

ANGEL HOUSE

Angel House is a beautiful historic house at Number 1, Brunswick Terrace, Hove, right on the quieter part of the sea front., opposite the famous Angel statue and The Meeting Place beach café. It has two excellent group rooms, overlooking the sea, where it runs its own programme of courses and workshops. These taster days are organised jointly with Cortijo Romero.

Brighton and Hove has superior bus and train services, that most people who know the city use in preference to the car. (The bus company has just been voted the best in the country.) There is metered parking opposite Angel House and an underground car park in the nearby Regency Terrace but both are expensive for a whole day. However, there is also a park-and-ride option. If you don't know the area, please ask us for full directions.

PRICE

Members of The Friends Of Cortijo Romero, £44. Non-members £49.

MEALS

Hot drinks and a simple lunch are included in the cost. If you stay for the open evening, there are many restaurants, cafes and shops nearby. We can either eat out as a group or bring food back to share at Angel House.

ACCOMMODATION

If you want to combine the workshop with a weekend in the city, the council web site www.visitbrighton.com has good information about events and every kind of accommodation. There are loads of reduced price offers at this time of the year.

BOOKINGS

Please contact us first to check availability. Tel: 01494-765775

E-mail: bookings@cortijo-romero.co.uk Fax: 01494-766577

PO Box 813, Amersham HP6 9ER.

To secure a place, book by 'phone – or by post with the booking form and fee, payable to "Angel House". (No charge for debit cards; credit cards £2.)

For cancellations received at least two weeks before the event starts, the fee will be returned less an administration charge of £10. For later cancellation, the entire fee will be retained. Transfers to another person will be charged £5.



Cortijo Romero

In England

A TASTER DAY BY THE SEA

Saturday February 20th
2010

at

Angel House, Brighton & Hove

WHAT'S ON OFFER

These days are a continuation of our occasional series of events where we offer a selection of sessions from current and potential Cortijo Romero group leaders. The aims are to:

- Have a great break
- Sample courses and group leaders
- Refresh and renew yourself
- Meet friends from past holidays
- If you've never been to Cortijo Romero, see what it's all about.

There will be three time periods of two hours during the day, two with a choice of two sessions and the third with one for everybody. Choose three from the five on offer, plus an open evening to relax, get more information and see what emerges.

This kind of event always generates a great buzz, in a delightful, friendly and supportive atmosphere.

TIMETABLE

10:00 – 10:30	Registration, with refreshments
10:30 – 10:45	Introduction
10:45 – 12:45	First session
12:45 – 14:00	Lunch
14:00 – 16:00	Second session
16:00 – 16:30	Break for refreshments.
16:30 – 18:30	Third session
18:30 – 20:00	Break for dinner
20:00 – Late	Open evening

PROGRAMME

Introduction 10: 30

Session 1. 10.45 - 12:45 a.m.

Alan Dale A FULL LIFE
If life is empty, something is missing or you just want to be happier, this is for you!

David Confino and Juliette Baigler EMBRACE YOUR HEART'S DESIRE!
Meditative and creative ways to liberate your joy and power.

Session 2 14.00 – 16.00 p.m.

Dawn Miller THE TRAVELLER
An opportunity to reflect and integrate your reactions to *chaos, passion and vulnerability*.

Tina Lehmbeck THE FELDENKRAIS METHOD
Less, effort, more ease – learn to move with confidence and awareness.

Session 3. 16:30 – 18.30 p.m.

Phill Haiselden SING ALIVE!
Unlock your voice and re-connect to the self in community with others!

Open Evening. 8 p.m. – late.

Further details of most of the group leaders can be found in the main Cortijo Romero brochure or on our web site: www.cortijo-romero.co.uk

