

Talks, Events  
& Workshops

Courses  
& Classes

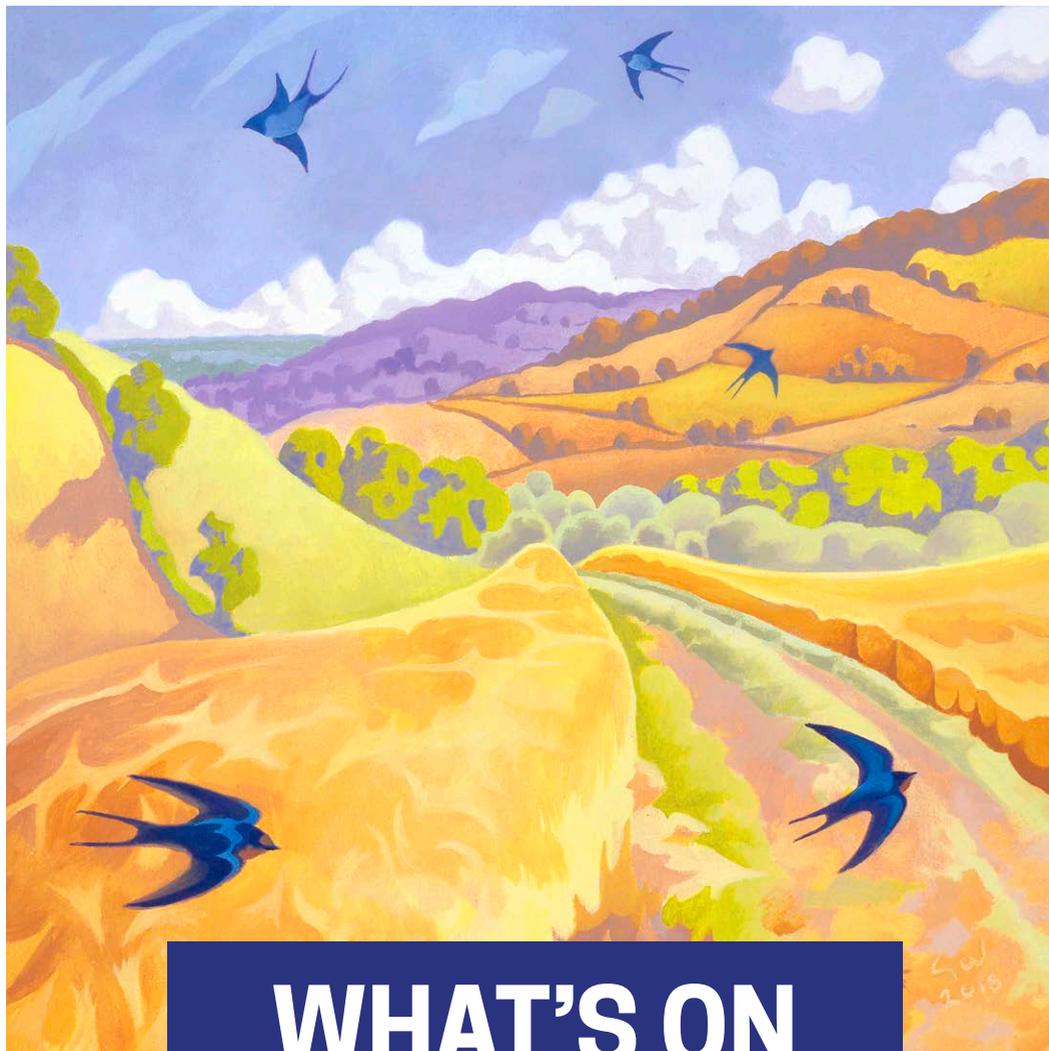
Holistic  
Treatments  
& Therapies

Facilities  
& Room Hire

Services for  
Business

Community  
Outreach  
Projects

# The Isbourne



## WHAT'S ON

JANUARY - JUNE 2019

[www.isbourne.org](http://www.isbourne.org)

# hello

Welcome to 2019 at The Isbourne and another packed programme of events to enhance your health and happiness, and make this year the best yet!

If you're looking to get a head start on making your resolutions a reality, our Open Day is a great place to start, with a whole day of free taster sessions to give your mental and physical wellbeing a boost (pg 2).

We are, of course, continuing our love of all things vegan with a number of talks and workshops on the increasingly popular movement – you'll find it all in our new Vegan Quick Look section (pg 24).

Our unique curriculum of life-affirming courses now span more fascinating subjects than ever before, and in response to customer feedback we're now offering some of these at a bargain price (pg 33). And we're welcoming the wonderful Dr David Hamilton back to The Isbourne in March (pg 10)!

We hope you'll find something that inspires you on the following pages, and we look forward to seeing you soon!

## The Isbourne Team



**Joanna Hill**

Trustee & General Manager



**Julia Ingram**

Course Development Manager



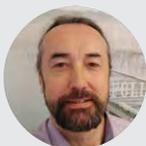
**Kathryn Buxton**

College Manager



**Chloe Banyard**

Marketing Manager



**Graham Boston**

Marketing Assistant



**Bonnie Lloyd**

Outreach Coordinator



**Esme Buxton**

Event Coordinator



**Helen Knight**

Admin Coordinator



**Caroline Murer**

Receptionist/  
Weekend Supervisor



**Susan Dix**

Administrator



**Sue Lightstone**

Receptionist



**Paul Goddard**

Videographer

Talks, Workshops & Events	1
Vegan Quick Look	24
Weekly Classes	25
Bi-Monthly & Monthly Classes	29
Regular Classes Schedule	31
Course Special Offers	33
Courses For Everyone	34
Courses For Practitioners	49
Cover Art Competition	52
Therapist Listings	54
Services For Business Update	58
Community Outreach Update	61



## Talks, Workshops & Events

### Don't Say That!

Clive Osborne

Most people understand that in any conversation the words used can be less important than the way they are said and the body language of the person saying them. But that doesn't mean we should be careless with our language! This is a practical and fun guide to key words and phrases to use – and those to avoid – to keep conflict out of everyday business conversations (and emails) and to keep relationships healthy.

**TUESDAY 15TH JANUARY**  
**10.00AM – 12.00PM**

£25 if booked by 15th December  
£30 thereafter

### 'I Would Meditate, But...'

Claire Seabrook and Kathryn Buxton

Join experienced 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.

**SATURDAY 26TH JANUARY**  
**10.00AM – 1.00PM**

£25 if booked by 11th January  
£35 thereafter  
10% concession for students/disabled

# MAKE YOUR RESOLUTIONS A REALITY



Beat the January blues and get a head start on your New Year's resolutions with a whole day of free workshops, talks and taster sessions on everything from yoga to astrology. Plus family activities and great food!

**Saturday 19th January**  
**10am - 5pm**

## Vegan Cooking Without Limits: Plants, Beans & Staying Nourished

Andy Tibbs

Whether you are already vegan or just want to introduce more plant-based foods into your diet, prepare to enter a whole new world of healthy, wholesome nutritious cooking with amazing flavours. This workshop will explore the myriad of fruits, seeds, vegetables, pulses, nuts and specialist ingredients out there. An introductory talk, discussions on individual requirements, cookery demonstration and a Q&A session will prove invaluable in increasing your knowledge of plant-based ingredients and developing your confidence in vegan cooking techniques.

**SATURDAY 26TH JANUARY**  
**10.00AM – 1.00PM**

£45 if booked by 1st December

£50 thereafter

10% concession for students/disabled

## Laughter For Health

Angela Hoskins

Whether you have the 'winter blues' or the 'January jollies', this workshop is for you! Laughter has been clinically proven to reduce stress levels and enhance physical and mental wellbeing. Learn the special vocal exercises that mimic true laughter and fool your brain into releasing feel-good chemicals. You'll leave feeling lighter and brighter: laughter really is the best medicine! Wear loose, comfortable clothes.

**SATURDAY 26TH JANUARY**  
**11.00AM – 12.00PM**

£10



# CAROLINE BLISS

## Ego, Moneypenny And Enlightenment: A Journey From Actress To Spiritual Teacher

Join former Hollywood actress Caroline Bliss for an entertaining and inspiring talk as she recounts her unique story. Caroline's early life was spent pursuing fame as an actress, and she went on to play the iconic role of Miss Moneypenny alongside Timothy Dalton in two James Bond films. After being given a book of J Krishnamurti's teachings, Caroline began an intense search for inner peace and freedom, eventually realising that she needed to find self-love before she could be free of the ego. Her journey took her through years of therapy, a cathartic awakening and unexpected darkness whilst struggling with motherhood and envisaged parenthood ideals. Eventually she found an inner peace and Caroline's present work springs from the compassion she found for herself, as she guides people through self-love to liberating freedom from the ego.

**MONDAY 28TH JANUARY**

**7.00PM – 8.30PM**

£12 if booked by 14th January

£15 thereafter

10% concession for students/disabled



## Caring For Yourself And Others With Energy EFT

Wendy Beresford

Do you care for others whilst struggling yourself? Come along to this talk and discover how Modern Energy Tapping could help you to gain control over your thoughts, feelings and behaviours, improving how you feel about yourself and leaving you with more energy to help others. You will also get to try out the technique for yourself.

**TUESDAY 29TH JANUARY**  
**7.30PM – 9.00PM**

£6 if booked by 22nd January  
£8 thereafter

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

Kate Collier

A chance to explore issues in your relationship with yourself, your partner, family, health, work or general quality of life. This is embodied, mindful work helping us to see clearly how our earliest attachment experience affects our identity. Resolving this helps us to change our perspective and find new paths in who we are and how we relate. This can bring life-changing shifts in how we perceive ourselves with increased health, clarity of thought and sense of aliveness.

**SATURDAY 2ND FEBRUARY**  
**10.00AM – 5.00PM**

£60 if booked by 2nd January  
£65 thereafter  
10% concession for students/disabled

## Introduction To Eco Shamanism

Mandy Pullen

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

**SUNDAY 10TH FEBRUARY**  
**10.00AM – 5.00PM**

£50 if booked by 31st January  
£55 thereafter  
10% concession for students/disabled  
Pre-booking is essential for this event

## Working With Conflict

Clive Osborne

The most common approach to conflict is to hope it will go away, and most of us are reluctant to take the most effective route to resolving a dispute – talk to the other person. In this informative session, aimed at sole traders and the self-employed, Clive brings together insights from his experience as a mediator, a teacher and a journalist to explore how simple conversations can head off damaging conflict and build stronger relationships at work, at home and in the community.

**TUESDAY 12TH FEBRUARY**  
**10.00AM – 12.00PM**

£25 if booked by 12th January  
£30 thereafter  
10% concession for students/disabled

## Foundation Qigong

Max Watkins

Tai Chi Circling Hands is a wonderful qigong set with the circularity, flow and beauty of tai chi, but in a much simpler, easy to learn form. The beauty of this set is that because the movements are simple we can quickly integrate internal techniques (neigong), considerably amplifying the benefits. During this workshop you'll learn a complete 15-minute chi workout that you can then practice any time at home.

**SATURDAY 16TH FEBRUARY**  
**9.30AM – 1.00PM**

£20 if booked by 2nd February

£25 thereafter

10% concession for students/disabled

## Finding Your Balance: A Yoga & Meditation Workshop

Jo Fellows

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

**SATURDAY 16TH FEBRUARY**  
**10.00AM – 12.00PM**

£15 if booked by 2nd February

£22 thereafter

10% concession for students/disabled



We were overwhelmed by the response to the coffee morning we held in aid of Macmillan Cancer Support at the end of September. Staff went above and beyond with their baking exploits and so many people turned up we were worried we were going to run out of cake at one point!

We raised a total of £222.22 for Macmillan and donated all the leftover cake to Cheltenham Open Door, a local charity who work hard to support vulnerable, disadvantaged and lonely people.

A huge thank you to everyone who came along!

**WORLD'S BIGGEST  
COFFEE  
MORNING**

**MACMILLAN  
CANCER SUPPORT**

## Vegan Cooking Without Limits: Mediterranean & Eastern Flavours

Andy Tibbs

What's the difference between a Spanish and Greek sauce? Why do Indian curries all taste so different? How do Persians 'perfume' their food? The fresh ingredients, spice combinations and the reverence given to fruits and vegetables in the cooking styles of the Mediterranean and the East offer endless possibilities in plant-based cooking. This workshop will increase your knowledge of plant-based ingredients and develop your confidence in Mediterranean and Eastern flavours and cooking styles.

**SATURDAY 16TH FEBRUARY**  
**10.00AM – 1.00PM**

£45 if booked by 1st January

£50 thereafter

10% concession for students/disabled

## Hedgerow Herbs For Natural Healing

Rachel Shackleton

Looking for natural remedies that you can make yourself? Increase your knowledge of healing herbs found in our countryside that can be used for treating common ailments, such as colds and flu. Find out more about how to identify healing herbs in the hedgerow and how to make your own teas and creams for treating yourself, friends and family.

**TUESDAY 19TH FEBRUARY**  
**12.00PM – 3.00PM**

£15 if booked by 19th January

£20 thereafter

10% concession for students/disabled

## Laughter For Health

Angela Hoskins

Whether you have the 'winter blues' or the 'January jollies', this workshop is for you! Laughter has been clinically proven to reduce stress levels and enhance physical and mental wellbeing. Learn the special vocal exercises that mimic true laughter and fool your brain into releasing feel-good chemicals. You'll leave feeling lighter and brighter: laughter really is the best medicine! Wear loose, comfortable clothes.

**SATURDAY 23RD FEBRUARY**  
**11.00AM – 12.00PM**

£10



# DAY RADLEY

## Veganism – A Food Trend Or A Shift In Consciousness?

It's estimated that a whopping 7% of the British population have turned their back on animal products for a purely plant-based lifestyle – that's more than 3.5 million people! Supermarket chains in the UK are stocking more and more vegan options, many of the Italian chain restaurants now offer vegan cheese as an option and with social media bringing the topic to the mainstream it's no surprise that “#vegan” has more than 61 million associated posts on Instagram. Even Guinness has gone vegan, after improving its filtration system to eliminate the use of fish bladders. But what has prompted this incredible rise in popularity and is it here to stay?

Chef Day Radley has been a vegan for 23 years, promoting veganism through cookery demonstrations, talks and social media content. In this very topical talk she explores how veganism has got to where it is today and what the future holds for the movement.

**WEDNESDAY 27TH FEBRUARY**

**7.00PM – 8.30PM**

£13 if booked by 13th February

£15 thereafter

10% concession for students/disabled



## Honouring Women's Cycles

Jenny Etheredge

A women's health yoga therapy workshop filled with inspiration and practical wisdom to support and nourish women in all stages of life. Discover how to tap into the power of cyclical patterns to create a sense of balance, rhythm and flow that will help you to navigate life's ups and downs. You'll also learn some valuable self-care practices that will provide support and nourishment when needed, including movement, breath work, kitchen wisdom, ritual and aromatherapy.

**SATURDAY 2ND MARCH**  
**9.30AM – 1.00PM**

£35 if booked by 31st January  
£40 thereafter

## Hypnosis For Fertility

Claire Furner

If you are hoping to maximise your chances of conceiving either naturally or through assisted conception (IVF) then this workshop is for you! Discover how stress, diet and lifestyle can affect fertility, and explore how stress reduction, simple lifestyle changes and positive visualization may help to boost your chances of success. You will also have the opportunity to experience a guided relaxation designed to help you feel more confident about your fertility journey.

**THURSDAY 7TH MARCH**  
**6.30PM – 8.30PM**

£30 per couple if booked by 21st February  
£40 per couple thereafter

# Looking for the perfect Mother's Day present?

Give the gift of wellbeing with a voucher valid against all of our events and classes.

Gift vouchers are valid for 12 months and available to purchase from reception in a value of your choice.



# DAVID HAMILTON

## How Your Mind Can Heal Your Body

We're delighted to welcome Dr David Hamilton back to The Isbourne for what is always a fascinating and insightful evening.

Join David to explore the mind-body connection and find out how to harness it for health and wellness. Looking at the impact of belief on biology, David will delve into the placebo effect and reveal how meditation can have an affect not just on your brain but also on your genes. Find out how visualisation techniques have helped athletes improve their performance and helped stroke patients with rehabilitation, and how guided imagery practices have even helped to improve cancer patients' immune systems. David will explain why the brain doesn't distinguish between real and imaginary and undergoes change regardless, and how you yourself can benefit from this phenomenon using simple strategies.

The author of 10 books, David Hamilton has a PhD in organic chemistry and previously spent time in the pharmaceutical industry developing drugs for heart disease and cancer.

Fascinated by the placebo effect, he left the industry to write and teach about how we can harness our minds and emotions for better health. He is the "Kindness Tzar" for Psychologies Magazine and has been a guest on Channel 4's Sunday Brunch in the UK and CBS Sunday Morning in the USA.

**FRIDAY 22ND MARCH**

**7.00PM – 8.30PM**

£13 if booked by 8th March

£15 thereafter

10% concession for students/disabled



## Crystals: Nature's Answer To The Problem Of Electro-Stress

Kelly Peacey

Experience for yourself the powerful and protective qualities of crystals in this practical workshop. Crystals have long been used to shield and transmute energies and influences, and now they are being shown to convert negatively charged ions and assist in grounding the human electromagnetic body. Explore the issue of electromagnetic stress caused by mobile phones, Wi-Fi, cordless home phones and laptops, and learn how to use dowsing and crystals to mitigate its detrimental effects on your own health.

**SATURDAY 23RD MARCH**  
**10.00AM – 4.30PM**

£50 if booked by 9th March

£60 thereafter

10% concession for students/disabled

## Laughter For Health

Angela Hoskins

Whether you have the 'winter blues' or the 'January jollies', this workshop is for you! Laughter has been clinically proven to reduce stress levels and enhance physical and mental wellbeing. Learn the special vocal exercises that mimic true laughter and fool your brain into releasing feel-good chemicals. You'll leave feeling lighter and brighter: laughter really is the best medicine! Wear loose, comfortable clothes.

**SATURDAY 23RD MARCH**  
**11.00AM – 12.00PM**

£10

## Vegan Cooking Without Limits: Tofu, Seitan & Tempeh

Andy Tibbs

The vegetarian monks of the Far East were making their own 'meat replacement' foods over 1,500 years ago. You may be familiar with tofu, but why does it always taste better in a Chinese restaurant? What are you supposed to do with tempeh? What on earth is seitan?! The mysteries of creating textures in vegan cooking will all be revealed in this illuminating workshop – including how to make your own seitan! Increase your knowledge of plant-based ingredients and develop your confidence in vegan cooking techniques.

**SATURDAY 30TH MARCH**  
**10.00AM – 1.00PM**

£45 if booked by 1st March

£50 thereafter

10% concession for students/disabled



# STEVE HOLBROOK

---

## An Evening Of Clairvoyance

---

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

**SATURDAY 30TH MARCH**

**7.30PM – 9.40PM**

£15



**Tackle your stress levels this April with free lunchtime taster sessions in meditation, tai chi and yoga. Bring your work colleagues, a friend or come alone for a moment of calm in the middle of a busy day.**

**Yoga:** Relax your mind and stretch out the tension in your body with a combination of physical poses and controlled breathing.

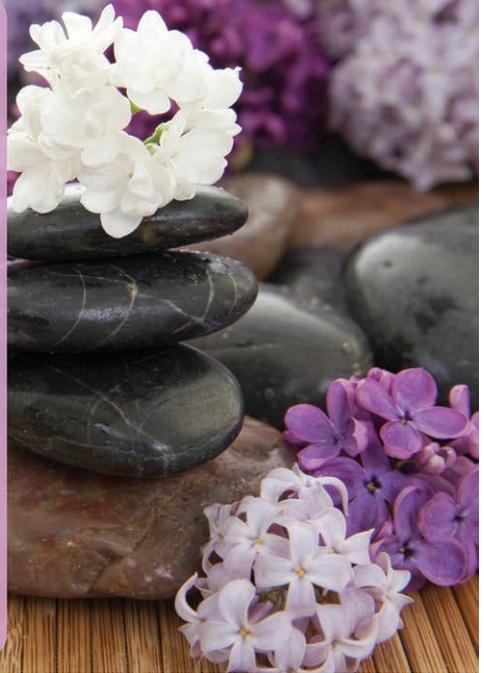
**Thursday 4th April / 12.45pm - 1.15pm**

**Meditation:** Restore calm to your body and mind, increase your resilience and reverse the negative effects of chronic stress with this simple technique.

**Friday 12th April / 12.45pm - 1.15pm**

**Tai chi:** Release mood-improving endorphins with this gentle relaxing exercise that's as good for your health and fitness as Zumba!

**Thursday 25th April / 12.45pm - 1.15pm**



## **Vegan Cooking Without Limits: Faux Cheeses, Creams & Toppings**

**Andy Tibbs**

Many shop bought dairy replacement products are heavily processed and filled with as many undesirable ingredients as their dairy equivalents. Learn how to create your own soft, healthy 'cheese', how to achieve rich, creamy sauces for savoury dishes and how to accompany desserts or cakes with creams and butters. Invaluable insight for developing your vegan cooking skills.

**SATURDAY 13TH APRIL  
10.00AM – 1.00PM**

£45 if booked by 13th March

£50 thereafter

10% concession for students/disabled

## **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, consonant and seed syllables of the great Tantra Yoga tradition. These experiences lead to meditations on these vibrations, bringing deep peace. No previous experience necessary, only the deep intent to transform the psychology of your chakras.

**SUNDAY 14TH APRIL  
10.00AM – 5.00PM**

£40 if booked by 17th March

£45 thereafter

10% concession for students/disabled

Pre-booking is essential for this event

## Hedgerow Herbs for Natural Healing

Rachel Shackleton

Looking for natural remedies that you can make yourself? Increase your knowledge of healing herbs found in our countryside that can be used for treating common ailments, such as colds and flu. Find out more about how to identify healing herbs in the hedgerow and how to make your own teas and creams for treating yourself, friends and family.

**TUESDAY 23RD APRIL**

**12.00PM – 3.00PM**

£15 if booked by 23rd March

£20 thereafter

10% concession to students/disabled

## Don't Say That!

Clive Osborne

Most people understand that in any conversation the words used can be less important than the way they are said and the body language of the person saying them. But that doesn't mean we should be careless with our language! This is a practical and fun guide to key words and phrases to use – and those to avoid – to keep conflict out of everyday business conversations (and emails) and to keep relationships healthy.

**TUESDAY 23RD APRIL**

**2.00PM – 4.00PM**

£25 if booked by 23rd March

£30 thereafter

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

Kate Collier

A chance to explore issues in your relationship with yourself, your partner, family, health, work or general quality of life. This is embodied, mindful work helping us to see clearly how our earliest attachment experience affects our identity. Resolving this helps us to change our perspective and find new paths in who we are and how we relate. This can bring life-changing shifts in how we perceive ourselves with increased health, clarity of thought and sense of aliveness.

**SATURDAY 27TH APRIL**

**10.00AM – 5.00PM**

£60 if booked by 27th March

£65 thereafter

10% concession to students/disabled

## Three Secrets To Overcoming Writer's Block

Gulara Vincent

You are not blocked because you lack inspiration, but due to abundance of your fears. What gets in the way of your writing are fears of failure, exposure and success. When you heal those fears, your writing takes care of itself. In this healing and self-enquiry workshop, you can experience this firsthand. Through a unique set of exercises and using powerful techniques, you can set yourself and your creative flow free.

**FRIDAY 3RD MAY**

**10.30AM – 2.00PM**

£40 if booked by 25th April

£55 thereafter

10% concession for students/disabled

# CAROLINE GOYDER

## How To Speak So Others Listen

Have you ever wondered why some people earn attention and respect when they speak and others don't? The secret to their success can be summed up in one word: gravitas. In this inspirational session, leading voice coach and speaker Caroline Goyder reveals how to speak so others will listen.

Learn how to express yourself clearly and with the passion and confidence to persuade, influence and engage listeners. An essential tool for the modern workplace, gravitas will transform your powers of communication and give you the authority to make people sit up and pay attention.

Caroline worked for many years as a voice teacher at the Central School of Speech and Drama. She has spent the last ten years developing a system to help her non-acting clients to perform with the same poise, presence and power in everyday life. Her client list is as diverse as her knowledge, from CEOs of major companies, TV news anchors and an array of people in between, and her TEDx talk, The Surprising Secret to Speaking With Confidence, has been watch nearly 6 million times.

**SATURDAY 27TH APRIL**

**11.00AM – 4.30PM**

£44 if booked by 13th April

£55 thereafter

10% concession for students/disabled



# The Isbourne's Great Spring Treasure Trail!

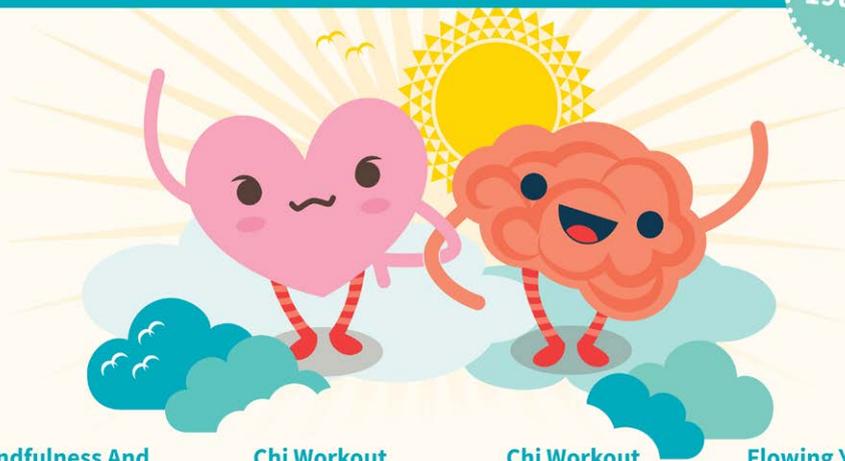
Did you know that May is National Walking Month? Join us in Pittville Park for some fresh air with your family and a free treasure trail suitable for all ages!

Saturday 11th May  
11am - 2pm



Bring a friend for free to some of our popular regular classes during Mental Health Week!

13th to  
19th May



**Mindfulness And  
Meditation For All**  
Wednesday 15th May  
6.30pm - 7.30pm  
£10

**Chi Workout**  
Wednesday 15th May  
7.00pm - 8.00pm  
£8

**Chi Workout**  
Friday 17th May  
9.30am - 10.30am  
£8

**Flowing Yoga**  
Saturday 18th May  
9.30am - 10.45am  
£10

## The Healing Power Of Dance

Helene Su

Since ancient times, cultures from all over the world have used dance to bring together community in ceremony, ritual and celebration. This talk looks at how dance affects us on every level, from the scientific to the mystical. Accompanied by a beautiful slideshow, you will see the magic and power of dance through a new lens. For all lovers of dance, both spectators and participants, this talk will inspire, inform and leave you with an unparalleled sense of awe.

**FRIDAY 17TH MAY**  
**2.00PM – 4.00PM**

£10 if booked by 10th May

£15 thereafter

10% concession for students/disabled

## Working With Conflict

Clive Osborne

The most common approach to conflict is to hope it will go away, and most of us are reluctant to take the most effective route to resolving a dispute – talk to the other person. In this informative session, aimed at sole traders and the self-employed, Clive brings together insights from his experience as a mediator, a teacher and a journalist to explore how simple conversations can head off damaging conflict and build stronger relationships at work, at home and in the community.

**TUESDAY 21ST MAY**  
**2.00PM – 4.00PM**

£25 if booked by 21st April

£30 thereafter

10% concession for students/disabled

## The Sacred Art Of Henna

Jenny Etheredge

Henna is a sacred art form practiced in Indian, Middle Eastern & North African countries. Traditionally, it is a ritual used to invite grace, prosperity and happiness into one's life and home. Discover the history of this beautiful art form, the health & safety aspects and the meanings of the signs & symbols used in different cultures. You'll make your own paste and learn how to create some beautiful designs. Please bring a small bowl to mix your henna and a jar to take it away in.

**SUNDAY 19TH MAY**  
**10.00AM – 3.00PM**

£55 if booked by 6th April

£65 thereafter

Pre-booking is essential for this workshop



# WENDY ELLYAT

## We Were Designed To Flourish – What Has Gone Wrong?

Amidst shocking statistics on children's declining mental and emotional health in the UK, there is a beacon of hope. You are invited to join Wendy Ellyatt for a stimulating and inspiring evening as she talks about her own thirty-year adventure into what really makes a 'good life' and how we can all help to create a better world for our children and grandchildren.

Across the world people have been exploring ways in which we can better measure development and progress in terms of human wellbeing. A number of challenges have arisen in the approaches undertaken by different countries and cultures, but there has been clear agreement that measures of GDP alone are not sufficient and that we need to develop a more holistic global approach. There has also been clear agreement that the current systems are failing to appropriately support the development of flourishing communities and an equitable, sustainable and stable planet. In this talk Wendy explains how the Flourish Model suggests a new 'Ecology of Human Wellbeing' that puts lives of meaning, purpose and value back at the core and the natural, healthy development of young children as fundamental to the process.

**TUESDAY 21ST MAY**

**7.00PM – 9.30PM**

£15

10% concession for students/disabled



## Finding Your Balance: A Yoga & Meditation Workshop

Jo Fellows

This yoga, pranayama and meditation workshop is suitable for beginners and more experienced yogis alike, and is designed to revitalise your spirit and restore balance to your mind and body. It's great antidote to stress! Teaching with great sensitivity, compassion and care, Jo is committed to empowering anyone who is on their journey to seek themselves and their joy through yoga and meditation.

**SATURDAY 25TH MAY**  
**10.00AM – 12.00PM**

£15 if booked by 11th May

£22 thereafter

10% concession for students/disabled

## Learn The Shaman's Journey

Mandy Pullen

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

**SUNDAY 2ND JUNE**  
**10.00AM – 5.00PM**

£50 if booked by 19th May

£55 thereafter

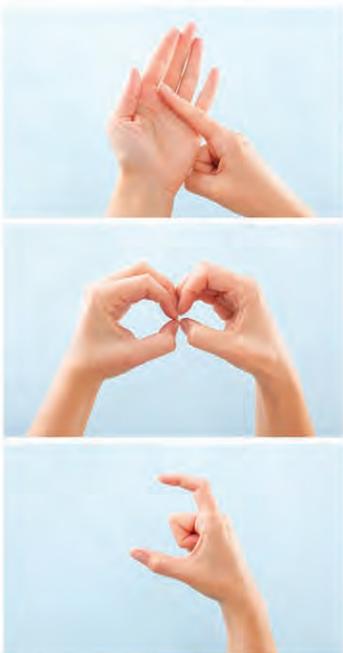
10% concession for students/disabled

Pre-booking is essential for this event

## A FREE INTRODUCTION TO SIGN LANGUAGE

Sign language is a valuable skill to have, both for personal and professional use. If you've ever been curious about learning, join us for this free taster workshop for an introduction to the basics.

**Saturday 25th May**  
**11am - 12pm**  
**Free entry**



## Positive Conversations

Clive Osborne

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

**SATURDAY 8TH JUNE**  
**9.30AM – 4.30PM**

£85 if booked by 8th May

£95 thereafter

10% concession for students/disabled



**Free entry  
for men  
during Men's  
Health Week!**

**Chi Workout**  
Wednesday 12th June  
7.00pm - 8.00pm

**Chi Workout**  
Friday 14th June  
9.30am - 10.30am

**Flowing Yoga**  
Saturday 15th June  
9.30am - 10.45am

*No need to book  
- just turn up!*

## Hedgerow Herbs for Natural Healing

Rachel Shackleton

Looking for natural remedies that you can make yourself? Increase your knowledge of healing herbs found in our countryside that can be used for treating common ailments, such as colds and flu. Find out more about how to identify healing herbs in the hedgerow and how to make your own teas and creams for treating yourself, friends and family.

**TUESDAY 11TH JUNE**  
**12.00PM – 3.00PM**

£15 if booked by 11th May

£20 thereafter

10% concession for students/disabled

## A Journey Through The Chakras

Jenny Etheredge

Discover practical ways of working with the chakras that you can incorporate into your daily life. Chakras are the organs of our subtle body relating to specific aspects of our lives. They have an influence on our physical, emotional, mental and spiritual well-being. Through breathwork, somatic movement, yoga poses and other practices, discover how the chakras can help you understand more about your body's health to restore and enhance your energy flow. Bring a yoga mat and blanket.

**SATURDAY 15TH JUNE**  
**10.00AM – 1.00PM**

£30 if booked by 4th May

£35 thereafter

# MARIA WHEATLEY

## Summer Solstice At Sacred Sites In Gloucestershire

Join dowsing expert Maria Wheatley on the day of the Summer Solstice for an experiential tour of some of the finest ancient sites in Gloucestershire, visiting long barrows in Uley and Nympsfield, and the Long Stone of Minchinhampton. Following a presentation at The Isbourne on dowsing techniques and Maria's own findings in this fascinating field you'll head out to gain hands-on experience of dowsing for earth energies and aquastats, as well as discovering how the energies in these special locations influence your own aura.

It's helpful, but not essential, to have your own transport – please mention when booking if you require a car share. Please bring a picnic with you.

**FRIDAY 21ST JUNE**

**10.00AM – 5.00PM**

£68 if booked by 7th June

£75 thereafter

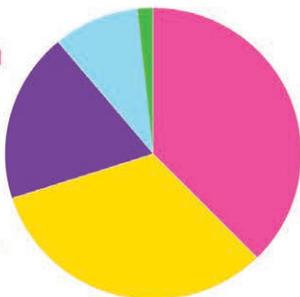
10% concession for students/disabled



# We asked for your feedback on what we do and how we do it

You think our events, courses  
and classes are...

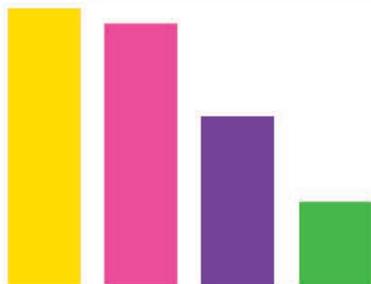
Interesting  
Varied  
Inspiring  
Limited  
Mediocre



# 93%

of you said that you  
regularly see things  
in our programme  
that you'd like to  
attend

We wanted to know what stops you from  
attending our events, courses & classes



34% said cost

33% said time of day

23% said day of week

10% said location

**So what now?** We've already started to make changes to our events, courses and classes based on your feedback: more of our courses will take place on weekends, we're offering huge savings on Quality Endorsed courses and guest speaker events for 18-29 year olds with our new Wellbeing Pass, and added the option of staged payments to three of our top courses. We'll use your ideas in our planning of future events and courses, so look out for more of what you've asked for in our Autumn/Winter programme! Have your say! Email your comments and suggestions to [feedback@isbourne.org](mailto:feedback@isbourne.org)

# You told us the kind of things you'd like to see more of at The Isbourne

Psychic art development

Pain management workshops

More weekend workshops

Classes for children

Interfaith events

Courses and workshops during school hours

Workshops on health & wellbeing

Bigger meditation events

Reiki Level 3 course

Workshops that are focussed on the body rather than spirituality

More visiting authors

A course on dowsing

Creative writing

Crystal healing courses

Advanced astrology courses and workshops

A "back to basics" introduction to spirituality

Reduced rates for pensioners

Taster days of different therapies

EFT

Alternative health courses for people on a budget

Parentcraft

Psychometry

Belly dancing



# QUICK LOOK

# Vegan



## VEGANISM – A FOOD TREND OR A SHIFT IN CONSCIOUSNESS? WITH DAY RADLEY

It's estimated that a whopping 7% of the British population have turned their back on animal products for a purely plant-based lifestyle – that's more than 3.5 million people!

In this very topical talk Chef Day Radley explores how veganism has got to where it is today and what the future holds for the movement.

**WEDNESDAY 27TH FEBRUARY, 7.00PM – 8.30PM**

*Early Bird and concessions available. See pg 8 for details.*

**£15**

Whether you are already vegan or just want to introduce more plant-based foods into your diet, **Andy Tibbs'** workshops explore a whole new world of healthy, wholesome and nutritious cooking with amazing flavours.

**£50**  
each

**Book each workshop for £45 with the Early Bird Discount!**

*10% Concession available for students/disabled*



### VEGAN COOKING WITHOUT LIMITS: PLANTS, BEANS & STAYING NOURISHED

This workshop will explore the myriad of fruits, seeds, vegetables, pulses, nuts and specialist ingredients out there.

**SATURDAY 26TH JANUARY, 10.00AM – 1.00PM**

### VEGAN COOKING WITHOUT LIMITS: MEDITERRANEAN & EASTERN FLAVOURS

What's the difference between a Spanish and Greek sauce? Why do Indian curries all taste so different? This workshop explores a variety of Mediterranean and Eastern flavours and cooking styles.

**SATURDAY 16TH FEBRUARY, 10.00AM – 1.00PM**

### VEGAN COOKING WITHOUT LIMITS: TOFU, SEITAN & TEMPEH

You may be familiar with tofu, but what about tempeh? What on earth is seitan?! This workshop explores the mysteries of textures in vegan cooking.

**SATURDAY 30TH MARCH, 10.00AM – 1.00PM**

### VEGAN COOKING WITHOUT LIMITS: FAUX CHEESES, CREAMS & TOPPINGS

Learn how to create your own soft, healthy 'cheese', how to achieve rich, creamy sauces for savoury dishes and how to accompany desserts or cakes with creams and butters.

**SATURDAY 13TH APRIL, 10.00AM – 1.00PM**



## Regular Classes

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

### WEEKLY CLASSES

#### Yoga For Parkinson's And Multiple Sclerosis

##### Ruth Henderson-Cash

Explore the effects of selected yoga practices to support your goals and address key symptoms. Guided movement builds strength, stability, range of motion and coordination. Breath practices help manage energy and stress. Relaxation gives the body and mind time to integrate these benefits. Join a friendly and supportive group and be inspired to bring yoga into your daily life. Chairs are provided for support. Please bring a yoga mat. Suitable for anyone with Parkinson's Disease or Multiple Sclerosis who is able to walk and stand unassisted. Upon registration you will be contacted by the tutor for some additional information.

**MONDAYS FROM 7TH JANUARY**  
**11.15AM – 12.15PM**

£10 per session

£48 per six-session block

#### FitLines

##### Ann Chen

FitLines is a unique, fun, easy, entertaining, energetic fitness class suitable for all ages and abilities. You'll learn a variety of dance steps and routines, combining ballroom, Latin, Argentine Tango, Charleston, salsa and more, enjoying Chinese Health qigong to warm up and cool down at either end of the session. Suitable for all ages and ability.

**MONDAYS FROM 7TH JANUARY**  
**12.00PM – 1.00PM**

£5 per session

£16 for four-session block

£24 for six-session block

10% concession for students/disabled

## Egyptian Belly Dance & Bollywood For Beginners

**Ann Blagden**

Build your confidence, improve your fitness and discover your feminine side! Ann's style is playful, elegant, graceful and fun. She aims to help every student feel relaxed and comfortable while learning modern and traditional Egyptian and Indian moves, techniques and dances to great music. Wear comfortable clothing. Dancing is done bare foot.

**MONDAYS FROM 14TH JANUARY  
6.30PM – 7.30PM**

£8 per session

£21 for three-session block

£35 for five-session block

## Qigong/Tai Chi

**Margaret Kelly**

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

**TUESDAYS FROM 29TH JANUARY  
10.30AM – 11.45AM**

£9 per session

£24 for three-session block

£32 for four-session block

## A Course In Miracles

**Angela Hoskins & Terry Butler**

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

**MONDAYS FROM 7TH JANUARY  
7.15PM – 9.00PM**

£4 per session

## Lunchtime Meditation

**Claire Seabrook**

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

**WEDNESDAYS FROM 2ND JANUARY  
12.30PM – 1.15PM**

£8 per session

Book any length block for just £32!

10% concession for students/disabled

## Mindfulness And Meditation For All

**Kathryn Buxton**

Come and learn the ancient discipline of meditation with like-minded people and an experienced tutor. These classes are fun and informative with a range of meditations from the Buddhist tradition. Learn how to incorporate meditation and mindfulness into your everyday life, bringing you a sense of calm and equanimity in the face of life's inevitable challenges.

**WEDNESDAYS FROM 9TH JANUARY  
6.30PM – 7.30PM**

£10 per session

£40 for five-session block

£48 for six-session block

10% concession for students/disabled

## Chi Workout

**Max Watkins**

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

**WEDNESDAYS FROM 24TH APRIL  
7.00PM – 8.00PM**

£8 per session

£28 for four-session block

£35 for five-session block

## Yoga For Under 25s

**Robin Watkins-Davis**

Exclusively for young people aged 12 to 25, Robin's classes are fun, light-hearted and suitable for all abilities. Learn how to release tension, strengthen your body and practice relaxation through breath work, stretching and meditation, and improve your overall wellbeing, fitness and mental health.

**THURSDAYS FROM 10TH JANUARY  
4.45PM – 5.45PM**

£6 per session

£20 for four-session block

£25 for five-session block

£30 for six-session block

## Thursday Meditation

**Claire Seabrook**

A new evening version of the popular 'Lunchtime Meditation' class. Simple and practical meditations for making everyday life feel easier! If you'd like to meditate but need support to get motivated, this class is for you. Join us for easy-to-follow guided meditations in a friendly atmosphere. Beginners are warmly welcome.

**THURSDAYS FROM 3RD JANUARY  
6.00PM – 6.45PM**

£8 per session

Book any length block for just £32!

10% concession for students/disabled

## Chi Workout

Max Watkins

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

**FRIDAYS FROM 11TH JANUARY**  
**9.30AM – 10.30AM**

£8 per session

£28 for four-session block

£35 for five-session block

£42 for six-session block

## Flowing Yoga

Ann Morley

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

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

£10 per session

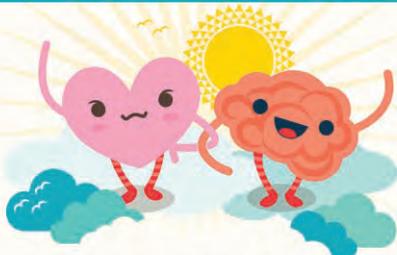
£22.50 for three-session block

£30 for four-session block

£37.50 for five-session block

10% concession for students/disabled

**Bring a friend for free**  
**during Mental Health Week!**



**Mindfulness and Meditation for All**  
Wednesday 15th May // 6.30pm - 7.30pm

**Chi Workout**  
Wednesday 15th May // 7.00pm - 8.00pm

**Chi Workout**  
Friday 17th May // 9.30am - 10.30am

**Flowing Yoga**  
Saturday 18th May // 9.30am - 10.45am



**Free entry**  
**for men**  
**during Men's**  
**Health Week!**

**Chi Workout**  
Wednesday 12th June  
7.00pm - 8.00pm

**Chi Workout**  
Friday 14th June  
9.30am - 10.30am

**Flowing Yoga**  
Saturday 15th June  
9.30am - 10.45am

*No need to book*  
*- just turn up!*



## Regular Classes

### BI-MONTHLY AND MONTHLY CLASSES

#### Gong Bath And Meditation

**John and Tanya Carter**

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

**BI-MONTHLY FROM MONDAY 14TH JANUARY**

**6.30PM – 8.30PM**

£15

10% concession for students/disabled

#### 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 7TH JANUARY**

**7.15PM – 9.00PM**

£5 suggested donation

## Cheltenham Reiki Share

Janie Whittemore

A friendly gathering for those who would like to give or receive Reiki healing in a group setting. Non-practitioners welcome for healing. Be supported in a safe environment while you develop your skills, meet like-minded people, enjoy meditations and give/receive 20-minute Reiki sessions. New visitors who are Reiki attuned should bring photocopies of your Reiki certificates.

**BI-MONTHLY FROM MONDAY 21ST  
JANUARY**

**6.30PM – 8.00PM**

£5 for those attuned to Level 1 upwards who wish to practice

£7 for those without Reiki training or who just wish to receive healing

## Gloucestershire Holistic Networking Group

Graham Boston

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

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

£5

10% concession for students/disabled

## Gong Bath Sound Sanctuary And Guided Meditation

Alicia Davies

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

**MONTHLY FROM SATURDAY 12TH JANUARY  
1.00PM – 3.00PM**

£15 if booked two weeks before the class date

£20 thereafter

10% concession for students/disabled



# ISBOURNE REGULAR CLASSES

## WEEKLY CLASSES

Yoga For Parkinson's And Multiple Sclerosis	Mondays	11.15am – 12.15pm
FitLines	Mondays	12.00pm – 1.00pm
Egyptian Belly Dance & Bollywood For Beginners	Mondays	6.30pm – 7.30pm
A Course In Miracles	Mondays	7.15pm – 9.00pm
Qigong/Tai Chi	Tuesdays	10.30am – 11.45am
Lunchtime Meditation	Wednesdays	12.30pm – 1.15pm
Mindfulness And Meditation For All	Wednesdays	6.30pm – 7.30pm
Chi Workout	Wednesdays	7.00pm – 8.00pm
Yoga For Under 25s	Thursdays	4.45pm – 5.45pm
Thursday Meditation	Thursdays	6.00pm – 6.45pm
Chi Workout	Fridays	9.30am – 10.30am
Flowing Yoga	Saturdays	9.30am – 10.45am

## BI-MONTHLY AND MONTHLY CLASSES

Gong Bath And Meditation	Bi-monthly, Mondays	6.30pm – 8.30pm
Cheltenham Healing Group	Monthly, Mondays	7.15pm – 9.00pm
Cheltenham Reiki Share	Bi-monthly, Mondays	6.30pm – 8.00pm
Gloucestershire Holistic Networking Group	Monthly, Fridays	11.00am – 1.00pm
Gong Bath Sound Sanctuary And Guided Meditation	Monthly, Saturdays	1.00pm – 3.00pm

# SPECIAL

You told us that our Quality Endorsed courses can be too expensive for monthly payments. We took your feedback on board and created special offers! If you like what you see here make sure you act fast!

**SAVE  
MONEY!**

**Save over 25% on  
these fascinating  
courses!**

## **Improve Your Resilience and Wellbeing: Practical Steps to Happier Living**

**Starts Saturday 2nd March**

**Reduced to £190 - save 19%**

*Full course info on Page 39*

## **Calm The Mind Chatter**

**Starts Saturday 9th March**

**Reduced to £90 - save 28%**

*Full course info on Page 40*

## **Introduction To Astrology**

**Starts Saturday 16th March**

**Reduced to £90 - save 28%**

*Full course info on Page 41*

# OFFERS

expensive, and you'd like the option to spread the cost with every six months we'll be bringing you a new set of special - these offers are available on these courses one time only!

**PAY  
MONTHLY!**

**Spread the cost with  
monthly payments!**

**Call our team on 01242 254 321  
to take advantage of this offer.**

## **Energy and Intuition: A Beginner's Guide**

**Starts Wednesday 3rd April**

*Pay a £35 non-refundable deposit by 31st January and then make three monthly payments of £30 (on 2nd February, 2nd March & 2nd April). Course info on Page 42.*

## **Introduction To Past Life Regression**

**Starts Thursday 23rd May**

*Pay a £35 non-refundable deposit by 28th February and then make three monthly payments of £30 (on 2nd March, 2nd April & 2nd May). Course info on Page 44.*

## **Introduction To Massage For Back Pain**

**Starts Thursday 6th June**

*Pay a £25 non-refundable deposit by 31st March and then make three monthly payments of £20 (on 2nd April, 2nd May & 2nd June). Course info on Page 47.*



## Courses

### COURSES FOR EVERYONE

#### 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, makes you feel at peace and reduces stress. By the end of this workshop you will be able to practice Reiki on yourself, your family and your pets.

**SATURDAY 5TH JANUARY  
9.30AM – 4.00PM**

£129 if booked by 15th December

£149 thereafter

10% concession for students/disabled

#### Foundation Qigong: Tai Chi Circling Hands

**Max Watkins**

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

**WEDNESDAYS: SIX WEEKS  
9TH JANUARY – 13TH FEBRUARY  
7.00PM – 8.00PM**

£45 if booked by 26th December

£50 thereafter

10% concession for students/disabled

## Introduction To Creative Writing

### Patricia Fleming

Do you have a book in you? Or a play? Or perhaps a beautifully formed haiku? Our stories can take a variety of shapes – short story, novel, poem, radio play, theatre play, screenplay – all of which have their own formats and some basic ‘rules’ that are useful to learn even if you go on to break them! This introductory course aims to give you space to write creatively and explore forms and genres of writing that you may not have thought of trying before.

**WEDNESDAYS: EIGHT WEEKS**  
**16TH JANUARY – 6TH MARCH**  
**6.00PM – 8.00PM**

£125 if booked by 19th December

£150 thereafter

10% concession for students/disabled

## Breathing For Optimal Health

### Helene Su

We all know how to breathe, but are you doing it wrong? Good breathing is fundamental to our overall health and wellbeing. It wards off diseases, lowers our cholesterol levels and alleviates physical pain, stress and anxiety. In this course you will explore how to assess and identify unhealthy breathing patterns, learn specific exercises and techniques, and leave with a unique set of tools to improve your life physically, mentally, emotionally and even spiritually.

**THURSDAYS: TEN WEEKS**  
**24TH JANUARY – 4TH APRIL (EXCL. 21ST FEB)**  
**7.00PM – 8.30PM**

£120 if booked by 10th January

£150 thereafter

10% concession for students/disabled

## Writing For Wellbeing

### Patricia Fleming

Everyone can benefit from being heard and from hearing the stories of others, whether for pleasure, interest or as a therapeutic way of processing a particular difficulty. Guided writing in response to a themed prompt such as a poem, a picture or an object can stimulate imagination, insight and discussion – sharing your writing is always optional. The sessions focus on the feelings expressed in your writing, not the quality of the writing itself, so no previous writing experience is needed or expected.

**SATURDAYS: FOUR WEEKS**  
**2ND - 23RD FEBRUARY**  
**10.00AM – 12.00PM**

£60 if booked by 19th January

£70 thereafter

10% concession for students/disabled

## A Beginner's Guide To Reflexology

### Lois Hastings

QE

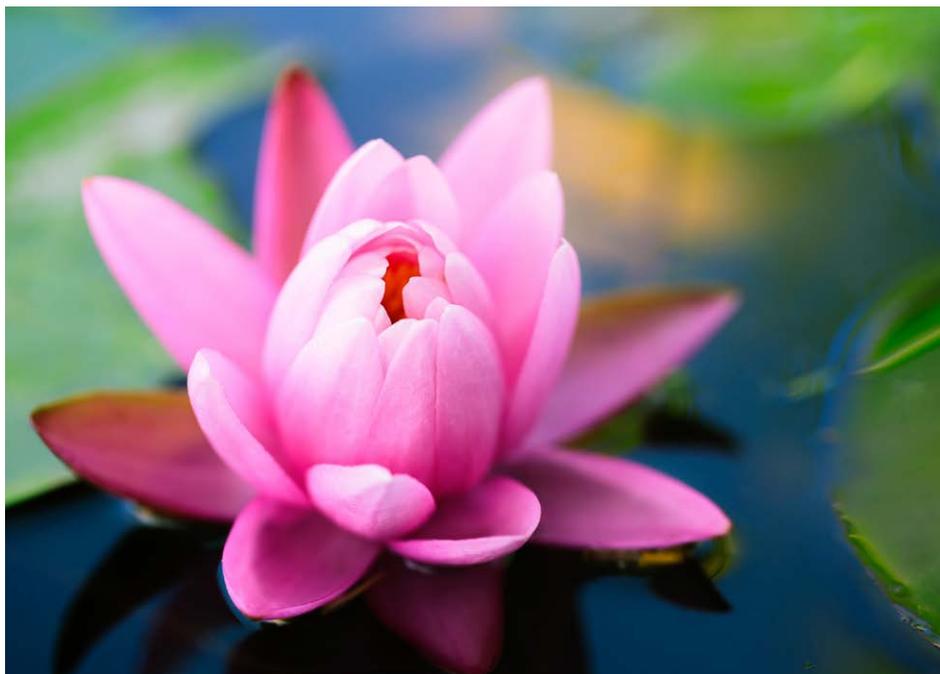
10 CPD HOURS

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 FEBRUARY**  
**6.30PM – 9.00PM**

£85 if booked by 23rd January

£95 thereafter



## The Science Behind Buddhist Philosophy

Anthony Peters

QE

8 CPD HOURS

Are you intrigued by the parallels between the teachings of the Buddha and modern day science? With the development of MRI scanners over the last 20 years, scientists have been able to study the brain as never before. Intriguingly, many of their discoveries about how our mind works have a direct link to the Buddha's teachings of over 4000 years ago. This course explores those links and the potential implications this has for your own personal growth, success, happiness and purpose.

**WEDNESDAYS: FOUR WEEKS**  
**6TH – 27TH FEBRUARY**  
**6.30PM – 8.30PM**

£80 if booked by 23rd January  
£90 thereafter

## Upgrade Your Wellbeing With Nia

Yael Hochenberg

Nia is holistic movement for body and soul, engaging your mind as well as your body. Its simple moves are a balanced combination of dance, martial arts and body-mind practices. Practiced to soul-stirring world music it conditions the body and transforms the mind, increasing energy and emotional balance. Learn how to use the body according to its design and function, forging a new, more sustainable relationship with your own body for optimum wellbeing. People of all ages and fitness-levels are welcome.

**TUESDAYS: FOUR SESSIONS**  
**12TH FEBRUARY, 26TH MARCH,**  
**30TH APRIL, 11TH JUNE**  
**7.00PM – 9.00PM**

£100 if booked by 29th January  
£120 thereafter

## Tai Chi Movements For Wellbeing

John Thorne

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

**THURSDAYS: FIVE WEEKS**  
**21ST FEBRUARY - 21ST MARCH**  
**6.30PM – 8.00PM**

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

## Developing Your Connection To Spirit

Sharon Elliott

QE 15 CPD HOURS

Do you sense that you may have a gift for connecting with the spirit world? Designed for beginners and fledgling mediums, this course will explore what happens to the spirit after death and how we can harness our capability to connect with loved ones. Discover how you can feel your own energy and those of others in the room, as well as learning how to meditate on clearing chakras and auras to expand consciousness.

**SATURDAYS: THREE SESSIONS**  
**23RD FEBRUARY, 30TH MARCH, 27TH APRIL**  
**10.00AM – 4.00PM**

£140 if booked by 9th February  
£150 thereafter

## Reiki Level 2: Okuden

Jo Fellows

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

**FRIDAY 22ND FEBRUARY**  
**10.00AM – 4.00PM**

£150 if booked by 15th January  
£175 thereafter  
10% concession for students/disabled

## 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 23RD FEBRUARY**  
**10.00AM – 4.00PM**

£150 if booked by 15th January  
£175 thereafter  
10% concession for students/disabled

## Quality Endorsed course

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

All our Quality Endorsed courses are marked with

QE

## Accredited course

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

All our Accredited courses are marked with

A

## 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**  
**25TH FEBRUARY – 15TH APRIL**  
**6.30PM – 8.00PM**

£115 if booked by 11th February  
£125 thereafter

## Applying The Tarot

John Down

QE

7.5 CPD HOURS

Do you already use tarot cards and would like to deepen your understanding of them? Ideal for those who already have a basic understanding of the tarot but would like to give realistic and well-founded readings to family and friends, confidently and in a professional manner. You will learn how to apply tarot cards as a source of guidance, as well as exploring other ways to use the tarot.

**TUESDAYS: THREE WEEKS**  
**26TH FEBRUARY – 12TH MARCH**  
**6.30PM – 9.00PM**

£50 if booked by 12th February  
£60 thereafter

## The Chi Rev Workout – Five Energy Exercises For Life

Max Watkins

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

**WEDNESDAYS: SIX WEEKS**  
**27TH FEBRUARY – 3RD APRIL**  
**7.00PM – 8.00PM**

£45 if booked by 13th February

£50 thereafter

10% concession for students/disabled

## Improve Your Resilience And Wellbeing: Practical Steps To Happier Living

Various tutors

QE

22.5 CPD HOURS

Modern living can be demanding and relentless, leaving you feeling exhausted and unable to face the next challenge. Learn how you can support your own wellbeing and develop a toolkit of wholesome strategies to build and maintain resilience in the face of life's ups and downs. Resilient people have a more flexible approach to life, enabling them to adjust better to adverse or changing circumstances. You will leave this course feeling more confident and better equipped to face whatever life has in store for you.

**SATURDAYS : SIX WEEKS**  
**2ND MARCH – 6TH APRIL**  
**(EXCL. 16TH MARCH)**  
**10.00AM – 4.00PM**

**Special Offer – price reduced to £190 one time only!**

## Mini Minds – Mindfulness For Children

Angela Hoskins

Suitable for children aged 6 – 10 who are able to follow instructions and sit quietly for short periods of time. Using fun activities and mindful practices they will learn skills which will help them to fully concentrate on whatever they are doing in the moment, feel more settled and become more aware of their emotions and feelings. Parents are asked to return 10 minutes before the end of the session for a brief summary so you can continue the practice with your child should they wish to.

**SATURDAYS: THREE WEEKS**  
**2ND - 16TH MARCH**  
**11.00AM – 12.00PM**

£21

## Healing From Pain

Claire Seabrook

QE

12 CPD HOURS

Would you like to relieve and understand your chronic pain rather than constantly fighting against it? This gentle course will help you reconnect with your body and emotions in a safe and supportive environment. Bringing together body awareness, mindfulness, trauma work and insights from neuroscience, this course will show you how to ease physical pain and gain insights into the deeper causes. You'll leave with greater confidence in your own healing process and a personal plan for your recovery.

**SUNDAYS: FOUR WEEKS**  
**3RD – 24TH MARCH**  
**10.00AM – 1.00PM**

£115 if booked before 17th February

£125 thereafter



## Reiki Level 1: Healing Yourself, Managing Your Energy

**Janie Whittemore**

This one-day course is suitable for those who would like to manage their own energy more successfully and reduce the chances of fatigue, energy depletion and lack of clarity and drive. Carers, teachers, parents, partners and even pets can benefit from this wonderful art. You'll experience beautiful attunement in which you'll receive the Reiki symbols, plus guided meditations, practice sessions and expert guidance on healing techniques, with a printed manual and Level 1 Certificate to take home.

**FRIDAY 8TH MARCH  
10.00AM – 5.00PM**

£150 if booked by 8th January  
£175 thereafter

## Calm The Mind Chatter

**Kathryn Buxton**

**QE 12 CPD HOURS**

Anxious about something that might not even happen? Our mind chatter focuses on worrying about the future or fretting about the past, causing us to become anxious about things that haven't happened and generating unreliable memories of what did happen. Only in the present moment can we find real peace and this is the gift of mindfulness. This course explores the role of mind chatter, why it happens and how you can change your response to it through mindfulness and meditation.

**SATURDAYS: THREE WEEKS  
9TH – 23RD MARCH  
10.00AM – 3.30PM**

**Special Offer – price reduced to £90 one time only!**

## Modern Energy Tapping Foundation Course

Wendy Beresford

A

Do you care for others whilst struggling yourself? Would you like to learn a simple positive tool to improve how you feel about yourself, and gain more energy to help others? This practical course gives you all you need to boost your own emotional wellbeing and that of your family, children and friends. This foundation-level course, accredited through the Guild of Energytists, enables participants to progress to Master Practitioner training to use with paying clients.

**SUNDAY 10TH MARCH**  
**10.00AM – 5.00PM**

£150

10% concession for students/disabled

## Introduction To Astrology

Graham Boston

QE

12 CPD  
HOURS

What do the alignment of the stars have to say about your life? Astrology is a broad and exciting subject that touches on many areas of life, from our own personalities to the events that shape the world around us. Discover how the pattern of the Sun, Moon and planets at birth reflects your personality, fortune and relationships, and learn how to cast and interpret birth charts for family and friends.

**SATURDAYS: FOUR WEEKS**  
**16TH MARCH – 6TH APRIL**  
**10.30AM – 1.30PM**

**Special Offer – price reduced to £90 one time only!**

## Well Woman Yoga – For Health & Vitality

Jenny Etheredge

Discover how to connect to your body's natural rhythms and cycles to create balance and ease in your life. This health yoga therapy class is filled with inspiration and practical wisdom to support and nourish women in all stages of life. Nurture your feminine Shakti energy and learn how to tap into the power of cyclical patterns to create a sense of vitality, rhythm and flow that will help you to navigate life's ups and downs. Bring a yoga mat and blanket.

**MONDAYS: FIVE WEEKS**  
**18TH MARCH – 15TH APRIL**  
**9.30AM – 11.00AM**

£50 if booked by 28th February

£60 thereafter

## Writing For Wellbeing

Patricia Fleming

Everyone can benefit from being heard and from hearing the stories of others, whether for pleasure, interest or as a therapeutic way of processing a particular difficulty. Guided writing in response to a themed prompt such as a poem, a picture or an object can stimulate imagination, insight and discussion – sharing your writing is always optional. The sessions focus on the feelings expressed in your writing, not the quality of the writing itself, so no previous writing experience is needed or expected.

**SATURDAYS: FOUR WEEKS**  
**23RD MARCH – 13TH APRIL**  
**10.00AM – 12.00PM**

£60 if booked by 9th March

£70 thereafter

10% concession for students/disabled



## 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 30TH MARCH**  
**9.30AM – 4.30PM**

£75 if booked by 16th March  
£85 thereafter

## 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.

**WEDNESDAYS: SIX WEEKS**  
**3RD APRIL – 8TH MAY**  
**6.30PM – 8.30PM**

£115 if booked by 20th March  
£125 thereafter

**Special offer – spread the cost of this course with affordable monthly payments. See page 33 for details.**

## Tai Chi Movements For Wellbeing

John Thorne

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

**THURSDAYS: FIVE WEEKS**  
**11TH APRIL – 9TH MAY**  
**6.30PM – 8.00PM**

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

## 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, makes you feel at peace and reduces stress. By the end of this workshop you will be able to practice Reiki on yourself, your family and your pets.

**SATURDAY 13TH APRIL**  
**9.30AM – 4.00PM**

£129 if booked by 23rd March  
£149 thereafter  
10% concession for students/disabled

## Nutrition And Modern Life

Adam Lloyd

QE

6 CPD HOURS

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

**SATURDAYS: THREE WEEKS**  
**27TH APRIL – 11TH MAY**  
**10.00AM – 1.00PM**

£80 if booked by 13th April  
£90 thereafter

## Introduction To Palmistry

John Down

QE

6 CPD HOURS

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

**TUESDAYS: THREE WEEKS**  
**30TH APRIL – 14TH MAY**  
**6.30PM – 8.30PM**

£50 if booked by 16th April  
£60 thereafter

## Introduction To Creative Writing

Patricia Fleming

Do you have a book in you? Or a play? Or perhaps a beautifully formed haiku? Our stories can take a variety of shapes – short story, novel, poem, radio play, theatre play, screenplay – all of which have their own formats and some basic ‘rules’ that are useful to learn even if you go on to break them! This introductory course aims to give you space to write creatively and explore forms and genres of writing that you may not have thought of trying before.

**WEDNESDAYS: EIGHT WEEKS**  
**1ST MAY – 19TH JUNE**  
**6.00PM – 8.00PM**

£125 if booked by 3rd April

£150 thereafter

10% concession for students/disabled

## 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.

**THURSDAYS: FIVE WEEKS**  
**23RD MAY – 20TH JUNE**  
**6.30PM – 9.00PM**

£115 if booked by 9th May

£125 thereafter

**Special offer – spread the cost of this course with affordable monthly payments.**

**See page 33 for details.**

## 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 learning at The Isbourne.

**SATURDAY 18TH & SUNDAY 19TH MAY**  
**9.30AM – 4.30PM**

£140 if booked by 4th May

£150 thereafter

## Tai Chi Movements For Wellbeing

John Thorne

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

**THURSDAYS: FIVE WEEKS**  
**30TH MAY – 27TH JUNE**  
**6.30PM – 8.00PM**

£75 (plus £10 for support DVD)

£40 for repeating students

# Age 18 - 29?

Fast-track your health and happiness with our new Wellbeing Pass! Sign up for free and enjoy a massive 50% off Quality Endorsed courses and Guest Speaker events - just pop into reception with some ID to get yours!

## Reiki Level 1: Shoden

### Jo Fellows

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

**FRIDAY 31ST MAY**  
**10.00AM – 4.00PM**

£150 if booked by 15th April

£175 thereafter

10% concession for students/disabled

## 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 1ST JUNE**  
**10.00AM – 4.00PM**

£150 if booked by 15th April

£175 thereafter

10% concession for students/disabled



## Writing For Wellbeing

Patricia Fleming

Everyone can benefit from being heard and from hearing the stories of others, whether for pleasure, interest or as a therapeutic way of processing a particular difficulty. Guided writing in response to a themed prompt such as a poem, a picture or an object can stimulate imagination, insight and discussion – sharing your writing is always optional. The sessions focus on the feelings expressed in your writing, not the quality of the writing itself, so no previous writing experience is needed or expected.

**SATURDAYS: FOUR WEEKS**  
**1ST – 22ND JUNE**  
**10.00AM – 12.00PM**

£60 if booked by 18th May

£70 thereafter

10% concession for students/disabled

## Leaving The Past Behind: Healing The Soul

Sharon Elliott

QE

CPD  
HOURS

Could issues from your past be preventing you from moving forward? Develop your capacity to forgive and face the past, opening yourself up to new opportunities. Learn how to retrain your brain to select healthier thoughts, accept the challenges that life throws your way and be more confident in future decision making. You will also get the opportunity to create a 'Life Book' and explore what a new world with healthier beliefs could look like.

**SATURDAY 1ST JUNE**  
**10.00AM – 5.00PM**

£50 if booked by 18th May

£60 thereafter

## 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

1ST – 22ND JUNE

1.00PM – 3.30PM

£80 if booked by 18th May

£90 thereafter

## Well Woman Yoga – For Health & Vitality

Jenny Etheredge

Discover how to connect to your body's natural rhythms and cycles to create balance and ease in your life. This health yoga therapy class is filled with inspiration and practical wisdom to support and nourish women in all stages of life. Nurture your feminine Shakti energy and learn how to tap into the power of cyclical patterns to create a sense of vitality, rhythm and flow that will help you to navigate life's ups and downs. Bring a yoga mat and blanket.

### MONDAYS: FIVE WEEKS

3RD JUNE – 1ST JULY

9.30AM – 11.00AM

£50 if booked by 28th February

£60 thereafter

## Further Steps In Past Life Regression

Lois Hastings

QE 10 CPD HOURS

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

### TUESDAYS: FOUR WEEKS

4TH – 25TH JUNE

6.30PM – 9.00PM

£90 if booked by 21st May

£100 thereafter

## 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.

### THURSDAYS: FOUR WEEKS

6TH – 27TH JUNE

6.30PM – 8.00PM

£75 if booked by 23rd May

£85 thereafter

**Special offer – spread the cost of this course with affordable monthly payments. See page 33 for details.**

## Reiki Level 1: Healing Yourself, Managing Your Energy

Janie Whittemore

This one-day course is suitable for those who would like to manage their own energy more successfully and reduce the chances of fatigue, energy depletion and lack of clarity and drive. Carers, teachers, parents, partners and even pets can benefit from this wonderful art. You'll experience beautiful attunement in which you'll receive the Reiki symbols, plus guided meditations, practice sessions and expert guidance on healing techniques, with a printed manual and Level 1 Certificate to take home.

**FRIDAY 7TH JUNE**  
**10.00AM – 5.00PM**

£150 if booked by 7th April

£175 thereafter

## 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.





## Courses

### COURSES FOR PRACTITIONERS

#### Exploring Different Ways To Teach

Karen Goodson

QE

3 CPD HOURS

Do you currently teach others or plan to in the future? How do you know if what you are teaching is actually being understood by everyone in the group? Explore the difference between training and teaching, and how the teaching methods you use can impact the amount your students understand and retain. Experience different methods of teaching and learning, with the opportunity to reflect on how you currently teach and the effectiveness of the methods you use.

As well as being a multi-dimensional healer, Karen Goodson has worked for many years in Adult Education as a tutor and brings a wealth of experience and warmth to her teaching. Not only does she understand the different ways people learn she also understands the demands of holistic practitioners to lead effective and interesting workshops or courses.

**SATURDAY 23RD FEBRUARY**  
**9.30AM – 12.30PM**

£35 if booked by 9th February  
£40 thereafter  
£30 special rate for Affiliated Members

**SATURDAY 22ND JUNE**  
**9.30AM – 12.30PM**

£35 if booked by 8th June  
£40 thereafter  
£30 special rate for Affiliated Members

## 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.

## Planning A Workshop Or Course

**Karen Goodson**

**QE**

**2 CPD HOURS**

Are you planning your workshops and courses effectively with a range of different learning experiences? Learn how to design your teaching to achieve the most effective outcomes for your students and evaluate the methods you currently use against tried and tested techniques commonly used in the teaching profession.

As well as being a multi-dimensional healer, Karen Goodson has worked for many years in Adult Education as a tutor and brings a wealth of experience and warmth to her teaching. Not only does she understand the different ways people learn she also understands the demands of holistic practitioners to lead effective and interesting workshops or courses.

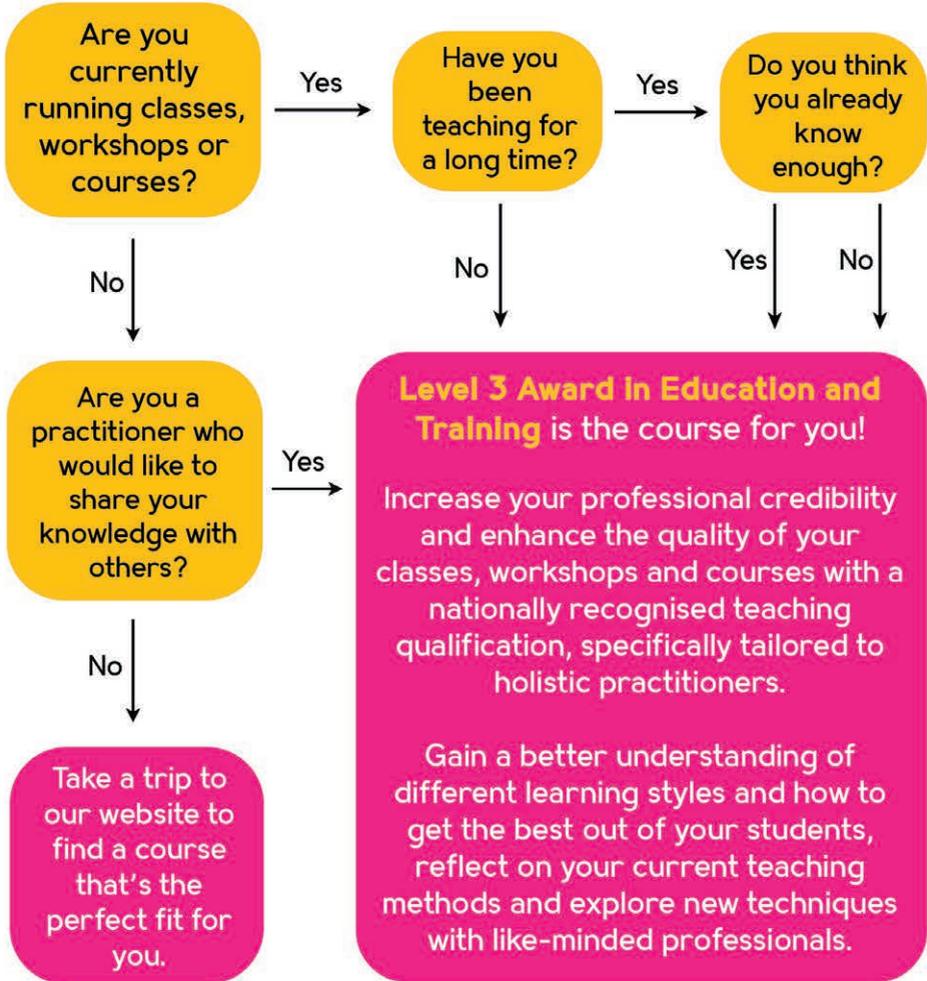
**SATURDAY 23RD FEBRUARY**  
**1.30PM – 3.30PM**

£25 if booked by 9th February  
£30 thereafter  
£20 special rate for Affiliated Members

**SATURDAY 22ND JUNE**  
**1.30PM – 3.30PM**

£25 if booked by 8th June  
£30 thereafter  
£20 special rate for Affiliated Members

# Would you benefit from a teaching qualification?



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

# ARTWORK COMPETITION

The artwork on the cover of this programme was submitted by Winchcombe artist Guy Warner. With so many lovely submissions this time around it was tough to choose a winner, but we couldn't help but be drawn in by the warm colours, sweeping lines and overall style of Guy's painting. We caught up with Guy to find out a bit more about him and his work...

## How would you describe the kind of art you create?

My paintings are mostly colourful landscapes in a bold, graphic style. My art is especially inspired by a number of styles which cropped up in Britain in the early 20th century: I love the free, expressive brushstrokes of the likes of the Bloomsbury set, but am equally drawn to the plain graphic style employed by the poster designers of the 30s. Mostly it's about using flat planes of vivid colour and bold geometric shapes.

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

I'm self-taught - I didn't have any art training beyond secondary school, but I've always been around family and friends who are enthusiastic about art and that has helped to nurture my creativity.

## What media do you prefer to use?

Oil paints are essential! Either on canvas or paper. I dabble with other media but I always come back to oils.

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

I have a small studio at home, a tiny second bedroom which I have commandeered! I work at



a table-top easel, using a palette knife to mix my colours before applying them to the canvas with brushes. I have loads of brushes in my studio but I tend to use the same three small ones on all my pictures!

## Where do you exhibit your work?

I exhibit my originals at Artysan, a specialist gallery in Stow-on-the-Wold and my limited edition prints at Burford Art Gallery.

## What inspires you as an artist?

I'm inspired by the colour and forms in nature: in particular the Cotswold landscape which is so lush and full of great shapes and forms. I love nothing better than late afternoon sunlight and the strong shadows it creates. And I'm almost forgetting dramatic skies, thunderclouds etc. which I can't resist.

## What's the best thing about being an artist?

The chance to share with others the way I see the world. I think colour in particular is so important for our wellbeing and I want to put as much of it out there as possible.

You can see more of Guy's work at [guywarner.co.uk](http://guywarner.co.uk)

SUPPORTED BY



# COULD YOUR ARTWORK BE ON OUR NEXT FRONT COVER?

We're looking for a piece of original artwork to feature on our Autumn/Winter programme cover. Send us your submission on the theme of **Autumn** or **Winter** and you could put your artwork in front of 20,000 people!

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

Email submissions to [art@isbourne.org](mailto:art@isbourne.org) by  
1st February 2019.

See [www.isbourne.org/art](http://www.isbourne.org/art) for more details.



## Holistic Therapies & Treatments

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



### Helene Su

#### **Fusion Bodywork, Somatic Dance, Body-Mind Centering, Mindfulness and Meditation.**

Helene's invigorating yet relaxing fusion bodywork treatments bring together Swedish massage and Thai yoga with reflexology and Reiki if required, whilst her classes draw on her eclectic dance and yoga experience as well as her MA in Dance and Somatics.



### Craig Musty

#### **Life Coaching, NLP, Hypnosis**

Craig draws on his experience of life coaching, hypnosis and NLP (neuro-linguistic programming) to help you move from where you are now in life to where you want to be. He works with individual clients as well as businesses to help them get results and become more successful.



### Angela Hoskins

#### **A Course In Miracles, Laughter For Health, Mindfulness for Children**

The Course In Miracles weekly group run by Angela and Terry Butler help you transform yourself and your life, whilst Angela's laughter and mindfulness classes draw on her experience of meditation and teaching as well as her experience as a qualified holistic practitioner.



## **Ian Banyard**

### **Natural Mindfulness**

Walking mindfully in nature in a small group helps boost wellbeing and helps create a deeper connection with nature, to each other, and with our deeper selves. Author, entrepreneur and trainer Ian leads regular walks for Cotswold Natural Mindfulness.



## **Jo Orsman**

### **Counselling**

Jo, an experienced psychodynamic counsellor, offers short and long-term counselling to treat issues such as bereavement, depression, anxiety and abuse. She also utilises techniques used in CBT (Cognitive Behavioural Therapy), NLP (Neuro-linguistic Programming) and Brief Solution Focused Therapy.



## **Maxine Smith**

### **Boundaries Coaching**

Maxine, an Equine Facilitator for Human Development with 20 years' experience as a youth worker and teacher, works with or without horses to help individuals, parents and young people set appropriate boundaries and thereby create healthy and honest relationships.



## **Andy Tibbs**

### **Vegan Cookery and Nutrition**

Andy is Head Chef and owner of Poco Culina, a plant-based food delivery and catering company. He is a passionate cook and dedicated to passing on his knowledge of plant-based cooking skills and Eastern cooking techniques, which he does by giving talks, running courses and leading live cookery demonstrations.



## **Wendy Beresford**

### **EFT/Tapping, Hypnotherapy, Coaching**

Wendy helps individuals, families, young people, schools, carers, therapists and practitioners learn simple techniques to lower stress levels and increase positivity. Wendy is committed to raising awareness of the need for emotional wellness and for the resilience needed to thrive in our fast-paced society.



## **John Thorne**

### **Massage, Tai Chi**

The experience of profound relaxation through the practices of movement, stillness and touch is the common thread running through the Esalen Massage that John offers his clients and the teaching of Tai Chi Movements for Wellbeing. John also holds a certificate in Medical qigong and is a certified Spiritual Coach.



## Claire Harrison

### **Counselling, Aromatherapy, Indian Head Massage, Energy Healing**

An aromatherapy, IHM or Energy Healing session with Claire allows you to experience the healing power of touch, whilst if you suffer from difficult feelings Emotional Therapeutic Counselling can enable you to acknowledge, understand and release them in a safe and appropriate manner. Claire is also a qualified Energy Healer.



## Derek Hassack

### **Life Coaching**

People in their late 40s and beyond are experiencing a range of challenges that often go unnoticed such as loneliness, redundancy and divorce. If this applies to you Derek can help turn personal or professional crises into new beginnings, liberate your potential and connect with forgotten ambitions.



## Lesley Roberts

### **Mindful Creativity**

Lesley is an experienced coach, teacher and psychotherapist who uses Zentangle® - a pleasurable method of drawing or doodling using repeated patterns - to help you tap into your creativity and develop a calm and mindful focus on the present moment.



## Simon Heather

### **Shamanic Drumming**

Simon is the founder of the College of Sound Healing, has spent time with Native American people in Canada and the USA learning shamanic healing and has taught in many countries. He is also a qualified acupuncturist.



## Nicky Harverson

### **Personal Performance Coaching**

Nicky, who has been described as a 'personal trainer for the mind' offers empowering coaching programmes that support you in achieving your goals and living the life you have always dreamt of.



## Lois Hastings

### **Tarot, Past Life Therapy, Hypnotherapy**

Lois, a tutor on several of The Isbourne's Quality Endorsed courses, aims to help those seeking spiritual guidance and support on their life journey, and assists those who are exploring their own spirituality. She is a firm believer in the Law of Attraction and that what you give out, you get back.



### Margaret Kelly

#### Qigong, Tai Chi

Margaret first learnt Tai Chi Chuan over 25 years ago and taught with the late qigong Master Martin Kelly. Her classes, which combine enjoyable qigong exercises with Tai Chi as well as a walking and standing meditation, are suitable for all ages and help older people with balance and co-ordination.



### Lucy Byatt

#### Psychic Art

Lucy, who has worked in the spiritual and psychic world for 30 years and is author of six books on psychic development, runs experiential courses in which participants use art, colour and visualisation to help connect with their own and other people's Spirit Guides or release blocks from past lives.



### Colin Clark

#### Psychic and Intuitive Skills

Colin teaches what he calls 'innermind' skills in an enjoyable, down-to-earth way to help you improve your insight, awareness and clarity. He has also written an audio course called 'The Practical Mystic – A Guide to Psychic and Intuitive Skills' which takes listeners through a complete introduction to developing 'hidden' abilities.

## SERENE SATURDAYS WITH REIKI ENERGY HEALING

Bring a touch of serenity to your weekends with a Reiki energy healing session from practitioner **Bridget Hooper**. Reiki is a healing technique based on the principle that the practitioner can channel energy into the client to activate the natural healing processes of the client's body and restore physical and emotional well-being. The treatment is given fully clothed and is safe for adults, children, babies and during pregnancy.

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

**12 JAN, 2 FEB, 2 MAR, 6 APR, 15 JUN**

£40 per session

Call reception on 01242 254 321 or book online!





## SERVICES FOR BUSINESS

Alongside its programme of events, The Isbourne also offers a number of services for businesses throughout Gloucestershire and further afield.

---

### Workplace Wellbeing

Most companies understand the necessity of looking after the wellbeing of their workforce, with many already enjoying increased productivity, boosted morale and a decrease in sick days as a result of investment in their staff. We work in partnership with a wide variety of skilled holistic practitioners to develop bespoke workplace wellbeing packages to suit each company's unique requirements.

---

### Head and Foot Massage for Carers of the Elderly

Massage has been shown to hold many benefits for the elderly, including improved circulation, more confidence in their mobility, and better balance leading to less falls. This offers the opportunity for those who care for a living to gain a practical skill that could improve the health of those for whom they care.

---

### Improving The Effectiveness Of Staff Training

An opportunity to give your staff training the hallmark of educational quality with our Quality Endorsement from national awarding body Open College Network West Midlands. As an educational centre, we work with companies to ensure that their internal training courses not only deliver the results they want, but is also training that staff can proudly add to their CVs, thus improving engagement.

---

### Alcohol Awareness

We work with an experienced counsellor and alcohol addiction specialist to develop training designed to help employees recognise the root cause of their addictive behaviour in order to establish a pathway to a non-alcohol dependent life.

**Please contact Julia Ingram on 01242 544 568 or [juliaingram@isbourne.org](mailto:juliaingram@isbourne.org) for more information.**



## SERVICES FOR BUSINESS *update...*

**It's been a very busy year for us as more and more employers come to realise the importance of a holistic approach to staff mental health and wellbeing.**

As a result, our Services For Business team has delivered workplace wellbeing days and individual sessions to a variety of local (and not so local) organisations, including Assured Futures, CCP and Global. 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.

Many of the people who attend our training are trying new things, and so it is especially gratifying that our tutors

consistently receive extremely positive and complimentary feedback after each session. In fact, many participants have been so interested in what they've learned or experienced that they've gone on to attend one of our regular classes or have booked an appointment to see one of our therapists for one-on-one treatment.

We also get asked to attend corporate events and were privileged to be invited to offer the holistic perspective on staff stress and burnout at an NHS staff wellbeing conference in October.

The expansion of our range of staff training courses focussed on more specific issues continues to expand and we have recently developed a programme designed to raise awareness of alcohol addiction and its impact on relationships, both at work and at home.



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

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

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

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

**FIRST FRIDAY  
OF EVERY  
MONTH**

**11AM - 1PM**



## COMMUNITY OUTREACH UPDATE

**Our Community Outreach Service enables us to provide funded wellbeing activities to disadvantaged and vulnerable people who are not able to access classes or courses due to being socially isolated or financially deprived.**

Though our work initially began with female offenders at Eastwood Park prison, our remit has rapidly expanded to work with many other organisations, helping a variety of different individuals and groups to deal with stress, anxiety, anger, negative emotions and trauma through our unique wellbeing programmes. The aim of our projects is always to empower clients with the knowledge and skills to improve their self-esteem, confidence, inner peace and resilience, enabling them to cope with their life situation more positively.

A new venture in 2018 saw us partner with local charity CCP to run several four-week pilot courses on 'Mindset & Positive Change', specifically for people who had been referred by their GP to the Social Prescribing service to enable them to

benefit from non-medical health and wellbeing interventions. Both courses gained very positive feedback from the attendees.

In October we worked with The Alzheimer's Society and ran a successful eight-week course in 'Flowing Movement for Mind & Body' for people with dementia and their loved ones/carers, providing a therapeutic class they could enjoy together based on the Tai Chi Movements for Wellbeing method.

We also teamed up with the people behind Tadstock Youth Music Festival to become their official wellbeing provider! Many of our tutors ran workshops and provided therapies throughout the (rather wet) August Bank Holiday weekend, including morning meditation, family mindfulness walks and belly dance workshops.

**If you are involved with an organisation or group that may benefit from our Community Outreach Service please contact Bonnie Lloyd on [bonnie@isbourne.org](mailto:bonnie@isbourne.org) or 01242 254 321.**

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

# A trusted source of guidance & well-being



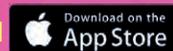
Kindred Spirit magazine combines ancient wisdom with practical advice from contemporary teachers and mind body & spirit authors.

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

Receive Kindred Spirit delivered straight to your door 7 times a year  
**PLUS A FREE BOOK FOR NEW OR RENEWING SUBSCRIBERS!**

[www.kindredspirit.co.uk/subscribe](http://www.kindredspirit.co.uk/subscribe)

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



# Get Your Message Heard

## Become an online expert today

Blisspot is the **online well-being community** of global experts. We would love you to join us.

If you have wisdom to share, through blogs or quotes, or would like to have global clients book online sessions (to supplement your income), then you are in the right place. Blisspot is designed to **promote you and get your message out to as many people as possible.**

If you are interested in becoming a Blisspot expert, create a profile for FREE at Blisspot.com to promote yourself and your business. If you are a **coach, healer, meditation expert, therapist or well-being enthusiast**, join the Blisspot team of experts today.

Well-being | Support | Growth



Blisspot  
Be yourself



EUROPE'S LARGEST SHAMAN ALTERNATIVE SHOP

'ANCIENT TRADITIONS SUPPORTING MIND, BODY & SOUL IN TODAY'S LIVING'

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

"WORKING WITHIN COMMUNITY - FAIR TRADE, SMALL ARTISANS"

"TRADITION, HANDMADE, HIGH QUALITY, HAND CHOSEN"

"JUST A FEW WORDS OF WHO WE ARE".



[www.sacredessence.co.uk](http://www.sacredessence.co.uk) T: 0845 094 9527 E: [info@sacredessnce.co.uk](mailto:info@sacredessnce.co.uk)

# ENERGY HEALING WITH BRIDGET

## RELAX & REJUVENATE

REIKI WORKSHOPS

TREATMENTS  
AVAILABLE

FOR MORE INFO:

[www.blessingsreiki.com](http://www.blessingsreiki.com)

[bridget@blessingsreiki.com](mailto:bridget@blessingsreiki.com)



# Green Key

HEALTH & WELLBEING

Looking for natural, holistic remedies for stomach and digestive disorders, fatigue, memory loss, emotional trauma, aches and pains, recurring colds and flu. . . . ?

**HERBAL MEDICINE • NATUROPATHY • KINESIOLOGY**

**Mobile:** 07880 634819 **Website:** [www.greenkeyhealth.co.uk](http://www.greenkeyhealth.co.uk)

**Email:** [rachel@greenkeypersonaldevelopment.com](mailto:rachel@greenkeypersonaldevelopment.com)

**Facebook:** [Facebook.com/greenkeyhealth](https://www.facebook.com/greenkeyhealth)

## Sunday Morning **Meditation**

*Walking and sitting meditations  
in peaceful surroundings*

Monthly sessions at Toddington Village Hall  
with Kathryn Buxton and Claire Seabrook

[spacious-mind.co.uk](http://spacious-mind.co.uk) or [claireseabrook.co.uk](http://claireseabrook.co.uk)

# Positive Body Coach - Ian Thomas RD



## Nutrition - Movement - Mindset

Do you find making meaningful changes to your lifestyle hard?  
Are you looking for a way out of the diet mentality?

My nutrition mentoring and 12 week coaching packages make changing your behaviours easy. Learn the skills and gain the confidence to continue to take control of your health for good.

Call Ian now for a free consultation to find out how we can work together.  
[www.positivebodycoaching.com](http://www.positivebodycoaching.com) - 07952434427 - [ian@positivebodycoaching.com](mailto:ian@positivebodycoaching.com)

## YOGA THERAPY

With Ruth Henderson-Cash of YOGA WELL  
Yoga Therapist (CNHC registered)

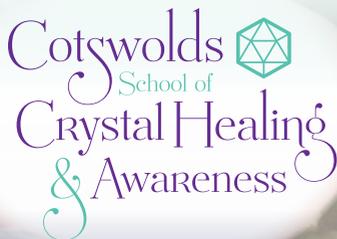
Yoga techniques to support your specific health and wellness goals - recover from an illness or injury, relieve symptoms of an ongoing condition, or release tension and free energy. Ruth will work with you to assess your needs and select yoga practices effective for you.



Take time for you, and book your appointment  
Central Cheltenham location

07702 943593 [ruth.yogawell@gmail.com](mailto:ruth.yogawell@gmail.com) [www.yogawell.biz](http://www.yogawell.biz)

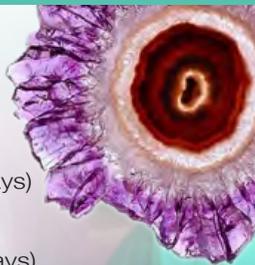
# Do you want to develop your skills and become a Crystal Healing Therapist?



**Foundation Level Y1, P1**  
(5 days)

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

**Diploma Year 2**  
(Certificate level + extra 12 days)



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

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

[WWW • KELLYPEACEY • COM](http://WWW.KELLYPEACEY.COM)

## FRIENDS FINDING LIGHT GROUP

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

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

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

# Aquarius Severn Monthly Astrology Talks

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

Its language of symbols and metaphors enables you to see the underlying meaning behind everyday events and encounters.

The Aquarius Severn Astrology Society has been holding talks on astrology, including our January forecast for the world ahead, since 1981. We meet at The Isbourne on the **first Thursday of the month** between 7.30pm and 9.30pm and all are welcome. Tea/coffee and biscuits available. Ask about our members' and student discounts.

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

**See our programme of events at [www.aquariussevern.com](http://www.aquariussevern.com)**

## ITSA Learning Centre For Hire



**IT SCHOOLS AFRICA**

*Transforming lives through access to e-Learning*

*In addition to our work in Africa we seek to improve digital inclusion services in the UK and enable individuals to learn new skills.*

*As an extension of our technical services to the local community we now have a fully equipped IT learning centre at our office in Cheltenham.*

*The Centre will be available to hire for IT courses and training days.*

*Please get in touch if you would like to find out more – [lucy@itschoolsafrica.org](mailto:lucy@itschoolsafrica.org) or call the number below.*



**[www.itschoolsafrica.org](http://www.itschoolsafrica.org) · 01242 228800 · Registered charity No.1146157**

**IT Schools Africa, Unit 8, Mead Road Industrial Estate, Leckhampton, Cheltenham GL53 7EF**



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

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

### Café Opening Hours

Monday - Friday

9.30am - 2.30pm

# 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](http://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 and the disabled. Please book via telephone or in person and provide proof of entitlement when attending.

## ROOM HIRE

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



## PARKING

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

## CONTACT US

Isbourne House, 3 Wolseley Terrace,  
Cheltenham, Gloucestershire, GL50 1TH  
Registered Charity No. 1051622

t. 01242 254321

e. [info@isbourne.org](mailto:info@isbourne.org)



@IsbourneCentre



Isbourne



the\_isbourne



soul-food.blog



isbourne.org