

## **Dear Friends in Light**

### **Christmas and New Year Blessings to you all**

This edition of the **Rainbow Newsletter** announces the Course Programme for 2020 which will be sent to you in a separate email. You can also download it from the Open Pathway Retreat Centre Website. We are very excited about 2020 ~ as well as a Course Programme with additional Seminars, more Yoga days and a Yoga Retreat weekend, we have a new Seminar and Creative Arts Programme.

But first comes the **Christmas Celebration Retreat** ~ we have just a couple of places left if you would like to join us for a Christmas of peace, Meditation, relaxation and time to **be**. If you cannot come for the whole Retreat and you are near to us, perhaps you would like to come to Satsanga on Christmas Day at 10am for 10.30 with the option of staying for lunch and making a day of it. Please let us know if you can come ~ lunch can be booked for £9.50 and refreshments are available for all.

**The New Year Gathering** is from 29<sup>th</sup> December to 1<sup>st</sup> January. Come and spend this time in a peaceful environment with like-minded people.

By Christmas we will have the **Orchard Chalet** fences finished ~ so that it has its own private garden and retreatants can bring their dogs with them. We are so thankful for the help we have been given in preparing this.

We have been blessed with a steady stream of **volunteers** to help us renovate and update the Centre ~ and also to help us care for guests and students. Three more bedrooms have been prepared for guests and will be filled this Christmas ~ they don't have names yet but we are sure they will come in time! We are also very thankful for the help we had in renovating the bungalow ~ it took five months of service from willing volunteers and also many gifts of furnishings but guests have been delighted with the result. We still very much need volunteers to help us within the Centre and gardens ~ so if you could spare a little time, please do get in touch with us ~ we'd love to share working together in service and love.

We welcome Nancy, who has so much enjoyed being a volunteer for several months during the last year, as a long term volunteer, so you will be seeing much more of her when you come to the Centre.

**Yoga is flourishing at the Centre** with **monthly Saturday classes** in Aqua Yoga (9.30-10.30) and Transformation Yoga (11.00-12.30) on the following dates:

February 15<sup>th</sup> ; April 25<sup>th</sup> ; May 30<sup>th</sup> ; July 11<sup>th</sup> ; August 22<sup>nd</sup> ; September 26<sup>th</sup> ; October 17<sup>th</sup> ; November 28<sup>th</sup>.

**Weekly Classes recommence on Monday evenings and Friday mornings from 6<sup>th</sup> January.**

**New for 2020 Yoga Weekend Retreat August 1<sup>st</sup> & 2<sup>nd</sup>.**

**Bones for Life** ~ part of the 'Movement Intelligence' programme pioneered by Ruthy Alon.

*Life today can be full of rush, aches and pains, sore muscles and bones. These classes give gentle movements to help release tension and free you up from poor postural habits, reminding your body of the most efficient way to walk and sit with less effort. Exercises to help strengthen bones, improve bone density and bring rhythm, flexibility, grace, energy and flow into your body and your life. Do you have problems with shoulders, knees, hips, wrists? Is there a part of your body you would like to improve? Come and book in ~ 1 to 1 appointments or*  
**Classes recommence on Tuesday mornings from 7<sup>th</sup> January.**

**Looking ahead: The Kriyaban Celebration Retreat** takes place from 6<sup>th</sup> – 12<sup>th</sup> September followed by **Dedication & Blessing on Sunday 13<sup>th</sup> September**. These are both very special times for reflection, renewal and restoration of mind, body and spirit. All Kriyabans are welcomed and encouraged to come and join in to go deeper into the love, joy and peace within. There will be many new activities to take part in ~

Kriyaban Celebration as you have never experienced it ~ with more expansion, expression, love and joy than ever before.

**New Workshops for 2020** for you to experience ~ to try different ways of celebrating the spirit within and expressing our freedom of spirit and joy in God's creation.

**Seminars:** prices as on Course Programme including lunch and refreshments, accommodation available.

**February 22<sup>nd</sup> & 23<sup>rd</sup>** 'The Joy of God' inspiration from many sources to inspire us; to bring the best of us forward so that we live in joy, whatever happens.

**May 2<sup>nd</sup> & 3<sup>rd</sup>** 'Caring for Creation' how can we best act now and in the future to look after this world? Bring your thoughts and suggestions for a weekend of creative discussion and action.

**Creative Arts:** prices as detailed, accommodation extra.

**March 7<sup>th</sup>** 'Silver Clay Craft' learn to make & take home your own fine silver jewellery from art silver clay. £95 to include lunch, refreshments and after course swim.

**March 8<sup>th</sup>** 'Mosaics' learn to make & take home your own mosaic. £75 to include lunch, refreshments and after course swim.

**March 28<sup>th</sup> & 29<sup>th</sup>** 'Music & Movement' with mornings dedicated to releasing our voice and enjoying expression in song and afternoons dedicated to enjoying movement of many kinds ~ refreshing all parts of us. £150 to include lunch, refreshments and after course swim.

**August 15<sup>th</sup> & 16<sup>th</sup>** 'The Spirit of Drawing' to release the inner artist in the beautiful gardens of the Centre. Whatever your experience (or lack of it!) come and enjoy developing your artistic expression. £150 to include lunch, refreshments and after course swim.

Finally, if you have not yet taken the **Natural Energy Therapy Course** or the **Progressive Counselling/Coaching Course** ~ or you wish to train as a **Transformation Yoga Teacher** do get in touch as soon as possible: Courses are designed so that you only need to take a week (or two for Counselling/Coaching) off from work in order to take part. These are Courses to Diploma level and for personal development. **Retreats** to restore us and give space to nurture us are always important ~ a gift to yourself!

We look forward to hearing from you and seeing you in 2020.  
If you wish to ask for our help in anyway, please do contact us.  
May Blessings abound ~ for you and around you.

With our love to you  
this Christmas and always  
Christy, Daniel Francis and Nancy

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*With our thanks for your co-operation.*