

# International Hermeneutic Society, Tan y Garth Hall

The Love of God - The Dignity and Brotherhood of Man - The Responsibility of the Individual

## Events Programme August 2017 – March 2018

PLEASE NOTE DATE CHANGES AND NEW EVENTS

### Saturday 19<sup>th</sup> August

#### An Introduction to Wild Goose Qigong

**Sheila Taylor**

"Wild Goose Qigong 1<sup>st</sup> 64 (Dayan Qigong) is well known for its lovely, graceful, flowing movements which are suggestive of an innocent and carefree wild goose.

It has been practiced for nearly 2000 years, the movements are designed to nourish our qi, and balance its flow round the body. The movements are outwardly gentle and graceful and inwardly powerful. You can find more information on [www.wildgooseqigong-uk.com](http://www.wildgooseqigong-uk.com)



They can be adapted for various levels of physical ability, and can even be performed sitting on a chair. All you need is to wear loose, comfortable clothing, and flat shoes, or socks, or bare feet.

Come and discover how Qigong can improve your health and well-being – join us to learn these beautiful, relaxing, health giving exercises."

I have been interested in the work of Eugene Halliday nearly forty years. I have been practicing Wild Goose qigong for twelve years, and teaching for four years. I am continually refining my own qigong through my own practice, and with our group in Greater Manchester. You will find our lineage described on the wild goose website

### Saturday 9<sup>th</sup> and Sunday 10<sup>th</sup> September

#### Working Weekend/Skills Sharing (shared catering)

A weekend involving practical work like grounds maintenance and work inside the hall.

This is a shared catering weekend where basic food will be provided.

Participants will need to bring their own sheets and towels.

Due to its practical nature and the help given there is no charge for this weekend.

### Friday 15<sup>th</sup> - Sunday 17<sup>th</sup> September

#### Mythology and the Hero's Journey in Film

**Derek Murray**

This talk was originally given earlier this year and was very well received. It is being repeated by request and expanded into a weekend event.

Since before recorded history began we have been telling ourselves stories as a means of preserving culture and passing on wisdom from generation to generation. Some of the most profound stories come down to us in the form of myths embedded into popular culture. With reference to the work of Joseph Campbell and Christopher Vogler and including an analysis of "The Matrix", this event will explore the Hero's Journey mono-myth in contemporary popular cinema.

Derek Murray is a professional filmmaker with experience of both the UK and Hollywood film industries who currently works as a senior lecturer in VR Media, Film and Television production at Edge Hill University Ormskirk.

### Saturday 30<sup>th</sup> September

#### The Healing Power of Yoga

**Kate Knowles**



The day will consist of flowing yoga sequences, postures to bring strength and flexibility, breathing practices, meditation and relaxation to restore and revitalise. There will be plenty of opportunity to rest if required, and more challenging posture work for those who wish to work a bit harder!

Kate qualified as a British Wheel of Yoga teacher in 1997, and has since undertaken further training in Yoga for People living with Cancer and Yoga for Healthy Lower Backs. She runs weekly classes in West Kirby and at Maggie's Centre at Clatterbridge Hospital.

### Saturday 14<sup>th</sup> October

#### The Tibetan Book of the Dead or Bardo Thodol

**Dr Alan Roberts**

Is there a greater gift of charity you can give than helping a person to die well.

Bardo – The intermediate or between state.

Thodol – Liberation through understanding.

So we could say it is a Liberation of our consciousness from the mesh of life through the consideration or understanding of or in the nature of the between state.

It is reputed to have been written in the 8<sup>th</sup> Century by the legendary Padmasambhava, and buried, hidden, until rediscovered by one Karma Lingpa in the 12<sup>th</sup> Century and used continuously since that time.

The Book we call the Tibetan Book of the Dead is only 3 of the some 42 books in the complete cycle of writings. The pace of our lives is so hectic that the last thing that we have time to think about is death. We smother our secret fears of impermanence by surrounding ourselves with more and more goods, more and more things, more and more comforts, only to find ourselves their slaves. All our time and energy is exhausted simply

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maintaining them. Our only aim in life soon becomes to keep everything as safe and secure as possible. When changes do happen we find the quickest remedy [. . .] so our lives drift on unless a serious illness or disaster shakes us out of our stupor.' [T.B.L.D.trans Evans - Wentz p18.]

The day will involve considering the nature of this valuable book and the insights it can give as presented through the work itself and the responses that it has stimulated in other thinkers, such as J B Priestly, T S Eliot CG Jung and Eugene Halliday.

**Friday 20<sup>th</sup> - Sunday 22<sup>nd</sup> October**

### **The Art of Screenwriting - A Practical Introduction**

**Derek Murray**

This weekend aims to introduce new writers as well as established writers in other forms, to the art and craft of screenwriting. It will cover the fundamental elements of Script Format, Story Structure, Character Development, Setting, Dialogue & Subtext, Scene Writing, Re-writing and Layering. The course will include writing exercises for which no previous experience will be necessary. By the end of the weekend participants will have received the fundamental tools necessary to start writing their first short film script. These tools will provide a sound basis on which to develop as a screenwriter through further study and practice including follow-up events at Tan y Garth Hall.

Derek Murray is a Senior Lecturer in VR Media, Film & Television Production at Edge Hill University Lancashire where he is module leader for screenwriting across all of the Media Department's production programmes.

**Friday 3<sup>rd</sup> – Sunday 5<sup>th</sup> November**

### **An Introduction to Homeopathy and Bach Flower remedies**

**Andrew Berwitz**

Andrew is a practicing Homeopath and is a long standing member of the IHS.

**Saturday 18<sup>th</sup> November**

### **Sacred Drama**

**Dr Alan Roberts**

We will be working firstly in experiencing the complex relations and alignments within the family web and the influences acting across generations, between siblings and in differing contexts and roles. Often these meaningful patterns and actions are held or fixed between individual positions and places; perhaps once they were intensely necessary but now they can be dysfunctional and impede any new movement and progress in life. Our work, with the help of others, is to become aware of these alignments and to release or re-align them.

Awareness of family networks and resonances may be already moving in you, and presenting relational issues for you to see more clearly and to work with. We will not all be able to do our exercise in this one day, but we will be involved in others that will meaningfully connect with our own networks. Some sessions only seem to take minutes, some hours, as those of you know who have worked in this way before, but always they are meaningful to all observing and involved.

Please dress in layers [the hall should be warm] that allow for movement [loose pants, sweaters and thickish socks are usual].



Alan was born in Liverpool in 1950 and attended with steadily increasing age and mounting sagacity, Madeley College, and the Universities of Keele and ultimately Liverpool. The subjects that he talks on are ones that he finds particularly valuable or fascinating – and often both – ranging through subjects or authors as the Perennial Philosophy, Shakespeare, or Patanjali, to the Tibetan Book of the Dead and Finnegans Wake. Each of these are chosen for various reasons that he attempts to explain within the talks themselves most of which are freely available at [alanroberts.org](http://alanroberts.org). The mainspring of the all talks here are the ideas he gained from his friendship with Eugene Halliday.

**Friday 1<sup>st</sup> - Sunday 3<sup>rd</sup> December**

### **The Practice of the Presence of God**

**Carol Richards**

A weekend retreat studying and reflecting on the practical application of the writings of Brother Lawrence in the light of the works of Eugene Halliday.

How relevant are the writings of a 17th Century devout monk and a 20th Century Artist and inspirational teacher to our current existence?



With the growing interest in the practice of 'Mindfulness' in our contemporary world have we witnessed another renaissance of thought around an age old concept. Does the practice of the presence of God = 'Mindfulness' with heart?

Please bring loose comfortable clothing for meditation and gentle movement.

After studying with the Shivananda school of Yoga in India Carol gained a teaching certificate with the International Yoga Fellowship. Whilst teaching on the Wirral she then formed a link with the IHS and its founder Khen Ratcliffe in the late 1970's.

A long standing member of the IHS, Carol has taught The Art of Yoga, Stress Management and related subjects over the years.

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**Sunday 17<sup>th</sup> December 12pm to 5pm**

**Members Festive Gathering and Film Screening**

**Derek Murray**

Bring food to share (there is no charge for this event but donations are welcome).

**Saturday 3<sup>rd</sup> February 2018**

**The Art and Science of Adapting Yoga Practice to Enhance Mobility and Sporting Performance. A Physiotherapist's Perspective.**

**Siobhan Miller**

This one day workshop focusses on applying precision in the fundamental practice of yoga movement, based on individual needs to enhance mobility and sporting performance.

The workshop is intended to accommodate participants with a wide variety of needs and abilities in performing yoga – indeed a mix of individuals with differing physical natures will help us explore how we can adapt various postures to accommodate such differences.

The underlying theme is that achieving excellence in the performance of fundamental yoga postures is more demanding and valuable than sub-standard performance of more advanced technical postures.



Siobhan is a qualified physiotherapist and sees Yoga as integral in her treatment for a range of injuries and their prevention. This is based on personal experience following a skiing accident, in which she needed to make some big changes to the way in which she took care of her body to prevent future injuries.

Siobhan has a passion for the outdoors, is a qualified mountaineering instructor and has a particular interest in adapting yoga practice to individual's specific needs for enhanced mobility and accommodation of sporting interests.

For more information visit <http://www.equinoxactive.com>

### Booking for All Events

Reservations will only be confirmed on receipt of a non-returnable deposit of £50 for Residential Weekends and £20 for One Day Events.

**Will everyone include their: full name, address, phone numbers and email address in all correspondence.**

The balance is due, at the latest, 14 days before the course.

Places are limited so please book early. Most bedrooms are shared. All only contain single beds.

Cheques to be made payable to I.H.S. and send your booking to:

International Hermeneutic Society

Tan y Garth Hall,

Pontfadog,

Llangollen,

Clwyd.

LL20 7AS

### Residential Weekends

Members £150 (Annual Membership is £45 UK, £55 Non UK.)

Non-members £170

Arrival no earlier than 7.30pm Friday night. No formal evening meal. Sandwiches and drinks will be provided.

All courses will begin at 8.30pm on Friday.

Departure by 4pm Sunday.

IF TRAVELLING BY CAR PLEASE BRING YOUR OWN SHEETS OR SLEEPING BAG.

PLEASE LET US KNOW WHAT YOU INTEND TO BRING.

All meals are provided.

### One Day Events 10am – 5pm

Members £55

Non-members £65

Morning coffee on arrival, lunch and afternoon tea are provided.

### Afternoon Events 2pm - 4.30pm

This event costs £15 for all. Afternoon tea is provided.

### All Events

All food is strictly vegetarian.

Please notify us of any special dietary requirements when booking.

To help prevent staining the carpets, please bring a change of footwear for indoor use.

[www.hermeneutic.co.uk](http://www.hermeneutic.co.uk)

For further information and booking phone 03003021936 (local rate) or email [info@hermeneutic.co.uk](mailto:info@hermeneutic.co.uk)