

Upcoming Courses

Applications now open for Young Adult Leadership Programme

Three residential - June/July 2017 | February 2018 | July 2018

Are you aged between 19 and 30 or know someone who is?

Woodbrooke's year-long Leadership Programme for Young Adult Friends (YAFs) is a fantastic opportunity for YAFs to strengthen their knowledge of the Quaker faith and its history and develop many practical skills to help them in the workplace and in their day to day lives.

To find out more visit www.woodbrooke.org.uk

Spiritual Gifts: a course at Swarthmoor Hall

Friday 24 March 2017 - Sunday 26 March 2017

Friends' Meetings are communities. Each individual brings spirit-given gifts - not just skills and abilities but qualities that are essential to who we are as human beings. What are the activities that excite and enthuse you? What leaves you content at the end of the day? How can we recognise these gifts in ourselves and others? How can we put them to service in the life of our families, Meetings and the wider community?

Please book online or fill out a booking form via www.bit.ly/wbform1 Alternatively call us on 0121 472 5171

Exploring Quaker faith & practice : bringing the book to life

Wednesday 29 March 2017 - Friday 31 March 2017

Whether you are new to Quakers, or a seasoned Friend, this is a course for anyone who feels they've only scratched the surface of this powerful collection of Quaker wisdom and would like to dig deeper. Together we will delve into the big red book and discover a wealth of Quaker reflection and experience. We will explore how it can be used by individuals, meetings and Quaker groups, as a source of information, guidance and inspiration.

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Mindfully Together: a retreat guided by the teaching of Thich Nhat Hanh

Sunday 2 April 2017 - Friday 7 April 2017

The Zen Buddhist tradition of Thich Nhat Hanh can be followed by anyone, of any faith, or none. Based on the practice of his community in Plum Village, we will discover together how mindfulness of the present moment can bring peace and happiness. While the practice is accessible and guidance and support will be offered to those with little or no experience, it is not without demand. Periods of silence will be encouraged including at mealtimes. The food will be vegetarian.

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Dance the River of Life: Creative movement with live music

Friday 14 April 2017 - Monday 17 April 2017

A wonderful opportunity to explore and interpret our experience of life through movement and dance in a friendly, supportive atmosphere. We will focus on combining aspects of contemporary dance technique with creative dance in both making short dance pieces and building community. Our creativity will be supported and inspired by interaction with live music! Along with this, time for relaxation and quiet will be the other key parts of our time together. All levels of ability are welcome.

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Towards Contentment: a course at Swarthmoor Hall

Friday 14 April 2017 - Sunday 16 April 2017

We live in a society where stress is endemic with pressures on us to perform and conform. This practical and participatory course will help us develop skills and practices to create a more contented life. We will use a variety of exercises, film, and personal exploration to build confidence and identify strategies for change.

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