

MUSIC, DANCE & DRAMA**CHRISTINE POWER** **Strictly Come Line Dancing****D1SS** | 23rd Jul | £6.30 / £5.67 / £3.78 | Wed 10.30 - 12.00pm

Inspired by the TV favourite - a morning of line dancing which uses the rhythms familiar to ballroom and Latin dancing including samba, rumba, waltz and jive. All welcome and no partner is needed.

DANNY LLOYD **Songwriting from Scratch****D2SS** | 21st - 25th Jul | £63.00 / £56.70 / £37.80 | Mon - Fri 10.00 - 1.00pm

A course to stimulate and inspire songwriting using a mix of critical listening, practical exercises and a little theory. No previous singing, instrumental or theoretical experience needed or assumed.

MARK BRECKON **Drama and Improvisation Workshop****D3SS** | 22nd July | £21.00 / £19.00 / £12.50 | Tue 10.00 - 4.00pm**D4SS** | 5th Aug | £21.00 / £19.00 / £12.50 | Tue 10.00 - 4.00pm

Escape the mundane with this enjoyable drama and improvisation workshop. Release your creativity - play theatre games, learn performance skills and storytelling. Explore character, conflict, humour and emotion and be amazed at what you can create in a day. A supportive fun environment. Beginners welcome. Wear comfortable clothing and bring a notepad, pen and imagination.

PERSONAL DEVELOPMENT**JORN HINTZ** **Relaxation Training****G1SS** | 22, 24, 29th Jul, 7, 12 & 14th Aug | £25.20 / £22.70 / £15.10

Tue & Thur 6.00 - 7.00pm

This course will teach simple mental exercise allowing deeper states of relaxation. At the end of the course you will be able to practice Relaxation Training and enter deep states of relaxation in everyday situations.

ALICE HARTLEY **Introduction to Shiatsu****G2SS** | 4th Aug | £21.00 / £19.00 / £12.50 | Mon 10.00 - 4.00pm

A hands-on, practical one day workshop introducing Shiatsu theory and technique. Shiatsu is a form of Japanese bodywork working to both relax and invigorate the body/mind using a combination of stretches, joint rotations, point work and holding techniques alongside classical massage to help alleviate pain and tension in the system. We will study/practice a comprehensive routine for the back for use on family and friends thereafter. Please bring a mat and a cushion and wear loose comfortable clothing.

TERRY DAVEY **Mind, Body and Health****G3SS** | 30th Jul | £21.00 / £19.00 / £12.50 | Wed 10.00 - 4.00pm

Can you literally worry yourself sick? How do stressful life events increase your chances of serious illness? We will be looking at emotions as physiological events and exploring how they might affect your immune system. And, most importantly, what you might do about it all. An exploration starting from recent science and moving on to the personal, the therapeutic and the practical, in a day interspersed with participatory exercises and reflection on our lives.

PERSONAL DEVELOPMENT *continued***GORDON STRONG** **Understanding the Tarot****G4SS** | 21st - 25th Jul | £105.00 / £94.50 / £63.00 | Mon - Fri 10.00 - 4.00pm

A fascinating insight into the secrets of divination. Tarot master's techniques and a personal reading are included in a voyage of self discovery. Please bring Rider-Waite tarot deck cards.

Discover Your Spiritual Destiny**G5SS** | 28th Jul - 1st Aug | £63.00 / £56.70 / £37.80 | Mon - Fri 10.00 - 1.00pm

Your inner self can be revealed through a series of guided inner journeys. This is an enlightening and valuable experience, and one that will change your life - for the better!

MAGGIE STEPHENS **Things Thin People Know****G6SS** | 22nd Jul | £10.50 / £9.45 / £6.30 | Tue 1.30 - 4.00pm

An effective approach to weight management based on psychological and physiological (nutrition and exercise) principles. There will be some physical activity, so wear something comfortable to move in.

Improve your Memory**G7SS** | 23rd Jul | £10.50 / £9.45 / £6.30 | Wed 1.30 - 4.00pm

A basic introduction to memory, followed by a variety of memory improvement techniques.

JOHN SMITH **Oriental Diagnosis****G8SS** | 29th Jul | £21.00 / £19.00 / £12.50 | Tue 10.00 - 3.30pm

An introduction to Eastern approaches to assessing health, including: face reading, pulse, tongue, hand and hara diagnosis. Time will also be given to discussing herbs and nutrition.

Herbs of Power**G9SS** | 5th Aug | £21.00 / £19.00 / £12.50 | Tue 10.00 - 3.30pm

Introducing the use of herbal medicine in world traditions (China, India, North & South America, Europe and The Middle East). How herbs can be used in the treatment and prevention of various health conditions including: - lowered immunity, hormonal imbalance, digestive disorders etc. and lead to a state of balanced health.

CARMEL SHARON **Taijiwuxigong Workshop (Qi Gong)****G10SS** | 6th Aug | £21.00 / £19.00 / £12.50 | Wed 10.00 - 4.00pm

No magic wands just working tools to help understand the physical, emotional, mental and energetic patterns that weave the persona of each individual. Spend a day and give yourself the chance to gain an insight that could help you for your life using ; stillness, movement, voice and breath. For enhanced clarity and hopefully a bit of fun without which it would be pointless. Wear ; yourselves. Bring ; an open mind. Take away ; personal pointers to assist you in your life.