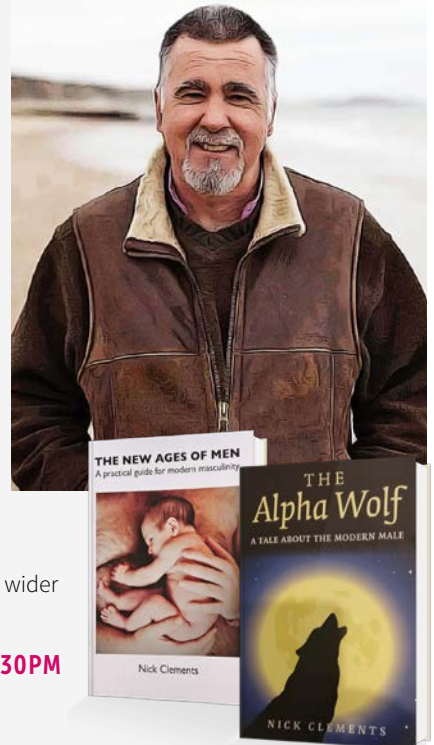
NICK CLEMENTS

The Four Genders – The Shamanic Wisdom Of Transgender Roles

As we question all aspects of our present culture, we wake to the possibility of four genders, a concept which, for many thousands of years, was clearly understood and accepted in tribal cultures. Its relevance today is increasing exponentially as non-binary gender, gender-fluid and gender-neutral people across the globe re-connect to their true selves, paving the way for future generations. This inspiring presentation, by one of the UK's leading experts in shamanic rites of passage, describes an ancient view of human sexuality and gender, exploring how the binary notion of male/female is part of a wider cultural mistake feeding polarity and conflict.

MONDAY 22ND OCTOBER **7.00PM – 8.30PM**

£10 if booked before 8th October
£15 thereafter



New Year For Nature Worshippers

Teresa Moorey

Feel spellbound and enlivened by understanding the autumn fire festivals: draw close to nature and be part of the myth, magic, tradition and spiritual meanings of this time. Experience calmness and a sense of belonging, feeling connected to the earth and yet also open to the divine as you rediscover the traditions of our ancestors via discussion and visualisation.

MONDAY 29TH OCTOBER
7.00PM – 8.30PM

£10 if booked before 15th October
£13 thereafter

Finding Your Balance – A Yoga And Meditation Workshop

Jo Fellows

This yoga, pranayama and meditation workshop is suitable for beginners and more experienced yogis alike, and is designed to revitalise your spirit and restore balance to your mind and body. Recommended if you're feeling stressed! 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 10TH NOVEMBER
9.30AM – 12.00PM

£20 if booked before 29th September
£25 thereafter

Looking for the perfect present?

Give the gift of relaxation 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.



RICHARD JACOBS

The 7 Questions To Find Your Purpose

What's your Purpose in life? How would you feel if you were living it every day? What would change? And what kind of impact do you think you could make?

What if you could find your Purpose in an hour and a half - about the same time it takes to watch a film - simply by asking yourself 7 key questions which access both your conscious and subconscious mind simultaneously?

Purpose is at the heart of all spiritual practice, personal development, coaching, and personal effectiveness. Purposeful people are 50% less likely to suffer from mental illness, have fewer stress related issues and an improved sense of energy and vitality. Why? Because life holds more meaning for them. They become part of something bigger and more enthralling.

If we live to be 80 we have about 30,000 days on the planet. How many of those are purpose-full and how many purpose-less? How many days have we got left? Even if we only had 10 days, wouldn't we want them to be rich in meaning and Purpose, to know in our final breath that we had made a difference and brought out the best of ourselves in the process?

In this lively talk you will explore what life is like when you live your Purpose, how to access it and how you can apply it at work, at home and everywhere in between. Be entertained, get an insight into your personal Purpose and find out how you can 'Google your InnerNet'.

Richard Jacobs is the CEO of the award-winning YES Change Consultancy. He has designed and delivered seminars and change programmes around the world for over 20 years and has personally trained over 300,000 people. His style is interactive and engaging, leaning on storytelling, comedy and improvisation to develop accelerated learning and build new habits of effectiveness.

MONDAY 12TH NOVEMBER
7.00PM – 8.30PM

£15



Dance As A Healing Life Art

Helene Su

Are you constantly on the go? Feeling stuck or disconnected? This one-day mini retreat will help you to release tension in the body to start a healing process, and find connection and support for yourself from within using a variety of techniques such as pranayama breathing, Osho awareness and mindfulness, Body-Mind Centering, Life/Art Process, freeform somatic dance and journeying.

SATURDAY 17TH NOVEMBER
10.00AM – 5.00PM

£45 if booked by 3rd November
£55 thereafter

Using The Law Of Attraction With Vision Boards

Naomi Sheppard

Wondering how to turn your dreams into reality? A vision board is something you create that helps you to focus on goals and aspirations. It is an enabler to success. And it really works! Learn how to use a vision board to achieve your personal dreams and use the Law of Attraction to its full potential, as well as boosting your life by turning negative thoughts into positive ones.

FRIDAY 7TH DECEMBER
10.00AM – 2.30PM (WITH A 30 MINUTE LUNCH BREAK)

£41 if booked by 23rd November
£49 thereafter



CHRISTMAS GIFT AND TASTER FAYRE

Join us for a Christmas Fayre with a difference! As well as the opportunity to buy gifts from a range of local businesses and craftspeople, you'll also be able to try out numerous holistic therapies with taster sessions from our recommended therapists at a fraction of the price you'd normally pay for a full session. It's shopping and relaxation combined!

TUESDAY 11TH DECEMBER
6.00PM – 8.00PM

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

A woman with her hand on her forehead, surrounded by a cosmic, starry background. The image is split into two main sections: a teal top section with white text and a white bottom section with teal text. The background is a dark, starry space with a woman's face and hand in the foreground, partially obscured by the text boxes.

ENERGY OF THE UNIVERSE

Are you fascinated by the world of healers and intuitives?

This course will take you on a personal, experimental journey through the more esoteric spiritual beliefs. Contemplate psychic phenomena and the laws of the universe. Discover the hidden messages behind numerology and astrology, Investigate geopathic stress through dowsing. Explore chakras and auras and meridians, and the energy underpinning all relationships, as well as learning about deities, angels and archetypes, and how they can be called upon for support.

LAST CALL FOR ENROLMENT

This incredible course runs just once a year and is starting soon on **Saturday 28th April!**

Book your place now by calling us on **01242 254 322** or emailing **info@isbournecollege.org**



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

A Course In Miracles

Angela Hoskins & Terry Butler

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 14TH MAY
(EXCEPT BANK HOLIDAYS)
7.15PM – 9.00PM**

£4 per session

Qigong/Tai Chi

Margaret Kelly

The main aim of the class is to make practising Qigong relaxing and enjoyable! It is suitable for all ages and abilities, and particularly helps with balance and coordination, which older people may find helpful. You will learn a set of Qigong exercises which can then be practised daily at home to improve the health and harmony of mind and body. The exercises are slow, and flowing, and done in harmony with the breath.

**TUESDAYS FROM 8TH MAY
10.30AM – 11.45AM**

£9 per session

£24 for three-session block

£32 for four-session block

Lunchtime Meditation

Claire Seabrook

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 the calm, clear place within you. Beginners are warmly welcome. You might like to bring a soft cushion for comfort.

WEDNESDAYS FROM 16TH MAY
12.30PM – 1.15PM

£8 per session

£32 for six-session block

Mindfulness And Meditation For All

Kathryn Buxton

Come and learn the ancient discipline of meditation with like-minded people and an experienced tutor. These classes are fun and informative with a range of meditations from the Buddhist tradition. You will be given tips on how you can use meditation on your own and how mindfulness can be dropped into your everyday life, bringing you a sense of calm and equanimity in the face of life's inevitable challenges.

WEDNESDAYS FROM 2ND MAY
6.30PM – 7.30PM

£10 per session

£40 for five-session block

£48 for six-session block

Qi Gong And Tai Chi Energy Exercise

Max Watkins

Enjoy learning these timeless healing arts for relaxation and health, using breathing, standing and movement. Fun and rewarding, these classes are suitable for everyone.

WEDNESDAYS FROM 6TH JUNE
7.00PM – 8.00PM

£8 per session

Dru Yoga

Karan Walsh

Dru Yoga's gentle flowing sequences are easy to learn. You will find yourself bringing suppleness back into your body and improving your posture for a healthy body and mind. Feel more youthful, well and vibrant in yourself. The class will finish with a guided relaxation. Open to all levels of fitness. Bring a yoga mat and a light blanket for relaxation.

THURSDAYS FROM 3RD MAY
10.00AM – 11.15AM

£9 per session

£37.50 for five-session block

£45 for six-session block

Dru Yoga

Karan Walsh

The beauty of the therapeutic style of yoga Karan teaches makes the classes accessible to everybody. The classes include movement and postures, breath work, relaxation, visualisation and mudras. You will immediately start to feel noticeable benefits and, with regular practice, maintain balance, wholeness and complete positive health of the body, the mind and the emotions. Bring a yoga mat and a light blanket for relaxation.

**THURSDAYS FROM 3RD MAY
2.30PM – 3.45PM**

£9 per session

£37.50 for five-session block

£45 for six-session block

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! Bring a yoga mat.

**SATURDAYS FROM 5TH MAY
9.30AM – 10.45AM**

£10 per session

£30 for four-session block

£37.50 for five-session block

Qi Gong And Tai Chi Energy Exercise

Max Watkins

Enjoy learning these timeless healing arts for relaxation and health, using breathing, standing and movement. Fun and rewarding, these classes are suitable for everyone.

**FRIDAYS FROM 8TH JUNE
9.30AM – 10.30AM**

£8 per session





Regular Classes

BI-MONTHLY AND MONTHLY CLASSES

These classes don't always run on the same week each month and some may take a break over the summer – please see our website for specific dates.

Gong Bath And Mediation

John and Tanya Carter

The gong is an effective and powerful tool for healing, breaking all boundaries and perceived limitations. 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 14TH MAY
6.30PM – 8.30PM**

£15

Cheltenham Healing Group

Alison Ensor

Experience a sense of inner peace and well-being with a healing session from a qualified healer. 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 14TH MAY
7.20PM – 9.00PM**

£5 suggested donation



Shamanic Drumming

Simon Heather

Experience the Power of Shamanic Drumming! Learn how to use Native American Frame Drum for healing, learn some Native American chants and have fun drumming in a group. Bring a Frame Drum with you if you can - there will be some drums available for people to use.

**MONTHLY FROM MONDAY 21ST MAY
7.30PM – 9.00PM**

£8

Cheltenham Reiki Share

Janie Whittemore

A friendly group for both new and experienced Reiki healers to practise their skills and meet likeminded colleagues. If you are interested in meeting up with others to give and/or receive Reiki, then do join us! Non-practitioners are very welcome to come along for a taster session or just to ask questions. Teacher Janie Whittemore and other Reiki Masters and practitioners will be on hand to guide, assist and support you on your Reiki journey.

**BI-MONTHLY FROM THURSDAY 10TH MAY
6.30PM – 8.00PM**

£3 for practitioners

£5 for non-practitioners

Dances Of Universal Peace

Matthew Heyse-Moore

Experience the power of dance and embodied group prayer through simple chants and movements inspired by the wisdom and sacred phrases of the many spiritual traditions from around the world. Both celebratory and meditative, it is a joyful, multi-cultural way to touch the spiritual essence within ourselves and others. Easy to learn and everyone welcome, regardless of ability.

**MONTHLY FROM THURSDAY 10TH MAY
6.30PM – 8.30PM**

£15 per session

£40 for three-session block

Gloucestershire Holistic Networking Group

Graham Boston

A monthly opportunity to meet fellow holistic practitioners and mind-body-spirit professionals, as well as a forum for exchanging news and ideas, learning new business skills, flagging up forthcoming events, sharing best practice and passing on referrals. Each meeting includes a 30-minute presentation from a local businessperson, practitioner or entrepreneur who shares techniques and ideas you can use in your own practice, followed by plenty of time for informal networking.

**MONTHLY FROM FRIDAY 4TH MAY
11.00AM – 1.00PM**

£5 (includes tea and cake)

Gong Bath Sound Sanctuary

Alicia Davies

A Gong Bath is a profoundly relaxing experience. Carried on waves of sound, the body, mind and spirit enter a state of cohesion, while the vibrations of the powerful Planet Gongs cause the cells to resonate sympathetically. Combined with 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 19TH MAY
1.00PM – 3.00PM**

£15 if booked two weeks before the class date

£20 thereafter



ISBOURNE REGULAR CLASSES

WEEKLY CLASSES

A Course In Miracles	Mondays	7.15pm – 9.00pm
A Course In Miracles	Mondays	7.15pm – 9.00pm
Qigong/Tai Chi	Tuesdays	10.30am – 11.45am
Lunchtime Meditation	Wednesdays	12.30pm – 1.15pm
Mindfulness And Meditation For All	Wednesdays	6.30pm – 7.30pm
Qi Gong And Tai Chi Energy Exercise	Wednesdays	7.00pm – 8.00pm
Dru Yoga	Thursdays	10.00am – 11.15am
Dru Yoga	Thursdays	2.30pm – 3.45pm
Qi Gong And Tai Chi Energy Exercise	Fridays	9.30am – 10.30am
Flowing Yoga	Saturdays	9.30am – 10.45am

BI-MONTHLY AND MONTHLY CLASSES

Gong Bath And Mediation	Bi-Monthly, Mondays	6.30pm – 8.30pm
Cheltenham Healing Group	Monthly, Mondays	7.20pm – 9.00pm
Shamanic Drumming	Monthly, Mondays	7.30pm – 9.00pm
Cheltenham Reiki Share	Bi-Monthly, Thursdays	6.30pm – 8.00pm
Dances Of Universal Peace	Monthly, Thursdays	6.30pm – 8.30pm
Gloucestershire Holistic Networking Group	Monthly, Fridays	11.00am – 1.00pm
Gong Bath Sound Sanctuary	Monthly, Saturdays	1.00pm – 3.00pm

BOOK REVIEWS

Our team of book reviews from all over the country have been busy as usual reading a selection of the best in holistic non-fiction. Here's a few they've especially enjoyed over the last few months.

Soul Story by Tim Freke

Freke sees the conflict between science and the soul and tries to show how we can use both to adopt a spiritual approach and enrich ourselves. It illustrates and explains this very well, making the reader feel empowered and much more knowledgeable. The tone is engaging and not unlike meeting the author in a social setting and hearing him casually bat a few ideas around. I would thoroughly recommend this book.

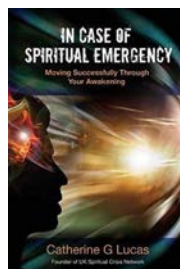
Rating: **4/5** Review by Keeley Newman-Goodall



In Case of Spiritual Emergency by Catherine G Lucas

This is a brilliant handbook for anyone working with friends, relatives, clients, colleagues or strangers going through or lost in a dark night. Whether you are a mental health professional, alternative health practitioner, caregiver, or going through a spiritual crisis yourself, this book can offer help, support and guidance. The main premise being 'breakdown to breakthrough', the book gives numerous examples of individuals' stories on spiritual emergencies and awakenings, what happened, how to cope with them and how they were transformed (or not) by them.

Rating: **4/5** Review by Helen Pearson



Release your WOW! by Rennie Gould

Rennie did not promise a magic wand, just the tools to unpick the often harmful script about oneself that we carry with us, in what felt like a very realistic and achievable way. The interspersing of exercises provided a change of pace and an opportunity for me to apply the teachings in the book to my own situation. I did the exercise on the subconscious and found some surprising answers!

Rating: **4/5** Review by Anita Baird



You can find more book reviews, along with exclusive interviews with the authors themselves, over on the blog at **soul-food.blog!**





Courses

COURSES FOR EVERYONE

A Beginner's Guide To Going Vegan

Karen Wilson

QE 10 CPD HOURS

What do Morrissey, Ellen DeGeneres and Albert Einstein have in common? They are (or were!) all vegans. More and more people are turning to veganism as a life choice, both to improve their diet and to try to live more compassionately on the planet. If you are curious about making the change but don't know where to start then this course, run by The Whole Food Chef's Karen Wilson, will equip you with everything you need to know about the wonderful world of veganism!

TUESDAYS
MAY 1ST – 22ND
6.30PM – 9.00PM

£120 if booked by 17th April
£130 thereafter

Developing Your Connection To Spirit

Sharon Elliot

QE 15 CPD HOURS

Many believe that we all have the capability to connect with loved ones in spirit. This is a course open to beginners and fledgling mediums – to anyone who feels they have a gift for connecting with the spirit world and want to understand and work with it.

WEDNESDAYS
2ND MAY – 11TH JULY
6.30PM – 8.00PM

£140 if booked before 18th April
£150 thereafter

Live Well And Embrace Change

Various Tutors

QE

22.5 CPD HOURS

Developing our resilience when life seems determined to overwhelm us comes from understanding our physical, emotional, mental and spiritual needs. If you want to bring more of yourself to your work life or find the energy to be present with your friends and family, then something needs to shift in one or more of those areas. This course offers the opportunity for you to make changes, leaving you more able to cope with life's ups and downs.

WEDNESDAYS
2ND MAY – 4TH JULY
6.30PM – 9.00PM

£210 if booked before 18th April

£235 thereafter

A Beginner's Guide To Complementary Therapy

Lois Hastings et al

QE

18 CPD HOURS

This interactive introductory course is designed for those interested in finding out more about the many complementary therapies out there, and the ways in which you can use them in your own life. With a combination of theoretical and practical teaching, you will have the opportunity to learn about the fascinating world of holistic healing as well as trying out the basic techniques of a range of popular therapeutic practices such as reflexology, aromatherapy, Reiki, EFT, meditation and massage.

SATURDAYS
2ND – 16TH JUNE
10.00PM – 4.00PM

£170 if booked before 17th May

£180 thereafter

Tai Chi Movements For Wellbeing

John Thorne

Learn how to practice a specially developed sequence of movements combining the essential elements of both tai chi and chi kung, which promotes physical, mental and emotional health and wellbeing and aims to improve your self-confidence, flexibility and balance. The sequence of movements is highly adaptable to individual requirements, is suitable for all ages, and can be done sitting or standing.

THURSDAYS
10TH MAY – 7TH JUNE
6.30PM – 8.00PM

£75 for new students

£40 for repeat students

NLP Level 1

Anthony Peters

Neuro-Linguistic Programming (NLP) is arguably the most widely-used and foundational set of psychological techniques for fast and effective behaviour change. This course will teach you the fundamental methods and techniques to help others (or yourself) make profound positive changes for personal growth and success. Suitable for both practitioners and individuals interested in the psychology of positive behaviour change.

FOUR DAYS
SATURDAY 2ND, SUNDAY 3RD, SATURDAY
9TH & SUNDAY 10TH JUNE
9.30AM – 5.00PM

£197 if booked before 27th May

£247 thereafter



The Science Behind Buddhist Philosophy

Anthony Peters

QE 12.5 CPD HOURS

Rather than a religion in the traditional sense, Buddhism is a non-theistic philosophy of the human mind, the nature of reality and human behaviour. It has clear parallels with neurology, quantum physics and psychology. During this course you'll explore this link between science and Buddhist philosophy to help gain better a understanding of this ancient Eastern wisdom, what it really means for your personal development, and how it can aid spiritual growth and increase happiness.

**TUESDAYS
5TH JUNE – 3RD JULY
6.30PM – 9.00PM**

£115 if booked before 21st May

£125 thereafter

Applying The Tarot

John Down

QE 6 CPD HOURS

Would you like 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 and stimulation for yourself, your friends and family, in the day-to-day world. Ideal for those who already possess a basic understanding of the tarot and wish to apply that knowledge to give realistic and well-founded informal readings for yourself and others.

**THURSDAYS
14TH – 28TH JUNE
6.30PM – 8.30PM**

£50 if booked before 31st May

£60 thereafter

Understand Your Past, Present And Future With Astrology

Graham Boston

QE 6 CPD HOURS

Designed for those who have completed our Introduction to Astrology course, or who already have a basic understanding of astrology. This course teaches how you can use astrological transits - the movement of celestial objects (such as planets) in relation to earth - as a powerful forecasting tool in order to better navigate the challenges and potential opportunities in your life, as well as to gain understanding of the events in your life from a broader, more cosmic perspective.

TUESDAYS
3RD – 17TH JULY
6.15PM – 8.15PM

£50 if booked before 19th June

£60 thereafter

Reiki Level 2 (Okuden)

Jo Fellows

This course is for those who have completed Reiki 1 with Jo. 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.

THURSDAY 2ND AUGUST
10.00AM – 4.00PM

£150 if booked before 21st June

£175 thereafter

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.

FRIDAY 3RD AUGUST
10.00AM – 4.00PM

£150 if booked before 22nd June

£175 thereafter

NLP Level 1

Anthony Peters

Neuro-Linguistic Programming (NLP) is arguably the most widely-used and foundational set of psychological techniques for fast and effective behaviour change. This course will teach you the fundamental methods and techniques to help others (or yourself) make profound positive changes for personal growth and success. Suitable for both practitioners and individuals interested in the psychology of positive behaviour change.

FOUR DAYS
MONDAY 6TH – THURSDAY 9TH AUGUST
9.30AM – 5.00PM

£197 if booked before 23rd July

£247 thereafter

Quality Endorsed course

The Isbourne College holds a Quality Endorsement Licence from awarding body Open College Network West Midlands Region, 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

A Beginner's Guide To Reflexology

Lois Hastings

QE

8 CPD HOURS

An ideal course for anyone who would like to understand the basic principles of reflexology and find out how you can activate the natural healing powers of the body by stimulating pressure points on the foot. A wonderful skill to have, and a solid introduction for those taking the first steps towards a career in reflexology, or simply wanting to learn how to effectively treat family and friends.

MONDAYS

3RD – 24TH SEPTEMBER

6.30PM – 8.30PM

£80 if booked before 23rd August

£90 thereafter

Leaving The Past Behind: Healing The Soul

Sharon Elliot

QE

7.5 CPD HOURS

Are issues from your past holding you back? Have you come up against something that you're struggling to move past? Develop your capacity to forgive and face the past so you can move forward in your life. Learn how to retrain your brain to select healthier thoughts, accept the challenges that life throws your way, and be more confident in future decision making.

TUESDAYS

11TH SEPTEMBER – 9TH OCTOBER

7.00PM – 8.30PM

£70 if booked before 29th August

£80 thereafter

A Beginner's Guide To Going Vegan

Karen Wilson

QE 10 CPD HOURS

What do Morrissey, Ellen DeGeneres and Albert Einstein have in common? They are (or were!) all vegans. More and more people are turning to veganism as a life choice, both to improve their diet and to try to live more compassionately on the planet. If you are curious about making the change but don't know where to start then this course, run by The Whole Food Chef's Karen Wilson, will equip you with everything you need to know about the wonderful world of veganism!

WEDNESDAYS
12TH SEPTEMBER – 3RD OCTOBER
6.30PM – 9.00PM

£120 if booked by 29th August

£130 thereafter

Vital Body: Lucid Mind

Helene Su

Learn how to use dance as a healing life art, and find flow and clarity in life. Through guided awareness techniques, free movement and dance, and beautiful music you will learn to release habitual tensions. New neural pathways will open to melt away anxiety and stress, and you will learn to adapt and flow with change, be playful and light, and experience being fully present in every moment.

MONDAYS
17TH SEPTEMBER – 22ND OCTOBER
6.00PM – 8.00PM

£90 if booked before 3rd September

£100 thereafter

Introduction To Palmistry

John Down

QE 6 CPD HOURS

Palmistry is defined as 'the art or practice of telling fortunes and interpreting character from the lines and configurations of the palm of a person's hand' and has been used since at least the fifteenth century to do so. This introductory course will give you an understanding of palmistry and the knowledge to conduct readings for friends and family.

THURSDAYS
27TH SEPTEMBER – 11TH OCTOBER
6.30PM – 8.30PM

£50 if booked before 13th September

£60 thereafter

Introduction To Past Life Regression

Lois Hastings

QE 12.5 CPD HOURS

Explore the concept of reincarnation and past life regression in order to gain a deeper understanding of the soul. You will learn how to safely access past lives, and master techniques for locating and healing any deep-rooted and destructive patterns that have been holding you back in this lifetime, enabling you to live a more fulfilling life now.

MONDAYS
1ST – 29TH OCTOBER
6.30PM – 9.00PM

£115 if booked before 17th September

£125 thereafter

Energy And Intuition – A Beginner’s Guide

Lois Hastings

QE 12 CPD HOURS

Are you curious about the energies at work in your life, and the wider world? Find out how you can benefit from using your own intuition and learn more about your connection to the universal guidance that is all around us, in order to live a more authentic and harmonious life. Delve into the principles behind karma, the ego, reincarnation and chakras, and learn how to work with and connect to the different kinds of energy around you, exploring the power of your own mind.

TUESDAYS
2ND OCTOBER – 6TH NOVEMBER
6.30PM – 8.30PM

£115 if booked before 18th September
£125 thereafter

Introduction To Massage For Back Pain

Magdalena Lorynska

QE 6 CPD HOURS

Learn how to help relieve the aches and pains of friends and families through back massage, safely and with maximum benefit for the recipient. This course is also an ideal starting point for anyone interested in beginning a career in massage therapy.

WEDNESDAYS
3RD – 24TH OCTOBER
6.30PM – 8.00PM

£75 if booked before 19th September
£85 thereafter

Introduction To Astrology

Graham Boston

QE 9 CPD HOURS

Astrology is a broad and exciting subject that touches on many areas of life, from our own personalities to the events that shape the world around us. This course will give you an understanding of its symbols, as well as the ability to cast and interpret birth charts. Incorporating elements of psychology, mythology and symbolism, it will give you the tools to understand yourself, other people and your life more deeply.

TUESDAYS
9TH OCTOBER – 6TH NOVEMBER
6.15PM – 8.30PM

£115 if booked before 9th September
£125 thereafter

Introduction To Tarot

Lois Hastings

QE 12 CPD HOURS

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 insight, enabling you to make better informed decisions about your life, now and in the future. During this course you will explore the history of the tarot, as well as learning the purpose of a tarot reading, how the cards work, the meaning of each card, and how to read for yourself and others.

THURSDAYS
11TH OCTOBER – 6TH DECEMBER
6.30PM – 8.00PM

£115 if booked before 11th September
£125 thereafter

WARNING: THIS COURSE CAN SERIOUSLY CHANGE YOUR LIFE!

The Isbourne's **Introduction to Holistic Living course** has helped me cope better with life: appreciating it so much more; understanding and being much more aware of things around me. I was a little sceptical at first as to what to expect as it was out of my comfort zone, but it helped me to open my eyes and notice what I am feeling. I also now know that the universe has my back! I worry less about what life might throw at me and feel calmer and more confident about the future. My friends have even commented about how they can see a difference in me, and that I seem so much happier and more confident. This course will amaze you!

Cath, former student

Healing From Pain

Claire Seabrook

QE **12 CPD HOURS**

Is chronic pain getting you down? On this experiential course you will learn gentle, compassionate practices to help release the knot of tension in your life from ongoing pain. In the process you'll understand what keeps us stuck in the chronic pain loop, and discover your powerful natural resources for easing pain from within.

SATURDAYS

**13TH OCTOBER – 24TH NOVEMBER
10.00AM – 1.00PM**

£115 if booked before 11th September

£125 thereafter

Calm The Mind Chatter

Kathryn Buxton

QE **10 CPD HOURS**

Do you find yourself constantly distracted by the chatter inside your head? Are those thoughts often negative, fearful and self-critical? Learn how to use meditation and mindfulness techniques to calm the mind chatter and cultivate more peace. You do not need to have meditated beforehand to get the full benefit of this life-affirming course.

TUESDAYS

**30TH OCTOBER – 27TH NOVEMBER
6.30PM – 8.30PM**

£115 if booked before 30th September

£125 thereafter

Reiki Level 2 (Okuden)

Jo Fellows

This course is for those who have completed Reiki 1 with Jo. 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.

THURSDAY 8TH NOVEMBER

10.00AM – 4.00PM

£150 if booked before 27th September

£175 thereafter

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). During the course you will receive energy (Ki) attunement and learn techniques to enable you to sense and cultivate Ki. You will be taught the five precepts of traditional Japanese Reiki, 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.

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

£150 if booked before 28th September
£175 thereafter

NLP Level 2

Anthony Peters

Completed NLP Level 1 and want to take your knowledge and skills to the next level to become an NLP Practitioner? By the end of this course you will have gained an advanced understanding of NLP and how to apply it to help other people make positive behaviour changes and personal transformation. On successful completion of this course you can proudly call yourself an NLP Practitioner!

**FOUR DAYS
SATURDAY 10TH, SUNDAY 11TH,
SATURDAY 17TH, SUNDAY 18TH NOVEMBER
9.30AM – 5.00PM**

£247 if booked before 3rd November
£297 thereafter

Further Steps In Past Life Regression

Lois Hastings

QE 10 CPD HOURS

Explore the differences between the conscious, subconscious and unconscious mind, what past life regression is and how it works, and how hypnotherapy and past life regression can work together to produce healing for the soul by healing the past. You'll gain hands-on experience of how to confidently conduct a past life regression for family and friends, clearing unwanted emotions, habits or energy blocks and bringing about personal and spiritual growth. Suitable for previous students of Introduction to Past Life Regression and anyone with an introductory-level knowledge of the practice.

**MONDAYS
12TH NOVEMBER – 3RD DECEMBER
6.30PM – 9.00PM**

£90 if booked before 12th September
£110 thereafter

Angel Alchemy

Kelly Peacey

QE 18 CPD HOURS

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, identify your own guardian angel, knowing how to call on and work with them, and find out how individual archangels can assist you in everyday life challenges.

**SATURDAYS
1ST DECEMBER, 5TH JANUARY 2019 & 9TH
FEBRUARY 2019
10.00AM – 5.00PM**

£170 if booked before 17th November
£180 thereafter



Courses

COURSES FOR PRACTITIONERS

Make Your Presentations Pop!

Kathryn Buxton

QE 2 CPD HOURS

Have you ever wished you could get your information across in a more dynamic and effective way? Prezi offers an alternative way to present! Get a comprehensive introduction to the software and learn how to design your own captivating presentations.

SATURDAY 12TH MAY
10.00AM – 12.00PM

£25 if booked before 27th April
£30 thereafter

An Introduction To Emotionally Focused Therapy For Couples

Nick Haynes MBACP MNCS(Acc) Relate
C C Cert Certified EFT Therapist

An introductory workshop for therapists and practitioners who work with (or are interested in working with) couples and would like to know more about Emotionally Focused Therapy and how this empirically validated approach is used to help couples with their relationships. There will be an opportunity for learning through both didactic and role-play experience.

SATURDAY 12TH MAY
10.00AM – 5.00PM

£50 if booked before 29th April
£60 thereafter

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 **2 CPD HOURS** throughout the courses section to find out how many CPD hours each course provides.

Exploring Different Ways To Teach

Karen Goodson

QE **3 CPD HOURS**

Explore the difference between training and teaching, and how the teaching methods you use can impact the amount your students understand and retain. Experience different methods of teaching and learning, with the opportunity to reflect on how you currently teach and the effectiveness of the methods you use.

SATURDAY 19TH MAY
9.30AM – 12.30PM

£35 if booked before 4th May
£40 thereafter
£30 special rate for Isbourne Affiliated Members

Bio-Neural Alignment™ Technique

Anthony Peters

Bio-Neural Alignment™ technique combines extremely effective psychological tools to take clients on a journey of self-discovery, awareness and behaviour change, shifting unhelpful perceptions and allowing them to access previously untapped resources to create wholeness and alignment in mind and body. Through this course you'll attain certification to use this elegant and fast-acting technique with your own clients.

FOUR DAYS
MONDAY 21ST – THURSDAY 24TH MAY
9.30AM – 5.00PM

£347.97 if booked before 14th May
£397.97 thereafter

Planning A Workshop Or Course

Karen Goodson

QE 2 CPD HOURS

Learn how to plan your teaching to achieve the most effective outcomes for your students. Evaluate the methods you currently use against tried and tested techniques commonly used in the teaching profession.

SATURDAY 23RD JUNE
10.00AM – 12.00PM

£25 if booked before 8th June

£30 thereafter

£20 special rate for Isbourne Affiliated Members

Get Noticed On Google

Graham Boston

QE 2 CPD HOURS

A short introduction to the basic principles of Search Engine Optimisation (SEO), and how to get your web page closer to the elusive top spot in search engines like Google and Bing. Learn how to find out what your potential clients are searching for, and how and where to incorporate optimal search phrases into your existing website.

TUESDAY 26TH JUNE
11.00AM – 1.00PM

£25 if booked before 12th June

£30 thereafter

How Good Is Your Website?

Graham Boston

QE 2 CPD HOURS

Getting feedback on your website is critical to its success. In this session you will have the opportunity to receive feedback on your existing website, with tips and guidance on how to improve your website's structure, graphics, wording, colour scheme and integration with social media in order to increase the amount of enquiries and bookings you receive from it.

TUESDAY 3RD JULY
11.00AM – 1.00PM

£25 if booked before 19th June

£30 thereafter

So You Need A New Website...

Graham Boston

QE 2 CPD HOURS

Want to create your first website, remodel an existing website or start from scratch to create a better one? Learn the basic principles of how a good website should be structured and receive advice on design, wording, colour schemes, graphics and photos, integration with social media and how to market your site once it has gone live. You'll also get all the information you need on the various options for low cost online website creation software.

TUESDAY 10TH JULY
11.00AM – 1.00PM

£25 if booked before 26th June

£30 thereafter



Sort Out Your LinkedIn Profile

Graham Boston

QE 2 CPD HOURS

Does your LinkedIn profile do you justice and reflect your professionalism, ethics and approach to your practice? Learn how to improve your LinkedIn profile to ensure it reflects your aims and values, and communicates more clearly and compellingly, with the aim of making the right impression on prospective clients and generating more custom.

TUESDAY 17TH JULY
11.00AM – 1.00PM

£25 if booked before 3rd July
£30 thereafter

What Makes A Good Flyer?

Graham Boston

QE 2 CPD HOURS

Find out how to design flyers that get noticed and communicate clearly. Bring your own to receive constructive feedback and get top tips for improvement.

TUESDAY 24TH JULY
11.00AM – 1.00PM

£25 if booked before 10th July
£30 thereafter

Digital Marketing Essentials

Graham Boston

QE 2 CPD HOURS

Learn how to create a digital marketing campaign focused on what potential clients are searching for, with top tips on how to use Facebook without being annoying, creating visuals that stand out, what pay-per-click and other forms of online advertising can offer you, why your website shouldn't disappoint, and how to design newsletters that inspire action.

TUESDAY 31ST JULY
11.00AM – 1.00PM

£25 if booked before 17th July
£30 thereafter

Digital Marketing Essentials

Graham Boston

QE 2 CPD HOURS

Learn how to create a digital marketing campaign focused on what potential clients are searching for, with top tips on how to use Facebook without being annoying, creating visuals that stand out, what pay-per-click and other forms of online advertising can offer you, why your website shouldn't disappoint, and how to design newsletters that inspire action.

TUESDAY 30TH OCTOBER
11.00AM – 1.00PM

£25 if booked before 16th October
£30 thereafter

Level 3 Award In Education And Training

Karen Goodson

A 36 CPD HOURS

Ideal for holistic practitioners already teaching classes and workshops without the confidence that having a formal qualification can bring to yourself and your students. Here is your opportunity to take the nationally recognised, initial teaching qualification with others working in the holistic field. Learn how to use inclusive teaching and learning approaches, as well as how to assess whether your students have actually learned what you think you have taught them.

WEEKENDS
SATURDAY 6TH & SUNDAY 7TH OCTOBER
SATURDAY 3RD & SUNDAY 4TH NOVEMBER
SATURDAY 1ST & SUNDAY 2ND DECEMBER
9.30AM – 4.30PM

£427 if booked before 6th September
£457 thereafter
Staged payments available

How Good Is Your Website?

Graham Boston

QE 2 CPD HOURS

Getting feedback on your website is critical to its success. In this session you will have the opportunity to receive feedback on your existing website, with tips and guidance on how to improve your website's structure, graphics, wording, colour scheme and integration with social media in order to increase the amount of enquiries and bookings you receive from it.

TUESDAY 6TH NOVEMBER
11.00AM – 1.00PM

£25 if booked before 23rd October
£30 thereafter



So You Need A New Website...

Graham Boston

QE 2 CPD HOURS

Want to create your first website, remodel an existing website or start from scratch to create a better one? Learn the basic principles of how a good website should be structured and receive advice on design, wording, colour schemes, graphics and photos, integration with social media and how to market your site once it has gone live. You'll also get all the information you need on the various options for low cost online website creation software.

TUESDAY 13TH NOVEMBER
11.00AM – 1.00PM

£25 if booked before 30th October
£30 thereafter

Sort Out Your LinkedIn Profile

Graham Boston

QE 2 CPD HOURS

Does your LinkedIn profile do you justice and reflect your professionalism, ethics and approach to your practice? Learn how to improve your LinkedIn profile to ensure it reflects your aims and values, and communicates more clearly and compellingly, with the aim of making the right impression on prospective clients and generating more custom.

TUESDAY 20TH NOVEMBER
11.00AM – 1.00PM

£25 if booked before 6th November
£30 thereafter

Planning A Workshop Or Course

Karen Goodson

QE 2 CPD HOURS

Learn how to plan your teaching to achieve the most effective outcomes for your students. Evaluate the methods you currently use against tried and tested techniques commonly used in the teaching profession.

SATURDAY 17TH NOVEMBER
10.00AM – 12.00PM

£25 if booked before 3rd November

£30 thereafter

£20 special rate for Isbourne Affiliated Members

Bio-Neural Alignment Technique

Anthony Peters

Bio-Neural Alignment™ technique combines extremely effective psychological tools to take clients on a journey of self-discovery, awareness and behaviour change, shifting unhelpful perceptions and allowing them to access previously untapped resources to create wholeness and alignment in mind and body. Through this course you'll attain certification to use this elegant and fast-acting technique with your own clients.

FOUR DAYS
MONDAY 26TH – THURSDAY 29TH
NOVEMBER
9.30AM – 5.00PM

£347.97 if booked before 19th November

£397.97 thereafter

Get Noticed On Google

Graham Boston

QE 2 CPD HOURS

A short introduction to the basic principles of Search Engine Optimisation (SEO), and how to get your web page closer to the elusive top spot in search engines like Google and Bing. Learn how to find out what your potential clients are searching for, and how and where to incorporate optimal search phrases into your existing website.

TUESDAY 27TH NOVEMBER
11.00AM – 1.00PM

£25 if booked before 13th November

£30 thereafter

What Makes A Good Flyer?

Graham Boston

QE 2 CPD HOURS

Find out how to design flyers that get noticed and communicate clearly. Bring your own to receive constructive feedback and get top tips for improvement.

TUESDAY 4TH DECEMBER
11.00AM – 1.00PM

£25 if booked before 20th November

£30 thereafter

ARTWORK COMPETITION

The wonderful artwork on the cover of this programme was submitted by Tewkesbury artist Hilary Davies. We were captured by the vibrant colours in Hilary's painting, and the abstract nature of the piece means it can be interpreted in many different ways. We felt it fitted really well with the eclectic nature of the many things going on here at The Isbourne. We caught up with Hilary to find out a bit more about her and her work...

How would you describe the kind of art you create?

I work a lot in mixed media and to some extent like to be led by the materials I work with. I take a big sketch book away with me when I'm travelling and do lots of sketches, and these later form the foundation of the painting. When I paint I usually start with layers of collage, because I like the randomness of it and how the paint reacts with the materials.

What do you use to create the collages?

Anything and everything! Patterned paper, tissue paper, sand, eggshells, builders' netting cloth, even the corrugated card that you get around coffee cups. That's how I usually start, though I do have other ways of working. I like a sort of random base, then I put a couple of washes over it, then some layers of acrylic paint. So the paintings aren't flat - they're textured.

What kind of tools do you use?

I use old credit cards to make sharp lines, anything I can make a mark with - I like to make marks then pull the image out of those marks. I also use rollers, home made stamps I can print with, bubble wrap - anything really! With a stamp I'll put paint on it then print with it to make a random background, then pull out the image from my drawing. You can see from



the painting I did for the cover of the programme that there are random bits of collage in it, along with a strong drawing. I also use music scores and maps from the places I've been to - I always try to incorporate something from the place I've been to. I've just come back from a trip to Lanzarote and my drawings there started to take on a slightly different form. I usually do a lot of landscapes and scenes but as it rained quite a bit I sat in cafés drawing people, which was fun.

What inspires you as an artist?

Other artist's work, such as Matisse, John Piper - I really like the way he does his buildings - Graham Sutherland, Picasso, Kandinsky, Bonnard, Klimt, Chagall, Dufy. I've been on two or three five-day courses run by artists and they've been very inspirational too. Frances Boag, a Scottish colourist, was one of them, as well as Anouk Newman, who is more local and uses acrylics to paint landscapes in bold colours. Painting is just something I want to do. I do it for the pleasure of creativity.

You can see more of Hilary's work at
hilarydavies.co.uk

COULD YOUR ARTWORK BE ON OUR NEXT FRONT COVER?

We're looking for a piece of original artwork to feature on our Spring/Summer programme cover.

**SHOW US WHAT YOU SEE WHEN
YOU THINK OF **SPRING AND
SUMMER** AND PUT YOUR ART IN
FRONT OF 20,000 PEOPLE**

This competition is open to all ages and all art forms, from illustration and graphic design to watercolour and oil painting, and beyond! You may already have a suitable piece, or you might want to create something entirely new - that's up to you. All we ask is that you live or work in Gloucestershire.

Get in touch with us via art@isbourne.org or check out www.isbourne.org/art for full details.





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



Helen Mawson

The Bowen Technique, Kinesiology, Reiki & Seichem

The therapies Helen works with all help to balance your body, maintain health and wellbeing and help you feel fantastic! She specialises in The Bowen Technique and has found this therapy remarkable in what it can achieve. Helen will assess your needs as an individual and discuss the best course of action for you - this might include using several of the therapies she offers.



Janine McCafferty

Therapeutic Counselling

Janine offers short and longer term counselling to individuals who are experiencing a period of distress in their life, or have long-standing issues. She is experienced in helping clients navigate common difficulties such as stress, anxiety, bereavement and loss, relationship issues, depression, and lack of meaning or direction in life.



Kathryn Buxton

Meditation, Mindfulness

Kathryn specialises in Buddhist style meditation with a focus on insight (mindfulness). She is a popular teacher with a warm and humorous teaching style that debunks many of the myths around meditation and encourages students to find a playful and open hearted way through to peace and equanimity.



Anthony Peters

Positive Psychology, Neuro-Linguistic Programming, The Science of Spiritual Growth.

Anthony is a highly experienced behaviour change specialist. Coming from an academic background he has wealth of knowledge when it comes to the psychological and scientific determinants of enhanced wellbeing and spiritual growth. Learn more about Anthony via his website: wisemonkeytraining.co.uk



Ann Blagden

Belly Dance

Ann is an experienced teacher, dancer and guest speaker, offering a variety of classes and talks to suit individual needs, as well as one-to-one sessions and belly dance/Bollywood parties.



Karen Goodson

Spiritual Counsellor, Life Coach, Holistic Healing Practitioner

Karen is a multi-dimensional healer, a guide or facilitator, helping you to find the resources within your own multi-dimensional self to receive the healing you need. Ideal if you have a block that has resisted all attempts to identify, clear or release it.



Claire Seabrook

Mindfulness, Meditation, Healing from Pain, Craniosacral Therapy

As a meditation teacher Claire shares how the practice of meditation can take us below the surface of who we think we are, to the place of peace that is who we truly are. In her work as a body-mind therapist she helps people whose lives are affected by pain and anxiety learn how to reconnect to their body and relieve their pain.



Jo Fellows

Reiki, Meditation, Yoga

Jo Fellows is a Reiki master/teacher, yoga teacher and meditation teacher. Her classes and treatments are designed to revitalise your spirit and restore balance to your mind and body.



Debbie Fitchsmpson

Counselling

Debbie has over ten years' experience helping people to improve their outlook, wellbeing and relationships. Her approach is to really listen to what you are saying and to understand what this means to you. With a supportive and attentive approach she will help you work through your difficulties and towards solutions that are right for you.



Janie Whittemore

Intuitive Reiki Treatments, Reflexology Treatments, ReikiReflex, Havening Techniques®, Reiki Master Teacher, Personal Energy Management

Janie helps people re-balance all body systems and energies for their highest good. The sessions she offers are tailored to the individual and guided by intuition, whether it's utilising Reiki, Reflexology, or a new therapy for releasing trauma and anxiety, called Havening Techniques®.



Robert Henderson

Counselling

Robert's focus is compassion-based and his approach is open, honest, in the moment and mindful. He also works with the emotional/spiritual side of physical pain, as well as the mental stresses of daily life.



Francis Whitman

Intuitive Art, Soul Art, Soul Energy Portraits & Readings

Frances is an intuitive artist and spiritual medium based in the UK. She creates vibrant art, coupled with channelled wording, by sensing and working with energy, which she sees in colour shape and form. Frances' Soul Energy portraits are able to give valuable insights not only into her clients' lives, but also their soul's path.



Kerrie Fleet

HypnoBirthing™ -The Mongan Method

Kerrie is a fully qualified and registered HypnoBirthing™ Practitioner, running antenatal classes using the Marie Mongan Method for a calmer more comfortable birth.



Gien Donovan

Psychodynamic Counselling/Psychotherapy, Integrative Therapy, Supervision (both individual and group)

Gien knows how hard it can be to make that initial call for a therapy session: she offers an initial exploratory session, where you can find out whether she is the right person for you and whether what she offers is what you are looking for.



Lyz Scanlon

Dissolve & Resolve Emotions® (DARE™), Diamond Inguz LiGht Healing®

Lyz has studied Dissolve & Resolve Emotions® DARE™ and Diamond Inguz LiGht Healing® since 2011. She is a DARE™ Practitioner and offers treatments in both modalities. She is passionate about helping people by enabling them to move forward on their path and seeing the huge changes made possible through these healing modalities.



Magdalena Lorynska Massage Therapy, Exercise Coaching

Magdalena offers her clients a range of massage techniques, including Swedish, Deep Tissue, Indian Head Massage, Lomi Lomi (Hawaiian Massage), and Hot Stone Massage. She can tailor your treatment to suit your individual needs: to ease pain, reduce stress and rejuvenate your mind and body holistically.



Cathy Bebbington Reflexology, Aromatherapy

Cathy works with her clients to create the best treatment plan, drawing on the ancient therapies of reflexology and aromatherapy massage and aiming to restore mind, body and spirit to equilibrium.



Matthew Dicks Clinical Psychology

Matthew has 16 years' experience of working with clients who have mental health difficulties and/ or physical health conditions, including anxiety, depression, post-traumatic stress disorder and pain management. He carries out mental health assessments and offers CBT/ ACT/ EMDR therapies to suit. He is registered as a consultant practitioner with all the main health insurance companies.

FEEL BETTER WITH BOWEN

Experienced practitioner **Helen Mawson** is offering discounted Bowen Technique treatments for those wanting to experience what this remarkable therapy can do for them. Bowen has been shown to be helpful for a multitude of issues, including back pain, sports injuries, sciatica, arthritic pain, digestive disturbances, migraines and headaches, muscular pain, hormone imbalance and allergies. Bowen is also suitable and safe for babies and children, and during pregnancy.

One-hour appointments are available between 10am and 2pm on the dates below.

26 MAY, 30 JUNE, 29 SEPT, 27 OCT, 24 NOV, 15 DEC

£35 per session Call reception on 01242 254 321 to book!





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 café is the perfect place with great coffee, cake, and a wide variety of lunches made to order. Find us on the basement level.

Café Opening Hours

Monday - Friday

9.30am - 2.30pm



SERVICES FOR BUSINESS

Alongside its programme of events, The Isbourne also offers a number of services for local businesses.

Workplace Wellbeing

Most companies now understand the necessity of looking after the wellbeing of their workforce, with many already enjoying increased productivity, boosted morale and a decrease in sick days as a result of this investment in their staff. We work in partnership with a wide variety of skilled holistic practitioners to develop bespoke workplace wellbeing experiences for local businesses.

Improving The Effectiveness Of Staff Training

The Isbourne's Quality Endorsement Licence is a hallmark of educational quality and showcases to clients and staff that the training you are offering comes with the endorsement of a national awarding body (Open College Network West Midlands).

As an educational centre, we can work with you to ensure that your internal training not only delivers the results you want, but is also something that staff can add to their CVs, thus improving engagement.

Massage courses for carers working with the elderly

Older people in receipt of nursing or social care often only experience human touch while being dressed, bathed or fed. Research has shown that those receiving foot massage have improved circulation, are more confident in their mobility and experience less falls. In collaboration with experienced massage therapist Magdalena Lorynska, we are developing three short training courses to teach carers and those involved in caring for the elderly the holistic importance of touch, and how to administer hand, foot and head massage to those in their care.

Please contact Julia Ingram on 01242 544 568 or juliaingram@isbourne.org for more information.



COMMUNITY OUTREACH UPDATE

We're thrilled to be able to share some more good news for the outreach programme we run at Eastwood Park women's prison. Thanks to the hard work of the outreach team we received a huge £2000 funding grant from The Oakdale Trust to help us continue and expand the much-needed work we do at the prison.

The prison itself has also recently allocated a funding grant of their own to our project, which is testament to the fact that they are experiencing the positive impact of our work and want to support its continuation.

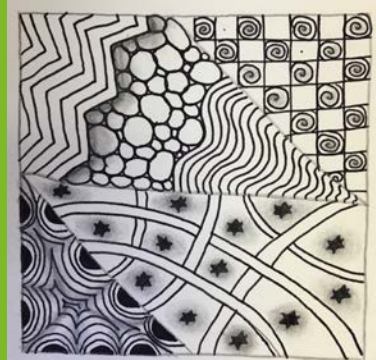
At its heart this outreach project aims to empower the women at the prison by equipping them with skills to cope better in daily life, giving them an opportunity to choose a different life outcome for themselves, and ultimately helping them to avoid the reoffending cycle.

At the time of this programme going to press we will have been providing weekly classes at Eastwood Park for over 18 months, with topics including meditation, tapping, therapeutic art, personal energy management, and CBT. It is a constantly evolving programme as we strive to reach as many women as we can amidst this challenging, chaotic environment.

We also now provide one-to-one therapy at the prison for women who are not able to attend the group sessions but would particularly benefit from individual therapy. There is currently no counselling provision at the prison so we are hoping to develop this service in the future – funding permitting!

In supporting The Isbourne you are also supporting the incredibly important work we do at the prison, as well as within our local community. If you'd like to support us further there is a donation box in reception - all money goes directly towards helping the vulnerable and disadvantaged via holistic education and enrichment projects.

Example of Zentangle artwork



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

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Treat yourself to a weekend of peace
October 19th – 21st 2018

Silent Meditation Retreat

Hellens Manor
near Ledbury

with

Kathryn Buxton and Claire Seabrook

Prices from only £465

Single accommodation

Home-cooked food

Details and registration:

www.spacious-mind.co.uk or www.claireseabrook.co.uk

The Blisspot Personal Development Community is for well-being practitioners, businesses and the general public to link up and share ideas.

Start posting blogs, updating wikis, answering questions or posting inspirational quotes.

Engage in a **like-minded community passionate about personal growth**, and waiting to hear your message.



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Be yourself

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Free membership at Blisspot.com today

Emotional Intelligence | Support | Growth

Friends Finding Light Group

Find your Soul Family

Friends Finding Light Group runs fortnightly and endeavours to find meaning to life by exploring consciousness, energy healing and meditation.

Evenings also offer friendly spiritual companionship and a healthy dose of laughter.

Dates for 2018

January 9th, 23rd	July 10th, 24th
February 20th	August 7th, 21st
March 6th, 20th	September 4th, 18th
April 3rd, 17th	October 2nd, 16th
May 1st, 15th, 29th	November 6th, 20th
June 12th, 26th	December 4th, 18th

Venue: The Isbourne, Cheltenham

Time: Tuesdays, fortnightly 7.30pm - 9.30pm

Cost: £10 (This includes coffee, tea and cake)



Artwork "Soul Group" © www.ArtbyElaine.co.uk

Cotswolds School of Crystal Healing & Awareness

Would you like to train as a professional
crystal healer?

Would you like to explore crystals, energy
work and consciousness?

The Cotswolds School of Crystal Healing & Awareness offers it
all... from accredited progression level classes to room-based
learning, either monthly or as an intensive.

Foundation Level (5 days)

Certificate Level (5 days)

Diploma (10 days)

2018 sees CSCHA offering monthly workshops covering Dowsing
for Health and Home, Personal Spiritual Hygiene, Crystal Grids,
Crystal Divination, Master Crystals, Healing the Ancestors and
Becoming a Channel and more. To find out what workshops and
courses are coming up please visit the website

www.kellypeacey.com



*"Kelly's mission is to ignite your
passion for crystals and life"*





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

VISITOR INFORMATION

OPEN TO THE PUBLIC

Monday to Friday 9.00am – 8.00pm

Saturday (when classes running) 9.00am – 1.00pm

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 for students and the disabled (excluding accredited and quality endorsed courses). Please book via telephone or in person and provide proof of entitlement when attending.

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

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Cheltenham, Gloucestershire, GL50 1TH
Registered Charity No. 1051622

t. 01242 254321

e. info@isbourne.org



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