# 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

**Safeguarding:** The Congregation of the Daughters of Wisdom is committed to promoting and implementing the safety and wellbeing of children and adults. We start from the principle that each child and each adult has a right to expect the highest level of care and protection, love, encouragement and respect.



Wisdom Centre
Romsey, Hampshire, SO51 8EL

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# A Day of Wellbeing

Mindfulness ♦ Yoga ♦ Creativity
Sacred Sound ♦ Reiki Healing



**Saturday 17th October 2026**
10am-4pm
Tea and Coffee available from 9.30am

Suggested Offering: £42 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, 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. Your facilitators for the day will be:

**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 Master. Her own personal journey with sound healing led her to study for a professional diploma in sound healing with the Sound Healing Academy, in 2018. She specialises in group sound therapy and runs nurturing sound baths at Wisdom Centre and privately. She has worked with children and adults in the arts, community and well-being sectors for over 30 years.

**Hayley Thomas** is a Reiki and Shamanic Practitioner, as well as a Massage Therapist. She runs spiritual mentoring programmes, as well as offering reiki courses and law of attraction workshops. Hayley runs regular retreat days here at Wisdom Centre and will be sharing her reiki sessions with us today.

**Ruth Taylor** is a former nurse turned nutritionist, specialising in personalised nutrition. Experiencing the transformative power of food and lifestyle, this inspired her to retrain as a Nutritional Therapist. With science-backed, practical nutritional advice and real-life strategies to help you feel your best, Ruth will be exploring how to create *'robust energy'* through simple, nourishing habits. She will also be demonstrating how to make a delicious, protein-packed energy ball!

**Yasmin Zaman** is a Mindfulness and Yoga Teacher. Yasmin has worked with the Priory Hospital group. 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 and includes a labyrinth, which you will be able to enjoy during the day. The Centre itself is spacious, warm and comfortable with an airy Conference Room, Quiet Room, Sitting Room and a Creative Room. Each room is welcoming, helping you to relax - our emphasis is on welcome and hospitality. Wisdom Centre is entirely non-profit making. Our suggested offering of £42 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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.....

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Telephone .....

E-mail .....

**I would like to attend**
**Saturday 17th October 2026**

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

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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 £42. (Feel free to leave an answerphone message if we are unable to answer).

*Please return form and payment to:*
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