Wisdom Centre

A Ministry of the Daughters of Wisdom

We create space for people ... space to meet, space to reflect, space to talk, space simply to be. At the heart of this is hospitality rooted in the tradition and spirit of the Daughters of Wisdom. Our flame logo gives expression to these roots: the warmth of hospitality, the light of the Spirit, the spiral path to Wisdom.

For more information:

Tel: 01794 830206 or email: reception@wisdomhouseromsey.co.uk

www.wisdomhouseromsey.org.uk

Wisdom Centre

Wisdom Centre is a Ministry of the Daughters of Wisdom, an international Congregation of Religious Women. We offer the Centre at Wisdom House to people of all faiths and none as a sanctuary of peace and tranquillity.

Wisdom Centre is Covid-Secure and we rigorously follow Covid-Safe cleaning procedures.



Wisdom Centre
Romsey, Hampshire
SO51 8EL
Tel: 01794 830206

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A Day of Wellbeing

Mindfulness | Creativity
Yoga | Sacred Sound | Beauty



Saturday 1st July 2023

10am - 4pm
Tea and Coffee available from 9.30am
Suggested Offering - £33 to include refreshments, lunch and afternoon tea





Wisdom CENTRE

A Day of Wellbeing

Join us for a nourishing and restorative day, focusing on boosting health and wellbeing with mindfulness, yoga, mini beauty treatments, sound therapy, creativity and the labyrinth. All activities are accessible and optional. The day will include lifestyle and wellbeing tips and techniques to calm and relax you - mind, body and soul. The day is set in the tranquil setting of the Wisdom Centre and includes a healthy vegetarian lunch, hot and cold refreshments and afternoon tea. The facilitators for the day will be:

Louise Slimm is a creative, passionate and fun-loving yoga instructor and has been practicing yoga for over 18 years. She guides her students in the traditional Hatha Style of Yoga incorporating alignment, breath awareness, meditation and conscious movement. Louise trained with The Friends of Yoga Society International and Yoga Mama, London.

Carolyn Langlands is an Integrative Psychotherapist and Trauma Practitioner and has been practicing for the last 18 years. She has extensive experience working with children and young people in an educational setting, as well as with adults and children in private practice. She is an accredited member of BACP as well as an EMDR Accredited UK/Europe Practitioner.

Francesca Lazarski is a Sound Therapist and Reiki Practitioner. She specialises in group sound therapy and runs regular soundbaths at the Wisdom Centre. Her Soundbaths are heart-centred and nurturing. She also offers one on one Reiki for people and animals, and has a deep love for nature, music and spirituality.

Hayley and Claire from Beloved Southampton, combine hair & beauty treatments with mental wellness. Beloved are offering a mini facial and massage treatment with affirmations that focus on rejuvenating the skin and relaxing the mind so that you can flourish inside and out!

Yasmin Zaman is a mindfulness and yoga therapist at the Priory Hospital group and project development manager. She set up the UK's Big Lottery funded GP Referral Exercise for Stress programme. She trained as a MBSR, MBCT and young people's mindfulness teacher and specialises in trauma sensitive mindfulness and yoga.

Wisdom Centre is set in beautiful gardens, including a Labyrinth, which you will be able to enjoy during your day. (Large umbrellas are available if the day is wet!) The emphasis at the Centre is on welcome and hospitality. The building itself is spacious, warm and comfortable with an airy Conference/ Meeting Room, Quiet Room, Sitting Room and a Creative Room. Each room offers something to help you relax and make the most of your time with us.

Wisdom Centre is entirely non-profit making. **Our suggested offering of £33 includes materials, refreshments and lunch. * Please advise us of any special dietary requirements** which we will do our best to accommodate. Those with severe allergies please be advised that our food is prepared in an environment where nuts and other common allergens are present.

**Note we require 7 days notice of cancellation and refund (Covid-19 related cancellations are an exception).*

A Day of Wellbeing

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend - Saturday 1st July 2023

Lunch is vegetarian. **X** in the box for Gluten Free ☐ Dairy Free/Vegan ☐ Other ☐

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Our dining room is Covid safe with table service

Yes ☐ I am happy to be contacted by phone/ email about this and similar events at Wisdom Centre.

Have you been to Wisdom Centre before?

Yes ☐ No ☐

Please call to pay by credit/ debit card. BACs payment on request. Alternatively please enclose a cheque, payable to the Congregation of the Daughters of Wisdom for £33. Please leave an answerphone message if we are unable to answer.

Please return payment and form to :

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