

International Hermeneutic Society, Tan y Garth Hall

Events Programme January 2019 – May 2019

Sunday 27th January 2.00 PM

Annual General Meeting

Members only. If possible please let us know if you plan to attend.

Friday 22nd – Sunday 24th February

PATHWAYS TO SPIRITUAL HEALING

John Bailey, Alan Roberts & Pip Waller

Part of series of weekends in which people share their experiences of various pathways to self-healing through spirit, exploring how we can become active agents in our own healing process. Presenters during this weekend will provide insights into the healing aspects of Diet, Sacred Drama, Group Healing, Yoga and Plant Spirit Medicine. Experiences and understanding are shared in relaxed, informal sessions through talks, practical work and questions and answers. Please bring suitable clothing for gentle yoga postures/deep relaxation and for walking in the gardens and woods.

John Bailey has been involved with Tan-y-Garth Hall for over 45 years where he was introduced to Eugene Halliday's work by Ken Ratcliffe. Through his own experience of cancer he has widely researched and successfully applied dietary based remedies on his journey back to health which he documented and freely shares with others who may benefit from his experience.

Alan Roberts has been involved with Tan-Garth-Hall since its establishment in the early 1970's. Originally mentored by Eugene Halliday he teaches a range of subjects including yoga, perennial philosophy and Sacred Drama (a means to gain understanding of relationships) to classes across the North West. He currently leads a spiritual healing group that meets regularly on the Wirral.

Pip Waller is based in Llangollen where she practices as a qualified Medical Herbalist and Plant Spirit Medicine healer, which she studied under renowned international teacher Eliot Cowan and is a meld of earth-based shamanic healing and the Five Element diagnostic paradigm from classical Chinese medicine. She is also an experienced teacher and a writer. Her books include "Holistic Anatomy" (2010), "The Herbal Handbook for Home & Health" (2015), "The Health and Beauty Botanical Handbook" (2018) "Deeply Holistic" (2018) and the forthcoming "Touched by Nature - Plant Spirit Medicine Journeys" (2019) co-authored with Lucy Wells (out April 2019).

Costs including accommodation and all meals (12 places)

Non-members £170

Members £150

Costs including all meals but excluding B&B accommodation (6 places)

Non-members £110

Members £95

N.B. Early booking is recommended as the previous event in this series sold out.

Friday 8th – Sunday 10th March

WILD GOOSE QIGONG

Including a look at the Daoist approach to health and well being.

Shelia Taylor

Sheila has been learning Wild Goose qigong since 2005, and recently visited China to learn from the present Grand Master Chen Chuan Gang. She says "We will be learning some of the 1st 64 movement set, together with a meditation exercise. We will also look at some of the underlying theory about qi, the meridian system, and the 5-element system to aid deeper understanding of the form. The graceful, enjoyable movements help to restore balance, stimulate and relax the

body, mind and emotions, nourishing and supporting all the body systems. The movements can be adapted to any level of physical ability.

Wild Goose qigong dates from the Jin Dynasty 1700-1800 years ago. Daoist Masters from the Kunlun Mountains, in south-west China, observed the geese on their annual migration high over the Himalayas. They copied their movements, integrating into them their knowledge of the circulation of qi (vital energy) in the body. It was passed down through many generations, but was withheld from the general public until 1978. Then 27th lineage holder Grand Master Yang Mei Jung (1895-2002) decided to teach this ancient Qigong practice and share its healing benefits to improve the quality of life of all people."

Previous experience of the practice of Qigong is not necessary to attend this event. The course will embrace all levels of ability and experience.

Costs including accommodation and all meals (12 places)

Non-members £170

Members £150

Friday 22nd – Sunday 24th March

WORKING WEEKEND

The working weekends are always enjoyable and fun occasions where old friends and new come together to achieve practical goals working on Tan-y-Garth Hall and its grounds. A wide range of skills are always needed from gardening and wood cutting to cooking, building, decorating, sewing or just labouring. Event is open to all with accommodation and food provided for free.

Friday 26th - Sunday 28th April

THE POWER OF SOUND

June Meagher

Sound healing is the therapeutic application of sound frequencies to the body/mind of a person with the intention of bringing them into a state of harmony and health. Explore the many facets of sound healing in this residential weekend workshop with June Meagher comprising talks, discussions and practical exercises that anyone can do. Learn to tone your body using the greatest instrument you will ever have - your own voice. Take a mindful walk in beautiful countryside and discover your own sound that resonates with you. Discuss why mantras are repeated 108 times, why some sounds heal and some harm, why your name is so important. Create your own mantra and join in the singing of sacred chants from around the globe. Select an instrument and create rhythms that are fun and beneficial to your physical, mental and emotional wellbeing. Enjoy sound baths and stillness and, above all, live in the moment.

Please bring suitable clothing for gentle activity and for walking outdoors.

June Meagher has been healing since she was a child and has studied various modalities including Spiritual, Energy, Reiki and Sound. She has taught a range of holistic workshops and courses around the UK for over 20 years. All funds raised go towards holding a free holistic exhibition with speakers and over 100 exhibitors which she organises every year in Shropshire. June studied sound healing under Simon Heather founder of the UK College of Sound Healing as well as Tim Wheater, Sheila Whittaker and Mike Barron. A former Director of The Healing Trust, June was also a founding trustee of Sound4Healing, a charity set up alongside the College of Sound Healing to fund research into Sound Healing. She released her first Sound Healing CD in 2009 entitled Journey of the Soul, 7 piano pieces with Maria Giles and Susan Raven, each piece created in the key and characteristics of the 7 major chakras. Some of her work is available for free download from SoundCloud or via her website www.amarhealing.co.uk.

Costs including accommodation and all meals (12 places)

Non-members £170

Members £150

Costs including all meals but excluding B&B accommodation (6 places)

Non-members £110

Members £95

Saturday 4th - Monday 6th May

MEMBERS FAMILY & FRIENDS SPRING RETREAT

Turn off, tune out and reconnect with your family and friends over a two day Spring Bank Holiday, self-catering weekend in the peaceful Ceiriog Valley. Using Tan-y-Garth Hall as your base there are many interesting places and activities available nearby including; the World Heritage Site of Thomas Telford's Chirk and Pontcysyllte Aqueducts, the National Trust properties of Chirk Castle and Erdigg, the ruins Castell Dinas Brân and Valle Crucis Abbey, Offa's Dyke long distance pathway, hill walking, cycling, horse riding, canal boating, steam trains, white water rafting, swimming, fishing, quad biking and many other outdoor pursuits. More information about these available on request.

This event can only be booked on a per room basis by members who may bring family members and friends with them. The prices work out from as little as £22.50 per bed per night and include exclusive use of the room booked (door key provided), in-room tea and coffee facilities, bed linen, shared use of bathrooms, toilets, library, large kitchen, small dining room, the veranda, gardens and grounds.

Room no. 6 (2 single beds) £100 for 2 nights

Room no. 4 (3 single beds) £150 for 2 nights

Room no. 5 (4 single beds) £180 for 2 nights

N.B. Bookings are subject to availability.

Additional nights can be book at £20 per person on request. Please call 0300 302 1936.

Please note that all bookings and payments can be made via the website.

www.hermeneutic.co.uk

If you have any questions regarding booking please email info@hermeneutic.co.uk or call 0300 302 21936 (local rate).