

## ***Dear Friends in Light***

***Here is our first Rainbow Newsletter of 2020. Spring is with us even though it is frosty! At least the birds and the bulbs think so.***

We have been very active on Facebook and LinkedIn as we have so many joyful things to share and look forward to. Please do like us, share and follow us so that we can share these joys and delights with more and more people. New ~ look each day to see photos of our vegan and gluten free delicious meals ~ free of everything but flavour, wow taste and colour! Also see Facebook or our website for a video recording of 'Thoughts for 2020' a talk which Daniel Francis gave recently.

Our fame as a place to stay for birdwatchers and Somerset Levels enthusiasts is growing and on LinkedIn we share a video of a most beautiful place to observe nature just a short drive away.

Rev. Tony Budell founder of British Humanitarian Aid comes to the Centre to talk of his adventures in running much needed convoys of supplies to the Ukraine and other countries in crisis over many years~ join us on Saturday February 8<sup>th</sup> at 4pm. No charge but donations to British Humanitarian Aid would be much appreciated.

***A reminder of our new 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.***

Looking ahead to the **Easter Celebration Retreat** ~ come and enjoy a weekend of peace and tranquility. If you cannot come for the whole Retreat and you are near to us, perhaps you would like to come to Satsanga on Easter Saturday 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 £10.50 and refreshments are available for all.

This year we will not be holding a Garden Festival, but instead will be supporting the village festivities which are being held over that weekend. But do come and volunteer for SEVA which is from 1<sup>st</sup> – 11<sup>th</sup> February. During that time there is a First Aid Day on Friday 7<sup>th</sup> February ~ there are still places left, please book in as soon as possible ~ cost £77 to include lunch & refreshments.

The gardens are even more amazing than ever before ~ come and spend time enjoying 'space out of time'. We will soon be opening a new garden with a different emphasis.

**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>.

**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 weekly classes.

**We are taking the training forward in many different ways. Please note that Registered Teachers are now only expected to renew their registration and attend update training every two years. Those of you who did not attend or register last year and wish to continue teaching Open Pathway Courses, please note that the update Courses are on 3<sup>rd</sup> and 4<sup>th</sup> April this year.**

**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.

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.

***And finally ~ Retreats*** to restore us and give space to nurture us are always important ~ a gift to yourself! Or perhaps a gift to someone you love.

We look forward with joyful anticipation to the coming months.  
With Light in our hearts and minds, what delights and surprises await us!  
With our love to you and every blessing

Christy, Daniel Francis, Nancy and Fiananda