

## Who will be leading?

### *Shonagh Moore BA(Hons)*

*Born and brought up in Plympton, Devon she moved to Birmingham in 1977 where she trained as a commercial artist; running parallel was her spiritual development with colour and sound.*

*As a member of the Board of Trustees for the Lynwood Fellowship and Newsletter editor she works to promote metaphysical studies and along with fellow trustees, assists in putting together programmes to educate and develop spiritual awareness.*

*Additionally Shonagh works at seminars all over the UK and teaches classes in the West Midlands.*

*With a love of nature and a strong connection to her maternal Scottish heritage, she retreats to the highlands and islands of Scotland whenever possible to connect to her Higher Self and to draw on the inspiration and guidance that her surroundings promote.*



## The Centre

This recently extended and refurbished retreat centre in the heart of Warwickshire, is set in 7 acres of beautiful grounds enhanced by some spectacular specimen trees.



The Centre accommodates up to 60 people, 27 of these in the new annexe with en-suite rooms. Tea and coffee making facilities are available in the en-suite bedrooms. Towels and bedding are provided but please bring your own toiletries.

Whilst dining on the good, wholesome cooking you can enjoy restful views of the grounds and wildlife. There is always a vegetarian option and special dietary needs can be catered for.



There are several meeting rooms, two containing the latest audio visual equipment. Other facilities include a lounge, games room, quiet room, library, book shop and conservatory. There is wireless internet access for guests. For children and those young at heart there is a magnificent outdoor play area.



The Centre has full access, including en-suite accommodation with adapted wet room. There is ample car parking on site.

### How to reach the Centre:

Take the A5 from the M6 or M42 towards Nuneaton. After Atherstone turn right off the large roundabout onto the B4111 towards the small village of Mancetter (¼ mile). Turn right in Mancetter just past The Plough pub – there's a brown sign for Purley Chase Golf Club. Over traffic light controlled bridge, follow road round to right signed Steppey Lane, up the hill through an archway of trees, and the Centre is on your right after ¼ mile.

If travelling by public transport, or to receive directions from your doorstep, see details on the web site under directions or ring the Centre for advice.

Centre Manager: Anne Gaffney  
Purley Chase Centre, Purley Chase Lane, Mancetter,  
Atherstone, Warwickshire, CV9 2RQ Tel: 01827 712370  
enquiries@purleychasecentre.org.uk  
www.purleychasecentre.org.uk



# Crystal Singing Bowls



11<sup>th</sup> to 13<sup>th</sup> June 2010

Leader  
*Shonagh Moore*

Host: *Helen Brown*

## What is the weekend about?

### *The Crystal Bowls*

*A range of Crystal Bowls that relate to the energy centers in the body (Chakras) A different note relates to each energy center. When the bowls are played the resonance connects us to our awareness of our physical and spiritual being and assists in deep relaxation and healing. We will be experimenting with sound energy from the bowls and the use of our own voices. Don't worry no one will sing alone or be put on the spot. It is all collective and hopefully very rewarding.*

### *The Journey Sticks*

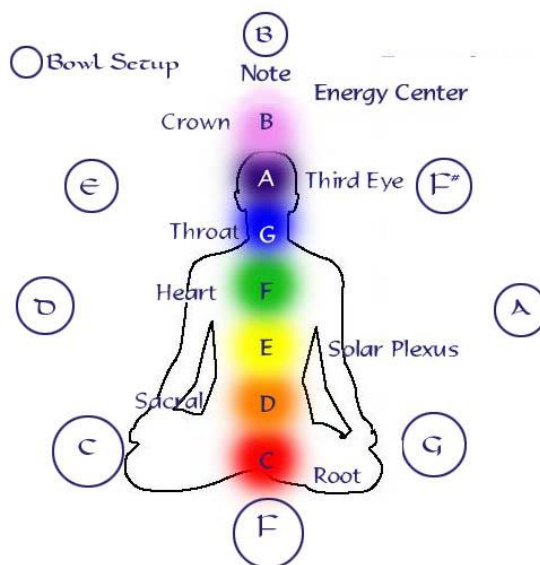
*A game which the North American Indians often encouraged children to participate in to help them to develop and to allow the elders to observe and follow the spiritual and physical development of their children. We carry out this exercise to help you observe some of the details in your life and to help you learn how to read the signposts.*

*People attending could help each other by bringing small twigs, stones, string, ribbons, feathers or anything else that you may be able to attach to a stick! Don't worry it is fun and really not difficult to do.*

*Other work with colour is fun and quite amazing what you can find out without a great deal of effort.*

### *The Violet Flame*

*This is where at the end of the weekend we will bring together the vibration of colour at its best, with sound of the Crystal Bowls. The ultra violet vibration of colour is at the top of the physical spectrum and crosses over from the spiritual dimension which transmutes negative energy and is a beautiful healing energy.*



## Crystal Singing Bowls - Reply Slip

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Accommodation preference (please tick)

Standard £120

En-suite single £140

En-suite twin £140

I should like to share with \_\_\_\_\_

En-suite adapted £140

Dietary preferences (please tick)

Standard

Vegetarian

Food Allergies/Special Dietary Needs?

I enclose a cheque for: non-returnable deposit £30

Donation to Purley Chase Centre £

Total £

Cheques to: 'Purley Chase Centre' (address on reverse)

I'd like to receive information about other forthcoming events at Purley Chase Centre.   
My details will not be passed onto anyone else.