

International Hermeneutic Society, Tan y Garth Hall

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

Events Programme April 2018 – December 2018

Saturday 5th – Monday 7th May

**Exclusive Members Friends & Family Weekend
Bank Holiday Accommodation Weekend (2 nights)**

Ever thought of spending some time at the Hall to take in the atmosphere and either relax or explore the beautiful countryside in and around the Ceiriog Valley without the need to be attending a specific I.H.S. event. We are exclusively offering members the opportunity to spend a bank holiday weekend at the Hall with friends and family on a self-catering basis. There are three rooms available:

Room number 6 with 2 beds. £100 for the weekend (£50 per night per room)

Room number 4 with 3 beds £150 for weekend (£75 per night per room)

Room number 5 with 4 beds £200 for weekend (£100 per night per room)

Price includes shared use of the library, catering kitchen and dining room

Booking subject to availability.

N.B. Extra nights can be added on request. Please call 0300 302 1936.

Friday 18th – Sunday 20th May

**Veda, Vastu, Yoga: The Vedas in Theory and Practice
Peter and Gina Westbrook**

Veda means knowledge. Knowledge of a very special kind.

Orthodox Indian theologians refer to the Vedas as śruti ("what is heard") literature. The Vedic hymns were divinely revealed to the ancient sages known as rishis. In essence, the source of the Vedas is consciousness itself and the study of the Veda therefore is the study of consciousness itself. From this central science, Vedic literature branches out to such fields as medicine (Ayur Veda), music (Gandharva Veda), and Architecture (Sthapatya Veda, or Vastu).

This course will be of interest to anyone interested in science, music, interior design and/or spiritual development. It will consist of an in-depth discussion of vedic literature relating this to Peter and Gina's own professional specialisms in music and interior design. Peter will discuss his research into Gandharva Veda and its relationship to both Ayur Veda (medicine) and the Western tradition of the Music of the Spheres. Gina will discuss her investigation into the interior design of a Vastu home. Vastu being the Vedic science of architecture which provides the universal principles of design to bring the beneficial influence of the laws of nature to human life.

Peter Westbrook holds a Ph.D. in Musicology and has taught Transcendental Meditation since 1969. He was a founding faculty member at Maharishi International University and is the founder and director of the Harmonia Institute (www.harmonia-institute.com).

Gina Westbrook, has been an interior designer for over thirty years and has practiced and taught Transcendental Meditation for 48 years. Over the last five years she has engaged in an in-depth study of Vedic literature on building and design and translates this to her practice of interior design.

Event Fee; Non-members £170, Members £150.

Saturday 26th – Monday 28th May

**Exclusive Members Friends & Family Weekend
Bank Holiday Weekend (2 nights)**

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Friday 15th – Tuesday 19th June Four Day Residential Workshop.

Wild Goose Qigong -An introduction to the 1st 64 Movements

Shelia Taylor

Qigong means energy work, or energy skill. Wild Goose Qigong is a set of graceful and enjoyable movements that have been refined and developed over 1700 years. The ancient practitioners took their inspiration from the power and grace of the bar headed geese that migrated each year, flying high over the Himalayas.

Our way of living distorts and disrupts the natural flow of qi through the bodies energy channels. The aim of Wild Goose Qigong is to restore the flow of qi to its 'prenatal' state, opening the energy channels and acupoints to benefit the whole body. The deceptively gentle twisting and stretching movements nurture all the body systems, improve balance, flexibility and strength, and calm the mind and emotions. It is suitable for people of all ages and abilities, as the full range of each movement can be easily adapted, and gradually extended.

There are 72 forms in the system, but the basis of them all is the set known as the 1st 64. The aim of this four day workshop is to introduce students to all 64 movements giving enough time to learn them together with some of the theory underpinning the system.

The workshop will be led by Shelia Taylor who has practiced since 2005, and recently visited Wuhan in China to learn from Grandmaster Chen Chuan Gang, the 28th inheritor, and the present 'guardian' of the form. His intention, passed down from his mother, Jang Meijun, the 27th inheritor, is to practise and teach with 'uprightness, accuracy and honour' which our group of instructors strive to live up to, in order to make this valuable form available here in the UK. For more information visit <http://www.wildgooseqigong-uk.com>

Event fee; £390 for four days. Members discount of £20 for this event.

Includes accommodation, all meals and refreshments plus tuition fees.

Friday 13th – Sunday 15th July

Spiritual Healing Weekend

John Bailey, Lynne Samuel-Perry, Carol Richards and Derek Murray

A weekend exploring and experiencing pathways to Self-Healing

John Bailey lives in Chester. He was introduced to the work of Eugene Halliday by Khen Ratcliffe at Tan-y-Garth in 1973. Absenting himself from the group, he worked abroad in the eighties. During his time away from the Hall he completed a course at the Northern Institute of Massage, which method he still uses with family and friends. Happily, on his return he found that Khen was still teaching, and he rejoined his evening sessions. John accepts that the attention given to his body had been less than generous, and this he ascribes in some part as the cause for a couple of health 'events'. He regards these as having been illuminating, and very worthwhile educational experiences. Cleaning his act up has also been highly rewarding.

Lynne Samuel-Perry spent many years studying Yoga in India and Europe and since returning to the UK has continually taught Yoga as her primary vocation. She was introduced to the work of Eugene Halliday in the early 1980s through Khen Ratcliffe at Tan-y-Garth Hall.

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.

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.

Event Fee; Non-members £170, Members £150.

Friday 7th – Sunday 9th September

Working Weekend

Info as listed on website.

More information will be available nearer the event re specific jobs and skills needed for those interested in attending. There is no charge for this weekend.

**Friday 21st – Sunday 23rd September
Retreat Weekend**

Relax, Recharge & Recuperate.

Want to retreat from your hectic lifestyle for a while, need a place to have some time to yourself or just looking for a weekend away. Then why not join us on this weekend to take in the atmosphere of the Hall and the beautiful Glyn Ceiriog valley.

Weekend also includes the use of the library and meditation room.

Event Fee; Non-members £170, Members £150.

**Friday 19th – Sunday 21st October
Consciousness and Awareness
Lynne and Richard Samuel-Perry**

Defining our terms gives us greater understanding of the words we use and increases our capacity to use them appropriately.

We will examine the words 'Consciousness' and 'Awareness' and see how our greater understanding moves us towards a level of Super-Consciousness which Eugene Halliday calls Reflexive Self-Consciousness

Lynne spent many years studying Yoga in India and Europe and since returning to the UK has continually taught Yoga as her primary vocation. She was introduced to the work of Eugene Halliday in the early 1980s through Khen Ratcliffe at Tan-y-Garth Hall.

Richard was introduced to the work of Eugene Halliday in the early 1990s. He gained a Master of Philosophy in 1988 and has worked in many organisations to promote individual and organisational metacentres.

Event Fee; Non-members £170, Members £150.

**Friday 16th – Sunday 18th November
Spiritual Healing weekend II**

More details to follow.

**Saturday 1st December
Christmas Celebration**

PLEASE NOTE THAT ALL BOOKINGS AND PAYMENTS CAN BE MADE VIA THE WEBSITE.

www.hermeneutic.co.uk