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, and 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 | Yoga | Creativity
Sacred Sound | Meditation



Saturday 15th June 2024

10am - 4pm

Tea and Coffee available from 9.30am
Suggested Offering - £40 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, meditation, yoga, 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, 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 sound baths at the Wisdom Centre. Her sound baths are heart-centred, nurturing, and focus on connecting you more deeply with yourself. Francesca also offers one-to-one Reiki sessions for people and animals.

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.

Helen Stone is a Hypnotherapist, Life Coach and Meditation guide. She naturally energises and motivates others; supporting and guiding you to find the confidence and inspiration to create a life you can love and embrace. She works with your well-being on all levels. Your personal growth, self-development and peace of mind are held deep within her core values.

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 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 £40 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.

**Please Note: We require at least 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 15th June 2024

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 or debit card. BACs payment on request. Alternatively please enclose a cheque, payable to the *Congregation of the Daughters of Wisdom* for £40. Please leave an answerphone message if we are unable to answer.

Please return payment and form to :
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email: reception@wisdomhouseromsey.co.uk