

# SPIRIT MIND & BODY TUNE-UP

## YOGA WEEKEND AT HOURNE FARM\*\*

April 23<sup>rd</sup> - 25<sup>th</sup> 2010

FOR BEGINNERS AND EXPERIENCED

WITH GORDON SPENCE, LORRAINE HOUTON & KATHERINE SIMMS

*PLUS Dances of Universal Peace with Ralph Nimmann*

ADDITIONALLY, ROCK CLIMBING AT NEARBY SANDSTONE ROCKS MAY BE BOOKED IN ADVANCE FOR THE SATURDAY AFTERNOON. See booking info for details of fees.

This course will take between 15 and 24 students.

It will begin between 5.00 & 7.00pm on Friday and will finish at 3.30pm on Sunday.



Hourne Farm is a unique venue dedicated to promoting a deeper understanding of life and consciousness and a greater awareness of our true spiritual potential, offering a programme of weekend courses & summer schools in Yoga and esoteric sciences.

It is set in the beautiful and picturesque Sussex countryside.

Accommodation\*\* is in a variety of comfortable & appealing small buildings, each with central heating, hot & cold water, shower & WC.

Food is vegetarian/vegan and special diets can be accommodated if notified when booking.

Individual Sessions of Yoga tuition, Yoga therapy, aromatherapy, head massage, reflexology, crystal healing, reiki, counselling and I-Ching consultation can be arranged at extra cost. See booking info for details.

The Programme includes a choice of two sessions for most of the weekend. You do not have to attend every available session, and may take more free time than is shown on the programme, perhaps to walk, rest or use the library.

The content of sessions will take account of the experience, ability and needs of those present. Hence all are welcome regardless of prior practice of Yoga, or lack of it. You will be encouraged to experience Yoga at the deepest possible level during this weekend.

The Hourne Farm Library has material on a wide range of new age and esoteric subjects. It is available throughout the weekend

**\*\* The Accommodation has been refurbished and extended since the last course with Gordon, Katherine & Lorraine in 2003.**

## FRIDAY

5-7pm	Arrivals, teas & cool drinks available.			
5.00 – 5.40pm	Relaxation and gentle stretches		<b>KATHERINE</b>	-- YOGA HALL
6.00 – 6.40pm	Relaxation and gentle stretches		<b>KATHERINE</b>	-- YOGA HALL
7.00pm	Evening meal	--	--	DINING HALL
8.05-8.20	Silent Meditation at Sunset* followed by chanting – <i>*8.11pm</i>		<b>LORRAINE</b>	-- OUTSIDE or YOGA HALL
8.30 – 9.30pm	Introductory session <i>Introducing each other and what is offered</i>		<b>EVERYONE</b>	-- YOGA HALL
10.00pm	Meditation/ Epilogue	--	<b>GORDON</b>	-- ROUND ROOM

## SATURDAY

5.30am onwards:	Tea & herb teas available.		<b>(Sunrise at 5.46am)</b>	
6.00 – 6.40am	Happy Breaths and Warm-up with dynamic Yoga practices	--	<b>GORDON</b>	-- YOGA HALL
7.00 – 8.00am	Hatha Yoga session		<b>KATHERINE</b>	-- YOGA HALL
	Meditation & Asanas.		<b>LORRAINE</b>	-- ROUND ROOM
8.15 – 8.35am	Light Breakfast			-- DINING HALL
8.50 – 9.30am	Discussion on Karma & spiritual evolution and Purpose of Life		<b>GORDON</b>	-- YOGA HALL
	Creative Visualisation		<b>KATHERINE</b>	-- ROUND ROOM
9.45 – 11.45pm	Asanas & meditation, Creative listening & reflection	--	<b>GORDON</b>	-- YOGA HALL
	Basic Hatha Yoga session <i>breath improvement, spinal work &amp; comfort in sitting postures, relaxation methods</i>	--	<b>LORRAINE</b>	-- ROUND ROOM
12.00pm	Lunch	--	--	DINING HALL
1.00pm	Free time, guided walk, individual sessions			
1.00pm	Depart for rock climbing* <i>optional session</i> (May & July only) – <i>*return at 5.00pm</i>		<b>GORDON</b>	HARRISON'S ROCKS.
3.30pm	Tea	--	--	DINING HALL
4.00 – 5.00pm	Living with your Energy Field	--	<b>LORRAINE</b>	-- ROUND ROOM
	Dances of Universal Peace	--	<b>RALPH</b>	-- YOGA HALL
5.30 – 7.00pm	Approach to the headstand, followed by mantras & pranayama - <i>posture, sound,</i> <i>mind &amp; breath for energising, also absent &amp; present healing</i> Deep Meditation for World Healing		<b>GORDON</b>	-- ROUND ROOM
5.20 – 6.00pm	Aerobic Yoga	--	<b>KATHERINE</b>	-- YOGA HALL
6.20 – 7.00pm	Deep Relaxation & gentle stretching		<b>LORRAINE</b>	-- YOGA HALL
7.15pm	Evening meal	--	--	DINING HALL
8.09 – 8.15	Short Silent Meditation at Sunset ( <b>8.12pm</b> )	--	<b>GORDON</b>	-- AT TABLE or OUTSIDE
8.35 – 9.45pm	Dances of Universal Peace or Shared Readings and Music	--	<b>RALPH</b>	-- YOGA HALL OASTHOUSE LOUNGE
10.00 – 10.30pm	Meditation / Epilogue		<b>KATHERINE</b>	-- ROUND ROOM

## **SUNDAY**

*Don't think about travelling or packing until this afternoon,  
or your mind will travel away from your Yoga practice!*

### **ALL IS WELL AND ALL SHALL BE WELL**

5.30am onwards:	Tea & herb teas available.		<b>(Sunrise at 5.44am)</b>		
6.00 – 6.40am	Happy Breaths and Warm-up with dynamic Yoga practices	--	<b>GORDON</b>	--	LIBRARY
	Dances of Universal Peace		<b>RALPH</b>	--	YOGA HALL
7.00 – 8.00am	Hatha Yoga session		<b>KATHERINE</b>	--	YOGA HALL
	Meditation & Asanas.		<b>LORRAINE</b>	--	ROUND ROOM
8.15 – 8.45am	Light Breakfast			--	DINING HALL
9.00 – 10.00	Balance in Life		<b>LORRAINE</b>	--	YOGA HALL
	Channelling from Heaven & Earth		<b>KATHERINE</b>	--	ROUND ROOM
10.15 – 11.45	A Journey Through the Chakras	--	<b>KATHERINE</b>	--	ROUND ROOM
	<i>a sequence of asanas to make all the chakras glow</i>				
	Dances of Universal Peace		<b>RALPH</b>	--	YOGA HALL
12.00pm	Lunch	--		--	DINING HALL
1.00 – 1.40pm	Asanas for grounding, Yoga Nidra – deep, very deep relaxation,		<b>LORRAINE</b>	--	YOGA HALL
	Time for a short walk.				
1.50pm	Feedback sheets & travel arrangements				
	<i>– filling them in &amp; arranging lifts --</i>	--	<b>EVERYONE</b>	--	YOGA HALL
2.10pm	<b>Packing time</b>				
2.40 – 2.55pm	Concluding Session: Farewell Dance of Universal Peace		<b>RALPH</b>	--	YOGA HALL
3.00pm	Tea & cake!	--		--	DINING HALL
3.30pm	<b>“Homeward bound”</b>				

***GO CAREFULLY! GO IN PEACE!***

***P.T.O.***

## ABOUT THE TUTORS & THERAPISTS

### GORDON SPENCE – Yoga, Counselling & psychotherapy, Spiritual guidance, I-Ching.

“I began Yoga at the age of 13 and it continues to transform my life. I am pleased and privileged to be able to give something back by teaching Yoga to others. Yoga led me to physical and spiritual competence. As a result I have been able to enjoy, organise and instruct outdoor activities in a 12-year project in the Probation Service. I have also held “Inward Bound” courses - Yoga and mountaineering, living in the mountains. My spiritual practice and path are sustained by Yoga and by being a Quaker.

“To my utter amazement, my first Yoga teacher Robert Leyshon-Hughes said that I too should teach Yoga. I joined the Centre Community, which practised spirituality in communal living. Here I was both teacher and student and in 1978 my study under Malcom Strutt led to a B.W.Y. Teaching Diploma. “While teaching at the London Sufi Centre in 1983, I met my future wife Cathy and we married two years later. We have a fifteen-year-old son Alasdair.

“In 1989 I undertook training in psychotherapy on a (B.A.C. accredited) 3-year diploma course: “Spiritual Dimensions of Psychology”. I now offer counselling and mixed sessions of counselling and Yoga tuition to individuals and I teach 11 hours of Yoga classes per week in my School of Yoga. I am convinced that Yoga practice should touch the whole human being and link the individual with the universal. In practical terms this means I include as many aspects of Yoga as possible and encourage people to go beyond their original reasons for practising Yoga. I work with individuals as well as the group.”

### KATHERINE SIMMS - Yoga, Crystal healing, Reflexology.

Katherine began her spiritual search in her teens by studying theosophy and practising meditation. She explored Yoga in earnest while at Leeds University where she also gained an Arts Degree. Although she worked in various government departments, her real interest lay in the spiritual practices of Yoga and healing. In 1989 she qualified as a Reflexologist and escaped from her nine to five routine.

After working with various types of Yoga teacher – from Iyengar to Vini – and having taught part-time in adult education centres and privately for some years, she gained her British Wheel of Yoga Teaching Diploma in 1998. Because she has experienced strength, joy, peace and inspiration from her own Yoga practice, she wishes to share this with her students.

Katherine likes to experiment with different approaches in her Yoga teaching. She does not believe there is any one perfect form of Yoga, but that the approach should be varied to meet the needs of different students. From her own experience she feels that Yoga is a spiritual discipline very much concerned with deep transformation in the individual. She is consequently not happy to see Yoga presented just as a physical exercise system or to see it sold short in the “don’t mention the Chakras” approach. Yoga is not a sport and she agrees with the many teachers who are unhappy that the Wheel of Yoga is affiliated to the sports council.

As Katherine’s approach to Yoga is that it is an unique system of energetic integration, it was natural for her to explore vibrational medicine. In addition to her reflexology she studied Crystal Healing and qualified as a Crystal Healer in 1996. She believes that total health can only be achieved when each of us is “in Yoga” - body, mind, emotions and spirit uniting or yoking with the divine energy of God.

### LORRAINE HOUTON – Yoga, Reiki, Massage, Indian Head Massage

“I first began Yoga at an evening class aged sixteen which I attended for a term. I came back to it later in my life. I am moved by the way that it begins wherever you are and affects the physical, mental, emotional and spiritual elements. It resonates with my inner self and the time I spent training to become a British Wheel of Yoga teacher (my tutor was Val Field) was a wonderful period of growing.

“Teaching a class is a special experience for me. As well as the B.W.W. diploma, I have a certificate of education and taught in the state school system later gaining a B.Ed degree and an M.A. I have an I.T.E.C qualification in Anatomy, Physiology and Massage; have done Indian Head massage, completed two workshops in Zero Balancing and received Reiki Levels 1 and 2. I have done the stage 1 Viniyoga course (with Gill Lloyd). I have recently resigned from my job as a Deputy Head teacher in the Infant department of an inner city Primary School where I was particularly interested in developing self-esteem (children and adults). I still love to teach, but feel called to do this in other fields and I am honouring that. I am interested in energy and the ways we can encounter it e.g. sound, breath work, silence. I am heartened at the way we all seem to be waking up to the realisation that we are spirits having a physical experience.”

### JANET HASWELL – Aromatherapy

“I have been practising Aromatherapy since the early 90's.

“I work with emotionally based problems and many physical problems have their roots in emotional traumas and difficulties. The body has a good memory, though we often find that some of our emotions are just too sensitive to handle at an early age so they tend to get hidden deep within. Any contact of a deeper nature be it yoga, or massage etc will often release some of these deep and hidden memories. Usually this is because the individual concerned is now ready to work with issues raised, even though they may not think so at the time.

A yoga weekend retreat is such an occasion as the individual concerned, will be surrounded and supported by others who can help them in some way or other.

It may just be the tip of the iceberg or it may be some final reconciliation that is in progress, either way this special environment will give people the chance to explore and release emotions. In this way the individual will feel a sense of release and relief and the awareness that they can pick up their lives and move forward.

I use lymphatic drainage massage, which is quite a light touch, but experience has shown that often the lighter the touch the deeper one can go inside and release.

Lymph drainage helps the lower extremities in particular, as that area is furthest away from the pumping heart.

***P.T.O.***

**BOOKING INFORMATION**

*Hourne Farm is near Crowborough, East Sussex. The nearest station is Eridge and lifts from Eridge to Hourne Farm are easily arranged. Travel information about local train times and routes for car drivers will be sent to you when your booking is confirmed.*

*The fee for this course, including full board, will be £195*

*Optional Extras: £25 if you want to book rock-climbing.  
The fee for individual sessions booked during the weekend will be £20 per nominal "one-hour" session.*

*Deposit is £65 for the course, or £90 for course and rock climbing.*

*The balance is £130*

**PLEASE FILL IN THE APPLICATION SLIP BELOW AND RETURN IT WITH YOUR DEPOSIT.**

**Please make your cheque payable to G.Spence.**

*This will secure your place on the course, subject to availability. If there is no place available, you may have your deposit returned or held temporarily to reserve a waiting list place.  
When your place is confirmed, the balance must be paid no later than 3 weeks before the event.*

*If you have any questions, please 'phone, write or Email:  
Tel.020-8657 -3258, best time 10.00-10.30am Monday - Friday.  
Email: g.spence@schoolofyoga.co.uk*

**WHEN YOUR APPLICATION SLIP & DEPOSIT ARE RECEIVED, YOU WILL RECEIVE AN ACKNOWLEDGEMENT, & BOOKING CONFIRMATION SUBJECT TO AVAILABILITY OF PLACES.**

**TWO WEEKS BEFORE THE WEEKEND, FULL TRAVEL INFORMATION WILL BE SENT TO YOU TOGETHER WITH A COMPREHENSIVE REGISTRATION FORM FOR FURTHER DETAILS OF YOUR HEALTH, YOUR REQUIREMENTS FOR DIET, ACCOMMODATION etc.**

Please cut here and send with your deposit.

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**APPLICATION SLIP**

I WISH TO PARTICIPATE IN THE WEEKEND YOGA COURSE,  
April 23<sup>rd</sup> - 25<sup>th</sup>, September 3<sup>rd</sup> - 5<sup>th</sup> (delete as appropriate)

FIRSTNAME(s)..... SURNAME.....

ADDRESS .....

.....

.....

'PHONE NUMBER(S):

DAY..... EVENING.....

MOBILE/OTHER ..... E-MAIL .....

I ENCLOSE A DEPOSIT £65.00 / £90 (£90 to book rock-climbing)

*Please make your cheque payable to G.Spence.*

SIGNATURE ..... DATE .....

**FOR OFFICE USE**

**SEND TO:**  
GORDON SPENCE,  
SCHOOL OF YOGA,  
22, OLD FARLEIGH RD.,  
SOUTH CROYDON,  
SURREY CR2 8PB