

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

JANUARY - JUNE 2020

www.isbourne.org

hello

As another year rolls around and we start looking forward to the planet waking back up with the first signs of spring, we've got more variety than ever in our events, courses and classes to inspire and excite you in 2020!

So delve into our lovely new programme and see what you can discover this year!

Here's to a really fantastic new year for all!

The Isbourne Team

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Joanna Hill
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Manager



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Kathryn Buxton
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Chloe Banyard
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Helen Knight
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Outreach Coordinator



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Marketing &
Events Assistant



Susan Dix
Accounts Assistant/
Administrator



Sue Lightstone
Receptionist/
Administrator



Sophie Perry
Receptionist



Rosie Shakoore
Receptionist



Paul Goddard
Videographer



Talks, Workshops & Events

Conquer Your Fear Of Water!

Ian Rampton

Explore a new approach to learning to love water – starting on dry land! An educational talk and demonstration 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. Find out how it's possible to take control of your breathing and anxiety in a calm and mindful way and face your fears using the simple, progressive and effective techniques that Ian Rampton offers in his wider holistic programme.

SATURDAY 11TH JANUARY
10.00AM – 11.30AM

£12 if booked by 29th December 2019
£15 thereafter
10% concession available

Finding Your Balance: A 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. Please bring a yoga mat.

SATURDAY 11TH JANUARY
10.00AM – 12.00PM

£20 if booked by 30th December
£25 thereafter
10% concession available

How To Keep Warm and Avoid Extinction

Dr. Peter Boait

Home energy use is a major contributor to the UK's climate changing emissions. We have to radically change the way we heat our homes, and the way we use our home energy systems. Find out what your household can do now to reduce your heating bills and respond to the climate challenge in this informative and impartial talk with Dr Peter Boait, chair of Gloucestershire Community Energy Co-Operative and a Visiting Research Fellow in the Institute of Energy and Sustainable Development at De Montfort University. Explore the practical issues surrounding the government's Renewable Heat Incentive, the benefits of generating and managing your own electricity supplies, and the financial and sustainability advantages of electric cars. You'll also get a fascinating overview of the emerging technologies that can help the journey to a zero carbon future, such as fuel cell boilers and conversion of the gas grid to hydrogen.

WEDNESDAY 8TH JANUARY

7.00PM – 8.00PM

£5



Family Yoga

Maria Iride Morelli

A yoga experience for all ages! This fun session is based on GroovyKids™ Yoga, a movement-based yoga program which enables kids (and their families) to learn yoga poses and grow through positive and non-competitive interaction with others. Children must be accompanied by an adult. Please bring a yoga mat.

SATURDAY 11TH JANUARY

11.00AM – 12.00PM

£15 for one adult and one child

£3 per additional child

£5 per additional adult

10% concession available

Yin Yoga With Sound Healing And Reiki

Jo Fellows

A deeply meditative class that combines the healing power of sound, traditional Chinese Medicine and the Japanese practice of Reiki. Slow, nurturing and potent, cast off on a voyage of physical, mental and aural discovery. Explore the deep connections within mind and body through yin yoga, bathe in the resonant, harmonious tones of the crystal bowls, and receive balancing, energetic one-to-one healing from Reiki Master Jo Fellows. A beautiful, compassionate and deliciously relaxing way to prepare for the week ahead. Please bring a yoga mat.

SATURDAY 11TH JANUARY

1.30PM - 3.00PM

£20 if booked by 30th December

£25 thereafter

10% concession available

Manage Your Energy

Ursula Barbieri

Everything is energy! We are energy beings living in a field of energy and this is demonstrated by science. Developing understanding and awareness of the world of energy helps us better manage our wellbeing and navigate life from a place of inner directedness. In this talk you will learn the basic principles and maps of our energy body, as derived from yoga, shamanism and metaphysical traditions. Through practical demonstrations and meditation you will experience how to work with energy for vitality and self-realization.

TUESDAY 21ST JANUARY
7.00PM – 8.30PM

£6 if booked by 7th January
£8 thereafter
10% concession available

The Compassionate Heart: Seeing The Self Through Eyes Of Love

Caroline Bliss

Spend the day on a deep inner journey. Through discussion and guided meditation, face your beliefs, fears and undigested emotions with compassion. Moving towards the most hidden parts of yourself is challenging but immensely rewarding, as it brings a profound understanding of the root of your Self and your unique journey through life. You will then be guided beyond the subjective viewpoint to a limitless perception of reality, touching the infinite peace which is the essence of who you really are.

SATURDAY 25TH JANUARY
9.30AM – 4.30PM

£58 if booked by 14th December
£65 thereafter
10% concession available

"I Would Meditate, But..."

Claire Seabrook & Kathryn Buxton

Join meditation teachers Kathryn Buxton and Claire Seabrook for this illuminating workshop as they show you how simple, doable and life-enhancing meditation can be. You'll learn enjoyable ways to start a meditation practice that fits easily into the busiest day. You'll also discover how to get past the common obstacles that block most people from keeping up their practice once they've begun.

With insights gained from years of personal practice and teaching, Claire and Kathryn will help you open the door to the peace of mind that's waiting for you.

SATURDAY 25TH JANUARY
10.00AM – 1.00PM

£25 if booked by 10th January
£35 thereafter
10% concession available

Wheel Of The Year Imbolc: The Transition From Winter To Spring

Jenny Etheredge

Imbolc is a time of transition: winter is almost over; spring has not quite settled in, yet the stirrings of new life are there waiting to burst forth. Also known as 'First Light', Imbolc is a time for rebirth, sowing our creative seeds and welcoming back the light. With the help of gentle cacao medicine (optional), we will honour this time of year, exploring gentle yoga and somatic movement, deep relaxation and meditation, self-care practices and seasonal herbal kitchen medicine. Please bring a yoga mat and blanket.

SATURDAY 25TH JANUARY
10.00AM – 3.00PM

£60 if booked by 28th December
£65 thereafter

Multidimensional & Timeline Healing

Jaqui Fabian

If you are already on a spiritual path, this expansive workshop is for you. It will provide you with new tools to heal what holds you back, open up new potential and help you discover more of who you truly are. We travel in time, we reach through to other dimensions – it's fun, it's revelatory and it's with others on a similar path. There is an option for follow-on workshops for those who wish to move further into the joy of fifth dimensional living.

SATURDAY 25TH JANUARY

10.00AM – 3.00PM

£38 if booked by 19th December

£45 thereafter

10% concession available

Feel Alive With Energy

Ursula Barbieri

Learn how to work with energy to experience vitality and wellbeing at all levels, both physically and emotionally. An experiential workshop where you will be guided to release all blocks imprinted in your energy field so you are free to manifest joy and creativity in all areas of your life. You will learn how to work with energy to transform any negative conditioning or trauma, to feel more alive and a renewed love for life in every moment.

SATURDAY 1ST FEBRUARY

10.00AM – 1.00PM

£35 if booked by 18th January

£40 thereafter

10% concession available

Love Yourself - Heal Your Life

Alison Armishaw

Do you feel there are blocks to achieving the life you want? Are you ready to make changes to help you achieve your dreams? This workshop will help you to identify negative beliefs that are limiting you and learn transformation techniques to release limitations. You will learn how your thoughts create your reality and how you can make changes to old thought/feeling patterns. Using affirmations, visualizations and other techniques you can create the life you want now!

SATURDAY 1ST FEBRUARY

9.00AM – 5.00PM

£95 if booked by 4th January

£115 thereafter

10% concession available

A Beginner's Guide To Blend-It-Yourself Natural Skincare

Laura Pardoe

What's on your body can be as important as what's in it. Freshly made skincare has a vitality you can't get off the shelf and the impact is enhanced by using plants that grow in our environment. Laura, author of Vital Skincare and founder of Field Fresh Skincare, will show you the ingredients and techniques for creating your own natural skincare. You'll handle, try and make fresh products, and build the confidence to gather your own ingredients from nature to blend yourself at home.

SATURDAY 1ST FEBRUARY

9.30AM – 12.30PM

£44.10 if booked by 1st January

£49 thereafter

10% concession available

Calling all makers and creators!



Would you like to see your creative class or workshop in this programme and on our website? Interested in promoting yourself via our open days and other events? As the links between creativity and wellbeing get ever stronger we'd love to see more creative workshops – for adults or children – at The Isbourne.

Get in touch with us on info@isbourne.org to find out more about the opportunities that are available to you.

What Your Body Needs You To Eat This Year

Adam Lloyd

QE 3 CPD HOURS

After the inevitable Christmas over indulgence you might be wondering what would be the best foods to eat to cleanse the body and give it a healthy start for 2020. This workshop from nutritionist Adam Lloyd is full of practical hints and tips and will explore the different kinds of nutrient-rich foods that are essential additions to your daily diet, explaining why these foods are important and how they can give you more energy and enhance your wellbeing.

**SATURDAY 1ST FEBRUARY
2.00PM – 5.00PM**

£35 if booked by 21st December
£45 thereafter
10% concession available

Digestive Health Through Herbs And Spices

Rachel Shackleton

Did you know that ill health in the digestive system can be linked to brain foginess, poor memory and other health imbalances? This informative talk will provide you with an overview of how the digestive system works, exploring practical methods and naturopathic techniques for creating and maintaining a healthy gut. You'll learn about seasonal herbs that can be used to support the gut and heal the gut, and key dietary tips to ensure a healthy digestive tract. Essential for anyone suffering from digestive complaints.

**WEDNESDAY 5TH FEBRUARY
12.00PM - 3.00PM**

£20 if booked by 22nd January
£25 thereafter
10% concession available

How Meditation Can Enhance Your Creativity

Leah Robinson

We are all creative, we may just not realise it! Artist and meditation teacher, Leah, shares a little of her own personal journey into meditation and creativity, then looks a little deeper at the science behind practice. You'll consider the nervous system and glandular network in relation to the stress response, and how modern life places stress on the body-mind, exploring how meditation can support our body-mind operating systems and enhance our creativity through guided meditations.

THURSDAY 6TH FEBRUARY
6.30PM – 8.00PM

£10 if booked by 6th January
£12 thereafter
10% concession available

Identity Constellations Day

Kate Collier

"Who am I and what do I want in my life now?" We often ask this in the gaps of life - after a crisis, a loss, or even a big achievement. Identity Constellations is a chance to explore identity issues in your relationships, family, health, work, money, choices and quality of life. The session will help you see clearly how your earliest experience affects issues you hold now. Resolving this helps bring about increased health, clarity of thought and sense of aliveness.

SUNDAY 9TH FEBRUARY
10.00AM – 5.00PM

£60 if booked by 19th January
£65 thereafter
10% concession available

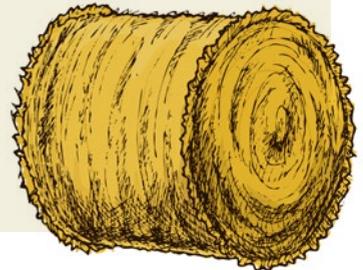
I Built A Straw Bale Home!

Stuart Sedgwick-Taylor

An opportunity to learn about a local project to build a low-impact straw bale house that was completed in 2017. The project was essentially a self-build, with help from the UK's leading straw bale builder Barbara Jones, who runs Straw Works. This talk will give an overview of the planning, design and construction process, providing valuable insight into the issues surrounding a self-build project of this nature. Stuart Sedgwick-Taylor has worked in the NHS for the past 30 years, and has become increasingly concerned about our impact on the environment, seeking ways in which to live in greater harmony with the natural world, working with nature rather than against it.

WEDNESDAY 12TH FEBRUARY
7.00PM – 8.00PM

£5



Multidimensional And Timeline Healing

Jaqui Fabian

If you are already on a spiritual path, this expansive workshop is for you. It will provide you with new tools to heal what holds you back, open up new potential and help you discover more of who you truly are. We travel in time, we reach through to other dimensions – it's fun, it's revelatory and it's with others on a similar path. There is an option for follow-on workshops for those who wish to move further into the joy of fifth dimensional living.

WEDNESDAY 12TH FEBRUARY

10.00AM – 3.00PM

£38 if booked by 24th January

£45 thereafter

10% concession available

Foundation Qi Gong: Opening The Energy Gates Of Your Body

Max Watkins

Energy Gates Qi Gong is a 3000 year old self-healing system. This session focuses on four of the six exercises in the set which will deeply relax your body and mind, open your joints and tone your organs, and gently relax and straighten your spine. Energy Gates is a great place to start with this gentle exercise and is a solid foundation on which to build a regular Qi Gong practice.

SATURDAY 22ND FEBRUARY

9.30AM – 12.30PM

£30 if booked by 1st February

£35 thereafter

10% concession available

The Sacred Art Of Henna

Jenny Etheredge

Henna is a sacred art form practiced in Indian, Middle Eastern & North African countries, mainly by women. Popular at weddings and festivals, it is a ritual used to invite grace, prosperity and happiness into one's lives and homes. Learn the history and traditions of this beautiful art form, the health and safety aspects, and the meanings of the signs and symbols used in different cultures, as well as making your own paste and cones and creating some beautiful designs.

SATURDAY 15TH FEBRUARY

10.00AM – 3.00PM

£60 if booked by 18th January

£65 thereafter

An Introduction To Eco Shamanism

Mandy Pullen

Shamanism in the Western world is changing. Mandy is bringing eco shamanism, a marriage of shamanism and 'deep ecology', to The Isbourne. This workshop will show you how to bring about a communion of the sensate (senses) and spirit with the emerging work of how to live 'in', or 'as', our Earth rather than 'on' it. Come and find out more! Please bring a blanket, notebook and pen and an eye cover.

SUNDAY 23RD FEBRUARY

10.00AM - 5.00PM

£50 if booked by 9th February

£55 thereafter

10% concession available

SUSIE MACKIE

From Miserable To Marvellous: The Beauty Of Self-Empowerment

Are you behind the scenes or centre stage of your life? Will your challenges break you or empower you? Low self-worth and fragile boundaries can have disastrous consequences: Susie Mackie knows this only too well. By sharing her story, Susie has used her own adversity to channel her energy into breaking boundaries, and works hard to enable others to do the same. Susie's presentation includes tips for self-love and the art of indulgence to remind you that self-love is vital to wellbeing.

Storytelling is one of the many elements that define and bind humanity. You will learn about women's diverse journeys through adversity; how they found ways to rise up and away from times of despair and ultimately, to thrive. 'Women of Spirit' documents various aspects of the human condition and is full of inspiration. However harrowing, every story has a happy ending to bring about hope and courage.

Susie's photography and work with 'Women of Spirit' reflect her heartfelt passion that women deserve to feel empowered and beautiful. Her life's purpose is to help women create a more loving relationship with themselves so they feel confident and excited about living a life of abundance and joy.

TUESDAY 25TH FEBRUARY
7.00PM – 8.30PM

£15

10% concession available

Wellbeing Pass holders get
50% off guest speaker events

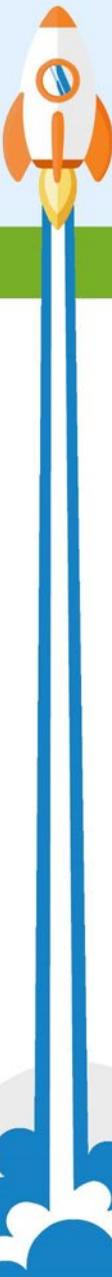




Cheltenham
Lottery

supporting

The **Isbourne**



WE'VE LAUNCHED OUR LOTTERY PAGE

Buy Your Tickets From Our Page - We Get 50%

- With Cheltenham Lottery funding we will provide **FREE** tai chi classes for people with dementia
- Tai chi can help to slow the onset and progression of dementia. It has profound benefits to wellbeing...
- Short term memory, cognitive function, balance, confidence, stress & anxiety and much more
- Bespoke classes for people with dementia & their carers to participate together
- **50% OF ALL TICKETS SOLD FROM OUR PAGE GO TO US!** Plus 10% goes to other local good causes
- Tickets only cost £1 per week! Support us and win prizes up to £25,000 - **WIN WIN!**

To Start Supporting, Visit:
www.CheltenhamLottery.co.uk

And Search For:
Isbourne Foundation



Family Yoga

Maria Iride Morelli

A yoga experience for all ages! This fun session is based on GroovyKids™ Yoga, a movement-based yoga program which enables kids (and their families) to learn yoga poses and grow through positive and non-competitive interaction with others. Children must be accompanied by an adult. Please bring a yoga mat.

SATURDAY 7TH MARCH

11.00AM – 12.00PM

£15 for one adult and one child

£3 per additional child

£5 per additional adult

10% concession available

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 your 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.

SATURDAY 14TH MARCH

10.00AM – 1.00PM

£35 if booked by 14th February

£45 thereafter

10% concession for students/disabled

Moon Magic

Jenny Etheredge

Years ago life was lived according to the moon's phases, and even today she has much wisdom to share with us. Living in alignment with the moon's rhythms can help us to live in greater harmony and balance. Each phase holds a potent magic that can guide us through the ebbs and flows of life. Using yoga, folklore, ritual and meditation, this workshop will help you to connect with the energies of the moon in all its phases. Please bring a yoga mat and blanket.

SATURDAY 14TH MARCH

9.30AM – 12.30PM

£35 if booked by 15th February

£40 thereafter

An Introduction To Rosen Method Bodywork

Debbie Fildew

Is your body trying to tell you something? Rosen Method explores how our bodies have been shaped both physically and emotionally by the experiences and challenges in our lives. Through Rosen's gentle, "listening" touch we can remind ourselves of who we are underneath our habitual tensions and limitations. Often, by connecting with the tensions in our bodies, long-suppressed memories and feelings emerge, leading to deep transformation. In this experiential talk you will be shown ways to cultivate Rosen touch yourself.

THURSDAY 19TH MARCH

7.00PM – 8.30PM

£10 if booked by 20th February

£15 thereafter

10% concession available

Love Yourself – Heal Your Life

Alison Armishaw

Do you feel there are blocks to achieving the life you want? Are you ready to make changes to help you achieve your dreams? This workshop will help you to identify negative beliefs that are limiting you and learn transformation techniques to release limitations. You will learn how your thoughts create your reality and how you can make changes to old thought/feeling patterns. Using affirmations, visualizations and other techniques you can create the life you want now!

FRIDAY 20TH MARCH

9.00AM – 5.00PM

£95 if booked by 21st February

£115 thereafter

10% concession available

Astrology: A Guide To Self Discovery

Graham Boston

QE

3 CPD HOURS

Did you know that who you are could be written in the stars? You probably know your Sun (or Star) sign, but 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 21ST MARCH

2.00PM – 5.00PM

£35 if booked by 21st February

£45 thereafter

10% concession for students/disabled

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.



STEVE HOLBROOK

AN EVENING OF MEDIUMSHIP

Come and join us for an evening of clairvoyance with Spiritualist Medium Steve Holbrook! Whatever your views on clairvoyance, Steve has an extraordinary gift, and whether or not he has a message for you you will be guaranteed an evening like no other. In his own words, he acts like a telephone exchange between this world and the next. Expect an emotional rollercoaster ride of an evening, full of laughter and tears – not to be missed!

SATURDAY 28TH MARCH

7.30PM – 9.15PM

£15

10% concession available

Wellbeing Pass holders get 50% off guest speaker events



Meditation To Calm The 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 on 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 28TH MARCH
10.00AM – 1.00PM

£35 if booked by 28th February

£45 thereafter

10% concession for students/disabled

How Meditation Can Enhance Your Creativity

Leah Robinson

We are all creative, we may just not realise it! Artist and meditation teacher, Leah, shares a little of her own personal journey into meditation and creativity, then looks a little deeper at the science behind practice. You'll consider the nervous system and glandular network in relation to the stress response, and how modern life places stress on the body-mind, exploring how meditation can support our body-mind operating systems and enhance our creativity through guided meditations.

THURSDAY 2ND APRIL
6.30PM – 8.00PM

£10 if booked by 2nd March

£12 thereafter

10% concession available

Digestive Health Through Herbs And Spices

Rachel Shackleton

Did you know that ill health in the digestive system can be linked to brain foginess, poor memory and other health imbalances? This informative talk will provide you with an overview of how the digestive system works, exploring practical methods and naturopathic techniques for creating and maintaining a healthy gut. You'll learn about seasonal herbs that can be used to support the gut and heal the gut, and key dietary tips to ensure a healthy digestive tract. Essential for anyone suffering from digestive complaints.

TUESDAY 31ST MARCH
12.00PM - 3.00PM

£20 if booked by 17th March

£25 thereafter

10% concession available

Ancient Yogic Ways For Positive Health And Wellbeing

Jenny Etheredge

Ancient yogic philosophy teaches us that our yoga practice is a journey that can take us through the Five Layers of the body, and how looking after each of the layers can lead to positive health and vitality – leaving you feeling balanced, energized, steady and peaceful. This session will include yoga and somatic movement, breathing techniques, meditation and self-care practices that will help you to take care of our body through this yogic perspective, enjoying increased health and vitality. Please bring a yoga mat and blanket.

SATURDAY 4TH APRIL
9.30AM – 12.30PM

£35 if booked by 7th March

£40 thereafter

CATHERINE LUCAS

CRISIS AS CATALYST: PERSONAL AND PLANETARY AWAKENING

Crisis comes knocking at our door wearing so many different hats. Our relationship breaks down, or our health, or maybe we're overwhelmed by life, by the climate emergency, or simply by being alive on this planet at this time. Whatever triggers a crisis, it is an opportunity for healing and growth, and for awakening. Our global crisis is also about shifting to a new level of consciousness, and the evolution of humanity. How do we cope and what do we need at such times? How do we turn crisis around? How do we fulfil the potential it presents us with?

In this talk to mark the publication of Catherine's latest book, *Life Crisis*, she'll address these important questions, exploring the relationship between personal and planetary crisis and awakening. She'll also share her personal experience of crisis and awakening, how it informs her work and the significance of visionary material revealed to her. At this historic time on planet earth we need to be as well informed as possible about the process we are going through both individually and collectively.

Catherine G. Lucas is an author, teacher and international speaker on transformation through crisis. She is a mindfulness teacher and Founder of the UK Spiritual Crisis Network. Her media appearances include BBC Radio 4 and TimesWarner TV.

MONDAY 6TH APRIL
7.00PM – 8.30PM

£12 if booked before 23rd
March

£15 thereafter

10% concession available

Wellbeing Pass holders get

50% off guest speaker events



Foraging In A Modern World

Rob Gould

As we continue into a future where the ethics and sustainability of our food supply chain is under increasing scrutiny, and we are warned at every turn about how damaging we are as humans to both our local and global environments, should foraging still play a role in providing food? Come and hear foraging and preserving expert Rob Gould, aka The Cotswold Forager, talk about how modern foragers actually see themselves as custodians of nature rather than just plundering its bounty, making the absolute utmost out of wild foods whilst at the same time helping to enhance the natural spaces around them. You'll be introduced to some interesting wild edibles, and have the opportunity to chat to Rob about the potential of foraged food.

WEDNESDAY 8TH APRIL

7.00PM – 8.00PM

£5



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. Please bring a yoga mat.

SATURDAY 11TH APRIL

10.00AM – 12.00PM

£20 if booked by 29th March

£25 thereafter

10% concession available

Yin Yoga With Sound Healing And Reiki

Jo Fellows

A deeply meditative class that combines the healing power of sound, traditional Chinese Medicine and the Japanese practice of Reiki. Slow, nurturing and potent, cast off on a voyage of physical, mental and aural discovery. Explore the deep connections within mind and body through yin yoga, bathe in the resonant, harmonious tones of the crystal bowls, and receive balancing, energetic one-to-one healing from Reiki Master Jo Fellows. A beautiful, compassionate and deliciously relaxing way to prepare for the week ahead. Please bring a yoga mat.

SATURDAY 11TH APRIL

1.30PM - 3.00PM

£20 if booked by 29th March

£25 thereafter

10% concession available

Yoga To Access Your Sixth Sense

Ruth White

An enlightening talk and demonstration about the phenomenal possibilities of yoga, with the opportunity to try out the postures for yourself or simply watch and learn. You already have the gift of insight - there are no exceptions. So, what clouds your vision? Ruth has devised powerful techniques to enable you to dispense with these clouds, using yoga to help you tap into the intuitive power within us all.

THURSDAY 16TH APRIL
7.00PM – 8.30PM

£8 if booked by 1st February
£10 thereafter
10% concession available

Awakening Chakra Energies Through Sound

James D'Angelo

A key to our self-transformation lies in re-tuning the frequencies of the chakras. Through the process of therapeutic vocal sound the chakras are stimulated and re-balanced releasing fine energies. This is achieved by various rituals of toning using vowels, consonants and the seed syllables of the great Tantra Yoga tradition. These experiences lead to meditations on these vibrations, which internally continue to do their re-tuning. No previous experience is necessary to reap these benefits, only the deep intent to reveal your essential nature.

SATURDAY 25TH APRIL
10.00AM – 5.00PM

£40 if booked by 27th March
£45 thereafter
10% concession available

Foundation Tai Chi: Circling Hands

Max Watkins

Have you ever wanted to try tai chi but felt a little daunted? Learn a simple yet profoundly beneficial, qi gong set in this rewarding morning workshop. Tai Chi Circling Hands Qi Gong has the flow, circularity and principles of tai chi, but in a much simpler, easy to learn form. Its continuous stretch and release motion relieves tension in the body and mind, whilst our breath restores our energy.

SATURDAY 18TH APRIL
9.30AM – 12.30PM

£30 if booked by 4th April
£35 thereafter
10% concession available

Identity Constellations Day

Kate Collier

“Who am I and what do I want in my life now?” We often ask this in the gaps of life - after a crisis, a loss, or even a big achievement. Identity Constellations is a chance to explore identity issues in your relationships, family, health, work, money, choices and quality of life. The session will help you see clearly how your earliest experience affects issues you hold now. Resolving this helps bring about increased health, clarity of thought and sense of aliveness.

SUNDAY 26TH APRIL
10.00AM – 5.00PM

£60 if booked by 5th April
£65 thereafter
10% concession available

Wheel Of The Year: Beltane

Jenny Etheredge

Beltane heralds the coming of early summer and the bright half of the year. It is a time to honour the beauty and fertility of the earth. With the help of gentle cacao medicine (optional), we will honour this time of year, exploring seasonally inspired yoga and somatic movement, deep relaxation and meditation, self-care practices, simple ritual and seasonal herbal kitchen medicine. Please bring a yoga mat and blanket.

SATURDAY 2ND MAY
10.00AM – 3.00PM

£60 if booked by 4th April
£65 thereafter

Digestive Health Through Herbs And Spices

Rachel Shackleton

Did you know that ill health in the digestive system can be linked to brain fog, poor memory and other health imbalances? This informative talk will provide you with an overview of how the digestive system works, exploring practical methods and naturopathic techniques for creating and maintaining a healthy gut. You'll learn about seasonal herbs that can be used to support the gut and heal the gut, and key dietary tips to ensure a healthy digestive tract. Essential for anyone suffering from digestive complaints.

TUESDAY 12TH MAY
12.00PM - 3.00PM

£20 if booked by 28th April
£25 thereafter
10% concession available

Family Yoga

Maria Iride Morelli

A yoga experience for all ages! This fun session is based on GroovyKids™ Yoga, a movement-based yoga program which enables kids (and their families) to learn yoga poses and grow through positive and non-competitive interaction with others. Children must be accompanied by an adult. Please bring a yoga mat.

SATURDAY 9TH MAY
11.00AM – 12.00PM

£15 for one adult and one child
£3 per additional child
£5 per additional adult
10% concession available

Conquer Your Fear Of Water!

Ian Rampton

Explore a new approach to learning to love water – starting on dry land! An educational talk and demonstration 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. Find out how it's possible to take control of your breathing and anxiety in a calm and mindful way and face your fears using the simple, progressive and effective techniques that Ian Rampton offers in his wider holistic programme.

SATURDAY 16TH MAY
10.00AM – 11.30AM

£12 if booked by 2nd May
£15 thereafter

A Beginner's Guide To Blend-It-Yourself Natural Skincare

Laura Pardoe

What's on your body can be as important as what's in it. Freshly made skincare has a vitality you can't get off the shelf and the impact is enhanced by using plants that grow in our environment. Laura, author of Vital Skincare and founder of Field Fresh Skincare, will show you the ingredients and techniques for creating your own natural skincare. You'll handle, try and make fresh products, and build the confidence to gather your own ingredients from nature to blend yourself at home.

SATURDAY 30TH MAY
9.30AM – 12.30PM

£44.10 if booked by 30th April
£49 thereafter
10% concession available

Law Of Attraction 101

Caroline Painter

This introduction to the Law of Attraction takes you on a journey that starts from within and radiates out to help you find your inner joy. We learn how to synchronise our thoughts with our feelings and start to understand the power that this holds, building the foundations of knowledge that will help you to take charge of your reality and manifest a world that you had only dreamt of. Please bring an unused notepad that you love the look and feel of, and a pen or pencil that you enjoy writing with.

SATURDAY 6TH JUNE
9.30AM – 1.00PM

£40 if booked by 23rd May
£45 thereafter

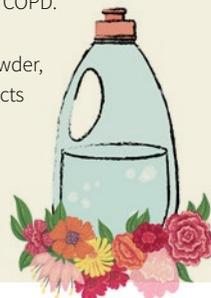
Environmentally Friendly Cleaning Products From Store Cupboard Ingredients

Victoria Newman

Do you know what's on your cleaning products? We assume they are safe. But in fact, many popular household cleaners are dangerously toxic to us, and to wildlife. Things like phthalates, which are found in many fragranced household products, have been shown to interfere with hormone systems, Chemicals like chlorine and ammonia are powerful irritants. Many ingredients found in sprays and solutions have been found to cause reduced lung function and effect asthma and COPD. So, what are the alternatives? Join Victoria Newman, founder of The Motherhood Society, for an evening all about cleaning! Learn all about the power of baking powder, the effectiveness of essential oils and gain the knowhow to make your own products for a fraction of the price of the big branded cleaners.

WEDNESDAY 10TH JUNE
7.00PM – 8.00PM

£5



SANDY NEWBIGGING

The Peace Prize: Why Stillness Is The Secret To Success

Countless people are convinced that they need to work hard to fix, change or improve their mind, body and life in order to eventually achieve inner peace, self-love and success. However, for centuries spiritual teachers from all traditions have taught the exact opposite, saying 'you are what you seek', 'be still now' and 'the kingdom of heaven is within'. Instead of engaging in great efforts to change everything about your existence, Calmology focuses on cultivating peace WITH your mind, body and the full spectrum of life and, in doing so, more effortlessly enables positive change, healing and happiness to happen naturally.

During this talk one of the UK's leading experts in meditation, self-healing and spiritual awakening, Sandy C. Newbigging, will introduce you to his Calmology system, which includes the study of self-awareness for the embodiment of inner calm, stillness, holistic health and 'peace with life'. This enlightening evening will show you why self-awareness is the secret to life success and how you have the opportunity to move from confusion to clarity, worry to wellness, conflict to connection, aloneness to oneness and stress to serenity.

FRIDAY 12TH JUNE
7.30PM – 9.00PM

£12.50 if booked by 29th May
£15 thereafter
10% concession available
**Wellbeing Pass holders get
50% off guest speaker events**

Calmology: A System For Self-Healing, Unstoppable Confidence And Spiritual Awakening

Calmology consists of a combination of enlightening teachings and empowering techniques that enable you to discover your purpose, experience inner peace, heal the hidden mind-based causes of conditions, be free from fear or anxiety and gain an awakened attitude that improves your entire life. During this transformational day with one of the UK's leading experts in meditation, self-healing and spiritual awakening, you will learn the philosophy at the heart of Calmology and learn the four primary Calmology techniques - Mind Calm Meditation (for inner stillness and 'peace with mind'), Body Calm Meditation (for self-healing and staying healthy), Calm Cure (for personal freedom and 'peace with life') and Mind Detox (for discovering and resolving the root-cause of any issue). This is a rare chance for you to learn Calmology from the person who created it and leave with a real excitement for life, knowing your purpose for being born.

SATURDAY 13TH JUNE
11.00AM – 5.00PM

£67 if booked by 30th May / £77 thereafter
10% concession available
**Wellbeing Pass holders get 50% off
guest speaker events**



Reducing Stress Is An Inside Job

Alison Armishaw

Culturally women have been helpers and supporters, often placing others' needs before their own. Now in the workplace in unprecedented numbers, women are trying to balance that responsibility with home and family. As the pressure of more to do mounts, stress affects women physically, emotionally and mentally. This workshop provides a safe space to stop and breathe. It explores tools and techniques to minimize stress and empowers you with the knowledge and insight you need to take back control.

THURSDAY 18TH JUNE
10.00AM – 12.45PM

£40 if booked by 21st May
£45 thereafter
10% concession available

Wheel Of The Year: The Beauty Of Summer Solstice

Jenny Etheredge

At Summer Solstice – the golden summer season - nature is at its most vibrant and abundant and the sun is at its peak. It's a time of warmth and vitality that begs to be savoured in all its glory.

With the help of gentle cacao medicine (optional), we will honour this time of year, exploring seasonally inspired yoga and somatic movement, deep relaxation and meditation, self-care practices, simple ritual and seasonal herbal kitchen medicine. Please bring a yoga mat and blanket.

SATURDAY 20TH JUNE
10.00AM – 3.00PM

£60 if booked by 23rd May
£65 thereafter

The Chi Rev Workout: Dragon And Tiger

Max Watkins

Learn five energy exercises for life! You'll experience Taoist Longevity Breathing, Chi Scanning, and three movements from Dragon and Tiger Qi Gong – Chi Balancing, Heart Opening and Freeing Trapped Chi. Through these practices our chi will flow more freely and strongly, giving rise to an energetic fitness and forming the foundation of our health, joy and vitality.

SATURDAY 20TH JUNE
9.30AM – 12.30PM

£30 if booked by 6th June
£35 thereafter
10% concession available



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- Meetings
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- Workshops
- Exhibitions
- Training
- Pop-up events
- Classes
- Clubs

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from **£20 per hour**

LUNCHES, REFRESHMENTS AND EQUIPMENT ALSO AVAILABLE

**25% off
your first
session
with this
advert!**



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Regular Events

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, a blanket and something to lie on (a yoga mat is ideal).

**BI-MONTHLY FROM MONDAY 6TH JANUARY
6.30PM – 8.30PM**

£15 per session
10% concession available

Cheltenham Reiki Share

Janie Whittemore

A friendly Reiki and meditation gathering for those who'd like to give or receive Reiki in a group setting. Non-practitioners are welcome to experience healing. Be supported in a safe environment while you develop your skills, meet like-minded people, enjoy meditations, and give/receive Reiki in a calm and peaceful setting. New visitors who are attuned to Reiki should bring a copy of their certificate.

**BI-MONTHLY FROM MONDAY 13TH
JANUARY
6.30PM – 8.00PM**

£5 per session for those attuned to Level 1 upwards who wish to practice
£7 per session for those without Reiki training or who just wish to receive healing

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 6TH JANUARY
7.20PM – 9.00PM**

£5 suggested donation

Gong Bath Sound Sanctuary And Guided Meditation

Alicia Davies

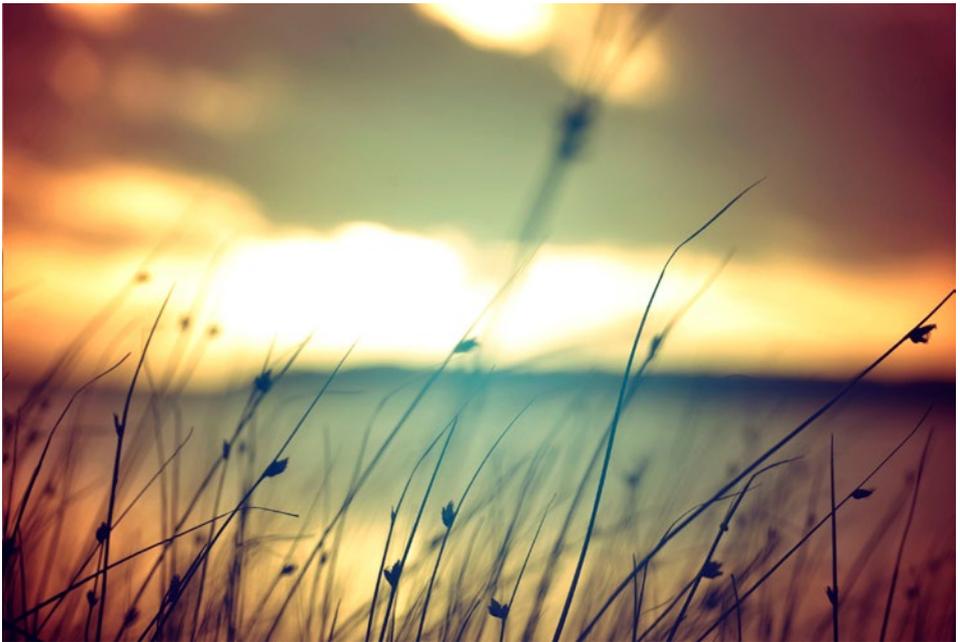
A Gong Bath is a profoundly relaxing – and even healing - experience. Washed by waves of sound, the body, mind and spirit enter a state of cohesion, while the vibrations of the powerful Planet Gongs and other healing instruments cause the cells to resonate sympathetically. Combined with powerful guided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

**MONTHLY FROM SATURDAY 4TH JANUARY
1.00PM – 3.00PM**

£15 if booked two weeks before the session date

£20 thereafter

10% concession available



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.

All talks
£5



How To Keep Warm And Avoid Extinction

Dr. Peter Boait

Find out what your household can do now to reduce your heating bills and respond to the climate challenge, looking at everything from the benefits of generating and managing your own electricity supplies to the advantages of electric cars.

WEDNESDAY 8TH JANUARY

7.00PM – 8.00PM

Foraging In A Modern World

Rob Gould

Foraging and preserving expert The Cotswold Forager looks at how to make the absolute utmost out of wild foods whilst at the same time helping to enhance the natural spaces around you.

WEDNESDAY 8TH APRIL

7.00PM – 8.00PM

I Built A Straw Bale Home!

Stuart Sedgwick-Taylor

A fascinating insight into a local project to build a low-impact straw bale house including the planning, design and construction process.

WEDNESDAY 12TH FEBRUARY

7.00PM – 8.00PM

Environmentally Friendly Cleaning

Products From Store Cupboard

Ingredients

Victoria Newman

Join the founder of The Motherhood Society, for an evening all about cleaning! Learn all about the power of baking powder, the effectiveness of essential oils and gain the knowhow to make your own products.

WEDNESDAY 10TH JUNE

7.00PM – 8.00PM



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.

Regular Classes

Belly Dancing 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 barefoot.

MONDAYS FROM 6TH JANUARY

6.30PM – 7.30PM

£10 PER SESSION

£40 for five-session block

£48 for six-session block

10% concession available

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 6TH JANUARY

7.15PM – 9.00PM

£4.00 per session

Hatha Yoga For Beginners

Maria Iride Morelli

A nurturing yoga class for both beginners and intermediates. The practice of Hatha encompasses postures (asanas), breathing and meditation. Great for de-stressing and strengthening both body and mind. Flexibility is not a requirement. Please bring a yoga mat.

**TUESDAYS FROM 7TH JANUARY
10.00AM – 11.00AM**

£10 per session

£40 for five-session block

£48 for six-session block

10% concession available

Foundation Qi Gong And Tai Chi

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 Wu Style Tai Chi. Learning a qi gong set is one of the best things you can do for your health – recent studies have shown that qi gong and tai chi is equally as beneficial as a more vigorous exercise class.

**WEDNESDAYS FROM 8TH JANUARY
7.00PM – 8.00PM**

£8 per session

£27 for four-session block

£36 for five-session block

£43 for six-session block

10% concession available

Qi Gong/ Tai Chi

Margaret Kelly

Qigong encompasses a variety of techniques and exercises from facial massage, standing meditation, arm swinging and mindful walks to sets of exercises, such as shibashi. All are performed in time with the breath, so improving the health and harmony of mind and body. The class is suitable for all ages, and particularly helps older people with coordination and balance. The main aim is to make the practice enjoyable!

**TUESDAYS FROM 28TH JANUARY
10.30AM – 11.45AM**

£9 per session

£24 for three-session block

£32 for four-session block

Midweek Top-Up: Meditation And Yoga Nidra

Leah Robinson

The constant demands of modern life put particular mental and emotional strain on the human organism. The rate of change in the outside world is not necessarily reflected in the speed of our own evolution: we need tools and resources to help us deal with our ever-changing environment. You'll experience a guided meditation followed by a deeply restorative Yoga Nidra (or yogic sleep) session. Enjoy the art of conscious sleep during your lunch hour! Please bring a yoga mat and a blanket.

**WEDNESDAYS FROM 8TH JANUARY
12.30PM – 1.30PM**

£12 per session

£80 for eight-session block

10% concession available

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 mediation 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 8TH JANUARY
6.30PM – 7.30PM**

£10 per session
£48 for six-session block
10% concession available

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 4TH JANUARY
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 available

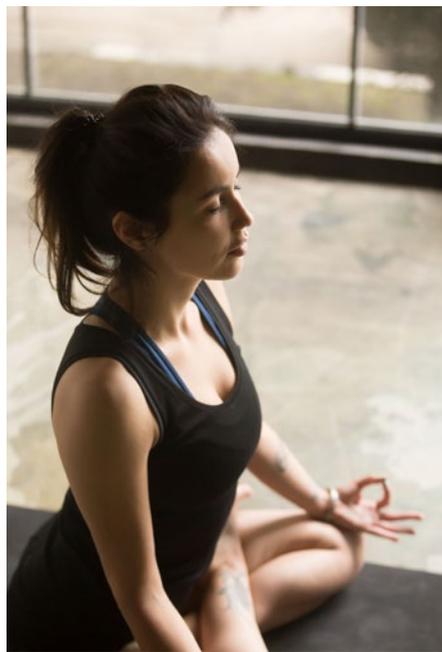
Foundation Qi Gong And Tai Chi

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 Wu Style Tai Chi. Learning a qi gong set is one of the best things you can do for your health – recent studies have shown that qi gong and tai chi is equally as beneficial as a more vigorous exercise class.

**FRIDAYS FROM 10TH JANUARY
9.30AM - 10.30AM**

£8 per session
£27 for four-session block
£36 for five-session block
£43 for six-session block
10% concession available



WEEKLY CLASSES

Belly Dance For Beginners	Mondays	6.30pm – 7.30pm
A Course In Miracles	Mondays	7.15pm – 9.00pm
Hatha Yoga For Beginners	Tuesdays	10.00am – 11.00am
Qi Gong/ Tai Chi	Tuesdays	10.30am – 11.45am
Foundation Qi Gong And Tai Chi	Wednesdays	7.00pm – 8.00pm
Midweek Top-Up: Meditation And Yoga Nidra	Wednesdays	12.30pm – 1.30pm
Meditation And Mindfulness For All	Wednesdays	6.30pm – 7.30pm
Foundation Qi Gong And Tai Chi	Fridays	9.30am - 10.30am
Flowing Yoga	Saturdays	9.30am – 10.45am

REGULAR EVENTS

Gong Bath And Meditation	Bi-monthly, Mondays	6.30pm – 8.30pm
Cheltenham Reiki Share	Bi-monthly, Mondays	6.30pm – 8.00pm
Cheltenham Healing Group	Monthly, Mondays	7.20pm – 9.00pm
Gong Bath Sound Sanctuary And Guided Meditation	Monthly, Saturdays	1.00pm – 3.00pm

Have you heard about

Super Early Bird



tickets?

We launched our new pricing structure for our Quality Endorsed courses in the last programme and people got quite excited about it! You can **save a massive 50%** on the full price of these courses – but you'll have to be quick! Once tickets go on sale there are **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 Spring/Summer courses go on sale at 10am on 2nd December – make sure you're signed up to our mailing list for a reminder the day before!

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

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 4TH JANUARY
10.00AM – 4.00PM

£150 if booked by 23rd November
£175 thereafter
10% concession available

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.

MONDAY 6TH JANUARY
10.00AM – 4.00PM

£150 if booked by 25th November
£175 thereafter
10% concession available

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

The Healthy Human Approach

Jane Morgan

Do you find it hard to maintain a happy mind, body and soul? Do you feel guilt because of your actions, or think that you suffer from a lack of self-control? Then this course is for you! Using a holistic approach you will be guided to examine your inner critical voice, and your relationships with yourself and others, food and exercise. You will explore the impact of society on your choices, creating your own unique programme of self-acceptance, self-care, healthy eating and endorphin-boosting exercise.

TUESDAYS, EIGHT WEEKS
7TH JANUARY – 24TH MARCH
6.30PM – 8.30PM

£135 if booked by 3rd December

£150 thereafter

10% concession available

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 a complete holistic level.

MONDAYS, EIGHT WEEKS
13TH JANUARY – 16TH MARCH
7.00PM – 8.30PM

£120 if booked by 30th December

£150 thereafter

10% discount available



Healing Through 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.

THURSDAYS, EIGHT WEEKS
16TH JANUARY – 19TH MARCH
2.00PM – 4.00PM

£120 if booked by 2nd January

£150 thereafter

10% concession available

Finding Your Inner Dance

Helene Su

Would you like to feel more confident when dancing? This course will help you to find joy and vitality in your body, quieten your busy mind, and enable stress and anxiety to dissolve. You will be guided to find your natural rhythm using exercises and cues from body mind centering, dance and yogic principles. We will move to an eclectic playlist of funk, world, fusion, soul and ambient beats. The ultimate moving meditation to rejuvenate, replenish and find your natural groove!

THURSDAYS, EIGHT WEEKS
16TH JANUARY – 19TH MARCH
7.00PM – 8.30PM

£96 if booked by 30th December

£120 thereafter

10% concession available

A Beginner's Guide To Mindfulness Meditation

Kathryn Buxton

Have you always wondered if mindfulness meditation could help manage your anxiety but didn't know where to start? Online courses and phone apps can help but sometimes you need the weekly support and guidance of an experienced teacher and the comfort of learning with like-hearted people. This highly practical course will help you to understand why mindfulness is so effective, why our brains are hardwired to see the negative and how a practice of mindfulness meditation can help.

TUESDAYS, SIX WEEKS
21ST JANUARY – 25TH FEBRUARY
6.30PM – 8.00PM

£70 if booked by 9th January
£85 thereafter
10% concession available

Diploma In Indian Head Massage

Magdalena Lorynska

A **29** CPD HOURS

This course covers the technique for upper back, shoulder, upper arm, neck, scalp and face massage. It also includes the theory behind Indian Head Massage such as the history of the treatment, principles of ayurveda, marma points and chakras. Reception, consultation and aftercare guidance is covered, as well as contra-indications to treatment. You will leave this course fully qualified as an Indian Head Massage therapist. Suitable for already practicing therapists and interested amateurs alike.

SATURDAY 8TH FEBRUARY
10.00AM – 4.00PM

£125 if booked by 25th February
£150 thereafter
10% concession available

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 you understand yourself better by throwing a light on things that may have been far from obvious. This fascinating course is ideal for beginners wishing to learn how to read the cards for themselves and others.

MONDAYS, EIGHT WEEKS
3RD FEBRUARY – 23RD MARCH
6.30PM – 8.00PM

£115 if booked by 16th December
£125 thereafter

Super Early Bird and Wellbeing Pass
only £62.50!

Energy Tools For Inner Strength

Ursula Barbieri

Working with energy is simple. It is a natural ability: everybody can do it. This course is made up of experiential sessions teaching the basic principles and techniques of energy work to restore balance and centeredness from within. Through relaxation, breathing practices and inner work you will discover how to release those imprinted negative experiences and conditioning that block the flow of energy to your core, leading to increased trust in yourself and a greater sense of flow in your life.

TUESDAYS, FIVE WEEKS
18TH FEBRUARY – 17TH MARCH
9.30AM – 11.00AM

£90 if booked by 4th February
£110 thereafter
10% concession available



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! Pop into reception with some ID to get started today!

Creative Writing For Leisure

Patricia Fleming

They say that each of us has a book inside us, which means we each have a story to tell that is unique. But our own stories can be woven with imagined stories to create something that goes beyond our lived life, and this can be in a range of forms – short story, novel, poetry, plays... This course aims to give you the space to write creatively and try out different ways of writing that you may not have thought of trying before.

WEDNESDAYS, FOUR WEEKS
19TH FEBRUARY – 11TH MARCH
6.00PM – 7.30PM

£65 if booked by 5th February
£70 thereafter
10% concession available

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? This highly practical course will provide you with the knowledge and skills to offer back massage treatments to family and friends. This is not a professional qualification but would be a useful introduction to the subject for those thinking about training to become a massage therapist.

SATURDAY 29TH FEBRUARY
9.30AM – 4.30PM

£67.50 if booked by 11th January
£90 thereafter

Super Early Bird and Wellbeing Pass only £45!

Introduction To Feng Shui

Bonnie Lloyd

QE 6 CPD HOURS

Would you like to give your home the Feng Shui treatment, allowing energy to flow so that you and your loved ones can live in peace and prosperity? This fun course will take you through the basics of Feng Shui, what it is and how it can give you and the spaces you inhabit an energetic balance. Each participant will be given a homework task to analyse a room in their house with the knowledge gained on the course.

SATURDAYS, TWO WEEKS
22ND & 29TH FEBRUARY
2.00PM – 5.00PM

£67.50 if booked by 4th January
£90 thereafter

Super Early Bird and Wellbeing Pass only £45!

An Introduction To British Sign Language

Angela Hoskins

This informal course will teach you how to use BSL fingerspelling and signs, enabling you not only to communicate more effectively with hard of hearing individuals, but also to use sign language to communicate in places that are very noisy or require silence.

SATURDAYS, SIX WEEKS
29TH FEBRUARY – 4TH APRIL
11.00AM – 12.00PM

£60

Tai Chi Movements For Wellbeing (TMW)

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 qi gong 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
5TH MARCH – 2ND APRIL
6.30PM – 8.00PM

£75 (plus £10 for home practice DVD)
£40 for repeating students

Drawing On Intuition

Leah Robinson

Leah combines her artistic capabilities with intuitive people skills to deliver lively and intuitive drawing classes. With no pre-conceived ideas about what our drawings will be about, we start simply by playfully laying down marks. We'll begin to recognize and articulate shapes, learning to give form to thoughts and feelings, working towards developing images that are personal to you. You'll learn that our own visual language is unique to us and that there are no mistakes, only the energy and intention of your process.

SATURDAYS, FOUR WEEKS
7TH MARCH – 28TH MARCH
10.00AM – 11.30AM

£90 if booked by 7th February
£100 thereafter
An additional cost of £20 for materials is payable directly to the tutor
10% concession available

Nurturing Your Sensitive Soul

Lois Hastings

QE 10 CPD HOURS

Have you ever been told you are too sensitive? Do you feel that you too-easily absorb the energies of others and are finding it hard to cope? Those with a sensitive soul can sometimes find the world a harsh and difficult place to live in. During this course you will explore what it means to be a sensitive soul, how you can protect yourself and, most importantly, celebrate your unique gifts.

THURSDAYS, FIVE WEEKS
5TH MARCH – 2ND APRIL
6.30PM – 8.30PM

£78.75 if booked by 16th January
£105 thereafter

Super Early Bird and Wellbeing Pass
only £52.50!

A Beginner's Guide To Reflexology

Cathy Bebbington

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. This course is very popular - book early to avoid disappointment!

SATURDAYS, FOUR WEEKS
7TH – 28TH MARCH
1.00PM – 3.30PM

£67.50 if booked by 18th January
£90 thereafter

Super Early Bird and Wellbeing Pass only £45!



Personal Energy Maintenance With Crystals

Kelly Peacey

Do you regard yourself as sensitive to energies from others and the environment? Do you struggle to stay focused, grounded and maintain healthy boundaries? On this course you will learn to ground, cleanse, balance, align and protect your own energies effectively with practical applications of crystals. You'll also become aware of the signs that you're not grounded, aligned and protected, and select crystals to support you in difficult situations. Kelly Peacey is the principal of Cotswolds School of Crystal Healing and Awareness.

**MONDAYS, THREE WEEKS
9TH MARCH - 6TH APRIL
6.30PM – 9.00PM**

£65 if booked by 10th February
£75 thereafter

Gateway To Meditation

Leah Robinson

Designed for those curious to try different types of meditational practices. The content is suitable for those with a busy mind and those that suffer with their mental health in some way. You'll learn about the interconnected systems of the body-mind and how to stimulate our internal pathways to restore equilibrium. Explore breathwork, gaze points, hand gestures, mantra, yoga nidra, mindful movement and group discussion in a non-judgemental space.

**TUESDAYS, EIGHT WEEKS
10TH MARCH – 5TH MAY
6.30PM – 8.30PM**

£180 if booked by 10th February
£200 thereafter
10% concession available

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.

Introduction To Palmistry

John Down

QE 7.5 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 and their meaning, skin patterns and the meanings behind major lines. You'll be equipped you with a solid understanding of the art of palmistry and enough confidence to try it out on family and friends.

WEDNESDAYS, THREE WEEKS
11TH MARCH – 25TH MARCH
6.30PM – 9.00PM

£52.50 if booked by 22nd January
£70 thereafter

Super Early Bird and Wellbeing Pass only £35!

Shoden Reiki 1

Bridget Hooper

Take control of your own health and wellbeing by learning Reiki! Everyone and anyone can practice Reiki. It is a life force energy that surrounds and flows through all living things – when you strengthen your life force it helps your body heal and remain healthy. Reiki brings about inner peace and harmony, promotes relaxation and reduces stress. By the end of this workshop you will be able to practice Reiki on yourself, as well as on your family, friends and pets.

SATURDAY 4TH APRIL
9.30AM – 5.00PM

£144 if booked by 21st March
£169 thereafter
10% concession available

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.

SATURDAY 4TH APRIL
10.00AM – 4.00PM

£150 if booked by 22nd February

£175 thereafter

10% concession available

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.

TUESDAYS, FIVE WEEKS
7TH APRIL – 5TH MAY
6.30PM – 9.00PM

£97.50 if booked by 18th February

£130 thereafter

Super Early Bird and Wellbeing Pass only £65!

Reiki 1

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.

MONDAY 6TH APRIL
10.00AM – 4.00PM

£150 if booked by 24th March

£175 thereafter

10% concession available

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 a complete holistic level.

MONDAYS, SIX WEEKS
20TH APRIL – 8TH JUNE
7.00PM – 8.30PM

£72 if booked by 6th April

£90 thereafter

Creative Writing For Leisure

Patricia Fleming

They say that each of us has a book inside us, which means we each have a story to tell that is unique. But our own stories can be woven with imagined stories to create something that goes beyond our lived life, and this can be in a range of forms – short story, novel, poetry, plays... This course aims to give you the space to write creatively and try out different ways of writing that you may not have thought of trying before.

WEDNESDAYS, FOUR WEEKS

22ND APRIL – 13TH MAY

6.00PM – 7.30PM

£65 if booked by 8th April

£70 thereafter

10% concession available

Healing Through 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.

THURSDAYS, SIX WEEKS

23RD APRIL – 11TH JUNE

2.00PM – 4.00PM

£90 if booked by 9th April

£112 thereafter

10% concession available

Finding Your Inner Dance

Helene Su

Would you like to feel more confident when dancing? This course will help you to find joy and vitality in your body, quieten your busy mind, and enable stress and anxiety to dissolve. You will be guided to find your natural rhythm using exercises and cues from body mind centering, dance and yogic principles. We will move to an eclectic playlist of funk, world, fusion, soul and ambient beats. The ultimate moving meditation to rejuvenate, replenish and find your natural groove!

THURSDAYS, SIX WEEKS

23RD APRIL – 11TH JUNE

7.00PM – 8.30PM

£72 if booked by 9th April

£90 thereafter

Drawing On Intuition

Leah Robinson

Leah combines her artistic capabilities with intuitive people skills to deliver lively and intuitive drawing classes. With no pre-conceived ideas about what our drawings will be about, we start simply by playfully laying down marks. We'll begin to recognize and articulate shapes, learning to give form to thoughts and feelings, working towards developing images that are personal to you. You'll learn that our own visual language is unique to us and that there are no mistakes, only the energy and intention of your process.

SATURDAYS, FOUR WEEKS

25TH APRIL – 16TH MAY

10.00AM – 11.30AM

£90 if booked by 25th March

£100 thereafter

10% concession available

An additional cost of £20 for materials is payable directly to the tutor



The Healthy Human Approach

Jane Morgan

Do you find it hard to maintain a happy mind, body and soul? Do you feel guilt because of your actions, or think that you suffer from a lack of self-control? Then this course is for you! Using a holistic approach you will be guided to examine your inner critical voice, and your relationships with yourself and others, food and exercise. You will explore the impact of society on your choices, creating your own unique programme of self-acceptance, self-care, healthy eating and endorphin-boosting exercise.

TUESDAYS, EIGHT WEEKS
28TH APRIL – 30TH JUNE
6.30PM – 8.30PM

£135 if booked by 24th March
£150 thereafter
10% concession available

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. This course is very popular – book early to avoid disappointment!

WEDNESDAYS, FOUR WEEKS
6TH – 27TH MAY
6.30PM – 9.00PM

£75 if booked by 18th March
£100 thereafter

Super Early Bird and Wellbeing Pass only £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.



Gateway To Meditation

Leah Robinson

Designed for those curious to try different types of meditational practices. The content is suitable for those with a busy mind and those that suffer with their mental health in some way. You'll learn about the interconnected systems of the body-mind and how to stimulate our internal pathways to restore equilibrium. Explore breathwork, gaze points, hand gestures, mantra, yoga nidra, mindful movement and group discussion in a non-judgemental space.

THURSDAYS, EIGHT WEEKS
7TH MAY – 25TH JUNE
6.30PM – 8.30PM

£180 if booked by 7th April
£200 thereafter
10% concession available

Energy Healing: Life Alignment Foundation Course

Ursula Barbieri

This course teaches the basics of the Life Alignment Energy Healing system. You will learn the principles and practical procedures to balance the energy body, like the Body Spin technique, the Emotional Release Process and the Pain Procedure. During the training you will practice how to work with chakras and minor chakras, applied kinesiology, and the use of the pendulum, as well as how to access and balance various Body Systems, in addition to addressing the emotional root causes of imbalances.

SATURDAYS AND SUNDAYS
TWO WEEKENDS
9TH MAY & 10TH MAY / 6TH & 7TH JUNE
9.30AM – 5.30PM

£250 if booked by 8th April
£350 thereafter
10% discount available

Energy And Intuition – A Beginner’s 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 that want to learn more about themselves and their connection to the universal guidance all around us.

THURSDAYS, SIX WEEKS

14TH MAY – 18TH JUNE

6.30PM – 8.30PM

£97.50 if booked by 26th March

£130 thereafter

Super Early Bird and Wellbeing Pass only £65!

Taking The Tarot Further

Lois Hastings

QE 6 CPD HOURS

If you understand the basics of tarot card reading but would like to take your skills further then this course is for you. Over four weeks you will learn how to be more confident in using the court cards and practicing the 21 card spread, as well as how to read a reversed card. You will explore how to do month and year ahead layouts, as well as layouts for special events. You will also delve into the links that tarot has with astrology and numerology.

MONDAYS, FOUR WEEKS

8TH JUNE – 29TH JUNE

6.30PM – 8.00PM

£48.75 if booked by 20th April

£65 thereafter

Super Early Bird and Wellbeing Pass only £32.50!

Step Into Tarot

John Down

QE 9 CPD HOURS

Are you intrigued by the Tarot? Bought a set of cards but not really sure how to use them? Then this short introduction to the tarot could be just what you’re looking for. Designed for beginners, this snappy course introduces you to the Tarot deck and explains how to interpret the meaning behind the cards, equipping you with the skills to conduct simple readings for friends and family.

SATURDAYS, THREE WEEKS

6TH - 27TH JUNE

10.00AM – 1.00PM

£70.50 if booked by 18th April

£90 thereafter

Super Early Bird and Wellbeing Pass only £45!

Dowsing For Beginners

Kelly Peacey

QE 12 CPD HOURS

Did you know the ancient art of dowsing could point you to towards a happier, healthier you? Dowsing with rods and pendulums has been used for centuries to pinpoint energy sources and water. But it can also have other applications, such as finding lost objects, or providing guidance on solutions to better health, wellbeing and harmony in the home. This fascinating and very hands-on course will involve practicing outside in nature as well as at The Isbourne.

ONE WEEKEND

SATURDAY 13TH & SUNDAY 14TH JUNE

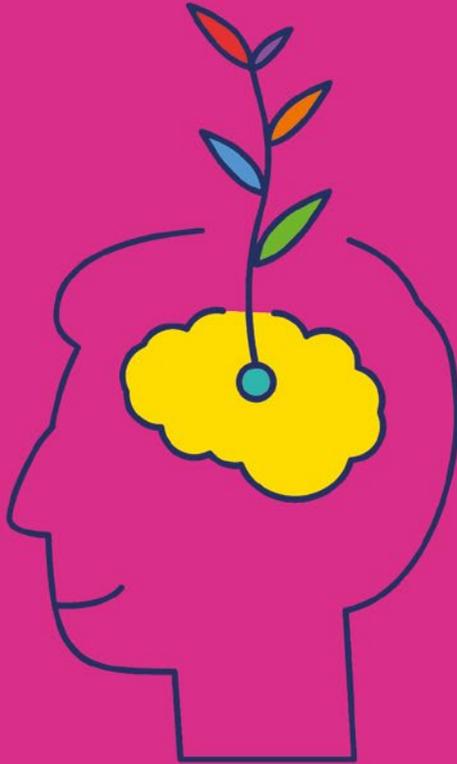
9.30AM – 4.30PM

£112.30 if booked by 25th April

£150 thereafter

Super Early Bird and Wellbeing Pass only £75!

Are you a holistic practitioner looking to expand and diversify your career?



With a Level 3 Award in Education and Training the possibilities are endless! You could find yourself passing on your skills to the next generation of practitioners, or running recreational workshops with intrigued amateurs. Courses run annually - get in touch with kathryn@isbournecollege.org to find out the next course dates.

You know you have the skills - why not see how far they can take you?

Supported by:



OUR ART COMPETITION IS CHANGING!

We've enjoyed the landscapes but now we want to put something on our front cover that reflects what we do at The Isbourne. We're reintroducing the theme and upping the ante by adding a cash prize into the mix - as well as getting their artwork on the cover, the winning artist will also receive a cheque for £100!

We're looking for a piece of artwork on the theme of wellbeing. The competition is open to all ages and all art forms, from illustration and graphic design, to watercolour and oil painting, and beyond! You must live or work in Gloucestershire to enter.

Email art@isbourne.org by 1st February 2020 with either your finished artwork, or an example of your style and a brief outline of what you plan to create.



ARTWORK COMPETITION

WINNER VICKY JONES



The artwork on the front cover of this programme is by local artist Vicky Jones. We caught up with her to find out more about her and her work...

How would you describe the kind of art you create?

I create colourful, nature-inspired and evocative art. I don't have one particular kind of style and I never really know what I'm making or how it'll turn out. As well as landscapes I also enjoy abstract art, just playing with techniques and materials to create appealing colour harmony, interesting marks and spontaneous composition.

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

I have loved art all my life: being brought up by an artist mother and grandmother creative play was a happy constant growing up. I did lots of art through school, taking it to A Level and recently training as an Art Tutor. History of Art is a passion of mine: I studied it at University through to doctorate, worked as a curator and continue to visit exhibitions and take inspiration from artists, Old Masters and

ARTWORK COMPETITION

WINNER VICKY JONES

Modern greats. I've taken courses in painting, printmaking and pottery but never formally trained.

What media do you prefer to use?

I tend to do lots of my work on a small scale, as small as A5 size, using watercolour and acrylic. I love the richness of oils but the preparation and canvases needed makes me less productive when using them! Ideally I'd work on a bigger scale, using oil and mixed media. I'm drawn towards media that gives intense colour and textural detail.

Do you work in a studio and what kind of tools do you use?

With limited space I have to limit the media I use, filling sketchbooks as opposed to racks of canvases like I've seen in museum stores! The dream is definitely to have a studio, with plenty of light and the space to lay out lots of inspiration and work in progress so you can see, leave and return to each day. At the moment I have a little arty corner (sprawling!) with stacks of sketchbooks and a butcher's table full of paints, pastels and tools. A big sash window helps, and I've often got work on my easel, table and floor next to it.

Do you exhibit your work?

I like to think sometimes the passing traffic and pedestrians might peek in through the window, but besides that no one really sees my work. I would love to have my work up in a show, or in workplaces, cafes and people's homes, to get it out there. Knowing it resonates with people is what I strive for. I welcome commissions for realistic or abstract

paintings of favourite views, gardens, flowers, holiday memories or styles.

What inspires you as an artist?

I'm inspired by great artists. I love David Hockney, Patrick Heron, Henri Matisse, Paul Flee, Van Gogh, Kandinsky, Turner, Monet... But day-to-day I get inspiration from just looking around at trees, leaves, clouds, colourful houses, gardens and fabrics. I like to play with patterns and textiles too, enjoying embroidery, tapestry and craft. There are lots of amazing contemporary artists and seeing their work online or in exhibitions also fuels my ideas and aspirations.

What are you working on at the moment?

I am hoping to start running art and craft workshops and I also run Art History talks and Art Interpretation workshops, with lots of interesting topics ready to deliver in the new year. Currently I am working on using oil more, developing my confidence and style with the media, while continuing painting as much as possible. With landscape and skiescapes a favourite, I am working on creating these on a larger scale and in a more loose way, while also experimenting with an abstract and experimental approach. Look out for my workshops, cards, prints and crafts at The Isbourne soon!

Vicky welcomes commissions and orders of cards/prints of any of her work. You can contact her on jones_vg8@msn.com and find her online on Facebook and Instagram as [vickyjones_art](#)



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



Kate Collier **Identity Constellations**

Kate facilitates Identity Constellations, exploring who we are, what we want in our lives and what gets in the way of achieving our wish for a healthy, happy life. Kate has completed many years of training and study with experts in this field and has facilitated constellations at The Isbourne for over six years.



Angela Wai Yi Johnson **Body massage, Indian head massage, Dorn Method & Breuss massage**

Massage was something that came very naturally to Angela, and during her initial training many clients thought she had already been in the practice for years. She prides herself on always receiving fantastic client feedback and is a passionate and professional massage therapist.



Ursula Barbieri **Life Alignment Energy Healing**

Ursula Barbieri has been on a personal journey of self-discovery, spiritual awakening and healing for nearly 30 years. She offers a variety of tools and technologies, within the framework of the Life Alignment Energy Healing System, for personal healing, space clearing or business coaching.



Leah Robinson

Meditation & Art workshops

Leah is an artist and teacher by profession, inspired by the creative connection between body, mind and soul. She believes that through working creatively with the body-mind, we can stimulate our intuition, creative problem solving and strengthen our ability to live in alignment with our own true nature.



Laura Pardoe

Blend-it-yourself natural skincare

Laura is a plants-woman and natural skincare formulator. Author of Vital Skincare, she is dedicated to informing and empowering all to blend their own natural skincare. Under her brand, Field Fresh Skincare, she offers blend-it-yourself skincare kits and workshops as an easy starting point for making creams and balms.



Maria Morelli

Belly Dance & Yoga

Maria is a professional belly dancer and instructor who continues to train with some of the most famous and brilliant belly dancers in the world. She teaches belly dance and yoga to all ages in a safe and fun way and loves to share her experience and techniques with her students.



Carol Green

Psychic, Mediumship & intuition courses and workshops

A professional Spiritual Medium and Trainer for over 20 years, Carol trained at the College of Psychic Studies, the Independent Spiritual Mission and the SAGB in London before returning to Cheltenham where she now offers training on Intuition, Psychic, Mediumship & Spiritual development for all abilities.



Kimberley Pena

Dance Movement Psychotherapy

Kimberley is a registered and experienced Dance Movement Psychotherapist, working in both the NHS and private sector. She is passionate about supporting people to find ways to express and understand themselves. Kimberley supports the body to support the mind, aware that we are living in society where the mind is overwhelmed on a daily basis.



Kelly Peacey

Crystal Healing, Life Path Reading, Multidimensional Healing

A dynamic, respected and well-known crystal healer, intuitive, dowser and spiritual/metaphysical teacher, Kelly Peacey has been practising at The Isbourne as a teacher and therapist for over 9 years. She is the founder and principal of Cotswolds School of Crystal Healing and Awareness, which offers professional practitioner training in Crystal Healing.



Clare Howlett

UKCP accredited individual and couple psychotherapist & certified transactional analyst

An experienced psychotherapist working with issues of depression, anxiety, bereavement, relationship issues, sexual abuse, personality disorders etc. Clare works predominantly with individuals, couples and adolescents, offering short pieces of work dealing with immediate pressures as well as more long term pieces of work that address historically impacting life events.



Andy Yapp

Therapeutic musical entertainment

Andy is a qualified therapeutic counsellor and has been providing musical entertainment to groups in care homes, day centres and retirement villages since 2005. This has proved to have enormous therapeutic value to individuals with a range of mental health issues.



Ann Morley

Yoga teacher

Ann's teaching is influenced by a broad range of styles, from invigorating Dynamic Vinyasa Flow to calmer Hatha and restful Yin Yoga. She regularly attends silent meditation retreats and these experiences have given her a deeper understanding of the transformative effects that meditation can have.



Leah Callebaut

Mindfulness Based Stress Reduction (MBSR) courses, Talking Therapy

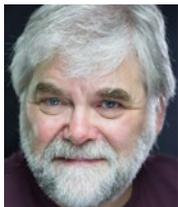
Leah is a chartered Clinical Psychologist and Mindfulness Teacher. She provides mindfulness courses to help people to cope more effectively with stress and to maximise their resilience. Leah also offers talking therapy for individuals, couples and families, providing a safe, open and confidential space for people to seek support for a range of concerns.



Lisa Ford

Reflexology & Hawaiian Lomilomi massage

Lisa trained with the Cotswold Academy, Cirencester, Gloucestershire and is a member of the Association of Reflexologists (AOR). As a Hawaiian Massage Therapist, she offers a blend of Lomilomi and Kahuna body work and completed her Lomilomi training with Rosalie Samet, Hawaiian Massage UK Training Centre.



Clive Osborne

Professional development, resilience, stress management

After more than 40 years as a communicator (journalist, special educational needs teacher, mediator), Clive holds an impressive set of qualities, including effective listening, patience, and diplomacy. His calm approach and strong negotiation skills have been invaluable in dealing with situations that had the potential to become extremely challenging.



Alison Armishaw

Self-development workshops, coaching, Relax and Recharge retreats

Alison uses her intuitive questioning and listening skills to determine how best to support and coach individuals on their journey towards their goals and aspirations. Combining tips and techniques for stress management, enhancing wellbeing and creating positive mindsets, Alison helps individuals to find new ways to deal with the challenges of living in today's modern world.



Rachel Shackleton

Herbal medicine, naturopathy & kinesiology (classical and Therapeutic Energy Kinesiology)

Rachel offers herbal medicine, naturopathy and Therapeutic Energy Kinesiology to restore the body and mind back to homeostatic balance, and full health and wellbeing. She is a member of the Naturopathic Nutrition Association (NNA) and Association of Master Herbalists (AMH).



Jaqui Fabian

Healing into the Fifth Dimension

Jaqui teaches that time is no longer linear and that we have shifted into spiral time. Through her workshops she guides individuals to reach through the dimensions to work with other parts of themselves, bringing them more into the perfection they are at the level of their soul or higher self.



Jessica Cadbury

Nutritional Therapy, Health at Every Size expert, intuitive eating, dieting and body image workshops

Jessica's aim is to help clients with health issues and/or health goals using nutritional and lifestyle recommendations, from a Health at Every Size anti-diet approach (which means she will never recommend weight loss or restrictive diets). Sessions and recommendations are personalised and tailored to suit each individual.



Tony Davie

Art workshops for business, art workshops for mindfulness and wellbeing, abstract art talks

Coming from a family background in which art was a major theme, it was inevitable that Tony would become an artist. The vibrancy of his artistic style has been developed through travel, experimentation, and a fascination with light, colour and shape.



Anna Darrock

Acupuncture, Cupping & Moxibustion

Anna is a licenced acupuncturist. She has been practicing for over seven years and has a wide range of expertise, including fertility, gynaecology and obstetrics. Anna offers a free 15-minute consultation to discuss your needs and find out if acupuncture is suitable for you.

Is it time you
thought about

WORKPLACE WELLBEING?



Do your staff suffer from poor sleep, stress, anxiety, overwhelming emotions, poor nutrition, communication breakdowns, an inability to relax or desk-based aches and pains?

Wellbeing is the foundation of everything you do. If the wellbeing of your employees is off balance, chances are they won't be performing to the best of their ability at work. Recharge your workforce with our wellbeing services and you could enjoy increased productivity, boosted morale and a decrease in sickness absence.

Staff mental health and wellbeing training comes in a wide variety of shapes and sizes. In fact, the range of choices available to business 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.

Training can be delivered at your premises, or here in our light and airy training rooms in central Cheltenham, and we include a formal evaluation in the process, so you can provide evidence of value for money.

Explore the full range of topics we offer on our website to create the perfect wellbeing package for your staff!

www.isbourne.org/services-for-business



“In a stressful department, this could be very useful on a more regular basis.”

“Really good experience. Good tips to carry on with in the office.”



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

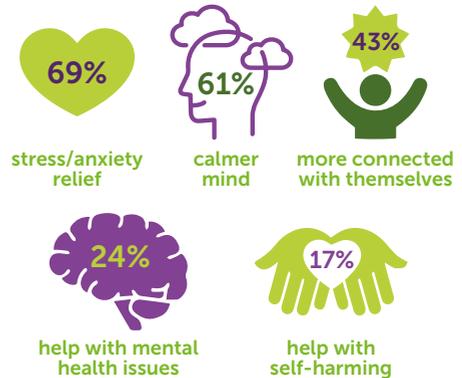
How we are empowering female offenders to change their lives

During 2019 we continued to deliver our 'Empowering Change' programme for female offenders at HMP Eastwood Park Prison in South Gloucestershire. Each week we ask the women to complete a short feedback form which enables us to evaluate the project and provides essential information which we use for funding applications.

Out of the 167 women who came to our sessions between January to June 2019:



After the sessions, the following benefits were reported:



These figures highlight the issues that they are dealing with and why we are so passionate about supporting them even in the relatively small way that we do.

Our programme is designed to empower and inspire the women to take responsibility for themselves and their future by teaching holistic skills that they can use in daily life and at times of crisis. Current topics include mindfulness meditation, breathing techniques, EFT (tapping), Zentangle mindful drawing, and music. We have plans to expand the service in 2020, so watch this space!

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

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GUEST SPEAKER EVENTS

JANUARY - JULY 2020

From Miserable to Marvellous: The Beauty of Self-Empowerment

Susie Mackie

Photographer Susie Mackie knows what it means to empower women. In this discussion, Susie will take you through how you can truly love yourself and the importance of taking the time to explore what it means to be you. Plus, she will offer plenty of encouragement to self-indulge!

Tickets £15 | Tuesday 25th February | 7:00-8:30pm



An Evening of Mediumship

Steve Holbrook

Back for another season, clairvoyant Steve Holbrook is here to connect you to the spirit world. Whether you have someone specific you want to talk to or you just want to see Steve in action, it will be a night you will never forget! Steve uses his unique gift to bring loved ones closer, answer questions from the spirit world and offer closure for those who need it. Whether you are a firm believer in the afterlife or a sceptic, there is something for everyone.

Tickets £15 | Saturday 28th March | 7:30-9:15pm

Crisis as Catalyst: Personal and Planetary Awakening

Catherine Lucas

Crisis can arise in many forms throughout your life. Maybe you are worried about the state of the world, or you have a personal problem that you need guidance with. Let Catherine Lucas impart her knowledge on the subject of 'crisis' with tips on how you can overcome it when it arises.

Tickets £15 | Monday 6th April | 7:00-8:30pm



The Peace Prize: Why Stillness is the Secret to Success

Sandy Newbigging

Get introduced to the Calmology system, which includes the study of self-awareness for the embodiment of inner calm. This enlightening evening will show you how you have the opportunity to move from confusion to clarity, worry to wellness and stress to serenity. If you enjoyed the talk, explore Calmology further in a one off workshop with Sandy. You will learn techniques on how to live a calmer, happier, more joyful life. Perfect for those who need to kickstart their wellbeing.

Talk: £15 | Friday 12th June | 7.30pm-9.00pm

Workshop: £77 | Saturday 13th June | 11:00am-5:00pm



Get your tickets at [isbourne.org](https://www.isbourne.org)

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In retreat we move forward

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Friday evening until Sunday. Cost includes accomodation, food, meditation teachings. Run by two experienced meditation teachers, Kathryn Buxton and Claire Seabrook.

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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

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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.



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