

# Summary of IHS Events Programme April – July 2017



PLEASE NOTE THE CHANGES TO THE PROGRAMME

2017	Name	Event Title
Saturday 22 <sup>nd</sup> Apr	IHS members	Skills Sharing / Working Weekend (self-catering)
Saturday at 29 <sup>th</sup> Apr	Carol Richards	Art and its Significance
Saturday 13 <sup>th</sup> May	Sheila Taylor	An Introduction to Wild Goose Qigong
Saturday 20 <sup>th</sup> May	Dr Peter Westbrook	An Introduction to Consciousness
Saturday 3 <sup>rd</sup> June	Alan Roberts	Sacred Drama
Saturday 17 <sup>th</sup> June	Victor Marino	POSTPONED Anxiety / Neuro Linguistic Programming
Saturday 24 <sup>th</sup> June	Val McLeod	Iyengar Yoga
Friday 7 <sup>th</sup> - 9 <sup>th</sup> Jul	Tashi Mannon	A Meditative Approach to Creativity
Saturday 22 <sup>nd</sup> Jul	Leeon Wong	Balance

**TO BOOK AN EVENT: PHONE 01352 720001 OR EMAIL [info@hermeneutic.co.uk](mailto:info@hermeneutic.co.uk)**

## **Saturday 13<sup>th</sup> May An Introduction to Wild Goose Qigong Sheila Taylor**

Wild Goose Qigong 1st 64 (Dayan Qigong) is well known for its lovely, graceful, flowing movements which are suggestive of an innocent and carefree wild goose.

It has been practiced for nearly 2000 years, the movements are designed to nourish our qi, and balance its flow round the body. The movements are outwardly gentle and graceful and inwardly powerful. You can find more information on [www.wildgooseqigong-uk.com](http://www.wildgooseqigong-uk.com)

They can be adapted for various levels of physical ability, and can even be performed sitting on a chair.

All you need is to wear loose, comfortable clothing, and flat shoes, or socks, or bare feet.

Come and discover how Qigong can improve your health and well-being – join us to learn these beautiful, relaxing, health giving exercises.



I have been interested in the work of Eugene Halliday for nearly forty years. I have been practicing Wild Goose qigong for twelve years, and teaching for four years. I am continually refining my own qigong through my own practice, and with our group in Greater Manchester. You will find our lineage described on the wild goose website.

## **Saturday 24<sup>th</sup> June Iyengar Yoga Val McLeod**

Morning inversions - including optional head and shoulder stands.

Afternoon - supported, restorative practice. Also: Pranayama, relaxation and meditation.

Please bring equipment and bed pillow.

Further information please contact Val McLeod: [yogawirral@gmail.com](mailto:yogawirral@gmail.com) or 07814008590.



Val McLeod is an experienced Iyengar Yoga tutor (precision, safety, and sequencing).

A contributor with, Les Bolland, (USA) in workshops combining Yoga, Swingolf, Macrobiotic cooking and Shiatsu massage, Val has a warm personality, ensuring every participant is welcomed and supported!