

A Programme for The Festival of Well-being, Meditation and Creativity at Penrith Quaker Meeting house, Saturday 16th March 2024

Festival open 9.30 AM – 5 PM

Workshops run 10.00 AM – 4.30 PM

9.30 – 10.00 AM Arrivals (simple medical consent cards to fill in for those joining the Yoga and/or Mindful Movement Workshops. Both workshops are gentle and for all levels of experience.)

10.00 – 10.15 AM Welcome and Introductions to the day

10.15 – 10.55 AM Hatha Yoga (20 places) **or Mindful Movement** (10 places)

11.15 – 11.55 AM Mindful Meditation (for all)

12.15 – 12.55 PM Chakra Balancing (20 places) **or Macrame** (10 places)

12.55 – 1.55 PM Lunchtime. (Please bring your own packed lunch. Tea and Coffee will be available).

1.55 – 2.40 PM Aromatherapy (for all)

3.00 – 3.45 PM Creative Writing (20 places) **or Felt-crafting** (10 places)

4.00 – 4.30 PM Mindful Listening to a Cello (for all)

4.30 – 5.00 PM Closure and chance to browse gift items on sale with the workshop leaders.

Details of the Individual Workshops

Gentle Flow Yoga with Jane Terrett (Hatha BSYQLS Level 4).

Gentle Flow Yoga is ideal for those new to yoga or anyone who loves yoga as a gentle practice. This class incorporates simple flowing sequences to warm up the body as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

You will need to bring your own mat. I will have four spares. There are simple medical safety cards to fill in beforehand but that won't take long. Just bring yourself and a smile. Namaste

Mindful Meditation and Mindful Movement with Jacci Bulman (Dip. d. Y. Th, CMT).

Meditation

A short introduction to mindfulness as a way of 'being' rather than 'doing', followed by very simple, guided meditation called the 'Hourglass Breathing Space', where we will connect into our bodies and then anchor down into our breathing, before expanding our awareness out into the space, sounds and living world around us.

Mindful Movement

Be guided through the very slow, gentle, 10 mindful movements created by Buddhist monk and teacher, Thich Nhat Hanh, to learn how to become aware of our breathing as we move in a mindful way and begin to follow this great practice which we can use inside, or ideally out in nature, to awaken our joy of being in the moment now.

Macrame with Jill Ware (of Eden Boho Macrame).

Macrame is the art of knotting with cord/fibres to make a textile item, a very mindful craft ... my meditation. We'll make a small item for you to take home, making it all relaxing and enjoyable in the time we have together.

Chakra Balancing and Aromatherapy with Conchita Cameron (Dip Clinical Aromatherapy, Master & Teacher in Angelic, Usui and Holy Fire Reiki).

Chakra Balancing

An introductory talk on chakras, energy vortexes of the body, and how they relate to our various energy fields as well as our physical and mental wellbeing. A short, guided meditation into finding any blocks in our chakras as well as a demonstration of how a blocked chakra can be detected using a pendulum.

Aromatherapy

There will be an introduction to the benefits and uses of essential oils in the home and for personal use. Safe use, contraindications, and methods of application will be discussed. Participants will then have the opportunity to make their own essential oil spray to assist in clearing or activating a chakra, which they can take home with them.

Mindful Creative Writing with Kathleen Jones.

A short, guided meditation to unlock the imagination followed by quiet writing time. The workshop lasts for 45 minutes and will provide a safe, creative space in which to write. Please bring paper and pen.

Felt-crafting with Emma Richardson (B.A in Fine Arts, local artist and craft maker).

In this session you will create a beautiful wool needle-felted angel, to celebrate Spring. All materials will be provided, just come along and enjoy.

Cello Recital with Kenneth Wilson.

Kenneth Wilson is a poet and cellist who normally performs as Highway Cello. On this occasion he will play half an hour of gentle music, during which you are invited to listen mindfully, eyes open or closed, still or moving, as the music leads you.

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The yoga, chakra balancing, and creative writing workshop are for a maximum of 20 participants.

The mindful movement, felt-crafting, and macrame workshops are for a maximum of 10 participants.

An 'Understanding Crystals' workshop is still to be confirmed. If we do have a crystals workshop, the aromatherapy workshop will be for 20 people and the crystals workshop for 10.

These spaces will be given on a 'first-come' basis with names being put down on the session participation sheets upon arrival.

All other workshops are for everyone to attend, if they wish, with 30 places in total.

The timetable may be altered slightly, should the need arise.