



Tuesday 8 **Talk: The courage to feel**
with Rob Preece
7.30pm meditation, talk will start at 8pm

When times are challenging, how do we react? How can we can tap inner resources of compassion and integrity in order to awaken the heart and mind? Through an insightful fusion of East and West, a synthesis of Buddhist and Jungian understanding, Rob will draw on recent work to explore these questions.

Rob Preece has practiced Tibetan Buddhism since 1973, led retreats since 1985 and practiced as a psychotherapist since 1988.

The South Wing. Donations please, suggested £5

Wednesday 9 **Wilderness Inquiry**
with Hetti Dysch and Sebastian Kelly
7pm- 9pm

See description March 10 Please come dressed for all weather with sensible shoes and waterproofs. Park and meet outside front of Sharpham House 7pm. **£5 plus donations.**

Tuesday 15 **Talk: The discipline of peace**
with Carlos Glover
7.30pm meditation, talk will start at 8pm

The First Peace ... comes within the souls of people when they realize their relationship, their oneness, with the Universe and all its powers, and when they realize that the centre of the Universe is everywhere, and is within each of us. So spoke Black Elk of the Oglala Sioux. Tonight's talk opens up First Peace consciousness, exploring how these powerful teachings can support us through difficult times, and be applied to enrich our lives and our planet.

Carlos Glover follows the path of indigenous Earth Wisdom that flourished among the Mayans. He has studied Medicine Wheel teachings for over twenty years and teaches widely.

The South Wing. Donations please, suggested amount £5

Sunday 27 **Meditation Morning**
with Trevor Dunkley
10am – 1pm

The opportunity for a morning of quietness and meditation. This drop-in session will include sitting meditation and quiet time in the gardens. Open to experienced meditators and beginners - guidance will be given. Tea and biscuits at 1pm.

The South Wing. Suggested Donation £8.

JULY
Saturday 3 and Sunday 4 **Sharpham Estate Open Weekend**

Join us for a whole estate open weekend. There will be talks, walks, seasonal food, activities music and theatre as well as the opportunity to visit the house and estate, and to learn more about the diverse activities based at Sharpham. Bed and Breakfast is available in Sharpham House – early booking is essential. See website for further information on the weekend.

Tuesday 6 **Poetry evening**
with Jerome Fletcher, Lecturer in Performance Writing at Dartington College of Arts
7.30pm

Jerome will give a short presentation of a sculptural poem situated in Sharpham grounds. You are warmly invited to bring a poem related to the mineral world to read aloud afterwards. Weather permitting we will be outdoors.

Sharpham House. Donations please, suggested £5.

AUGUST
Saturday 7 & 8 **A weekend of Ch'i Kung Riding the Sky Horse- Ch'i Kung of the heart**
with Max Weier

Ch'i Kung is a form of powerful energy-work with roots in the pre-historic Shamanist tradition of Eastern Asia. This ancient art aims at healing and strengthening the physical organism and at the same time balancing and developing the mind.

Booking essential. Sharpham South Wing. £70 plus a donation to the teacher. Please bring a vegetarian lunch to share.

Friday 27 to Monday 30 **The Work that Reconnects**
with Suzanne Dennis

An opportunity to experience "The Work that Reconnects" both indoors and outdoors overlooking the river. These practices honour our feelings in the face of ecological and accompanying social crisis, and allow us to move through these to creative empowered energy. They have been used in classrooms, churches, businesses and grassroots organisations. With Suzanne Dennis, Psychosynthesis trainer, and some of the Heart of Soul of Transition, TTT, "Work that Reconnects" facilitators. Residential or non-residential, see website for details.



The Sharpham Programme

Sharpham House

| Enquiry |
| Contemplation |
| Poetry |

Join us in this magnificent setting overlooking the River Dart to explore how we live and what it is that brings meaning to our lives. Build resilience into our communities by becoming part of the growing number of transition projects in our town.

Courses and events take place in Sharpham House and the South Wing Hall. Some classes / events are on a donation basis - please help to sustain our programme of guest speakers. Please book in advance.

Sharpham House can sometimes be booked for outside groups and courses. Ask us for details.

Volunteering opportunities are also available at Sharpham.

Why not come by bike or on foot along the cycle path or by water taxi at high tide.

admin@sharphamtrust.org Tel: 01803 732542
www.sharphamtrust.org

The Sharpham Trust, established in 1984 by Ruth and Maurice Ash, comprises 550 acres of sustainably farmed land following a stretch of the River Dart for almost 3 miles between Totnes and Dartmouth.

Today as we seek to discover ways to live sustainably and meaningfully at Sharpham we invite you to participate in our charitable programme and to join us during our seasonal open events.

Sharpham House and gardens overlooking the river offers a range of talks and courses exploring ways of living in the contemporary world through mindfulness, art and nature. It is also possible to book the house for your own group. 01803 732 542

Sharpham Outdoors provides environmental activities, forest school, crafts and conservation for groups in or out of education as well as a public programme. 01803 732 799

The Barn Retreat Buddhist Meditation, gardening, and community living for periods of one week to six months in a converted Barn on the estate. 01803 732 661

Tenanted farms on the estate include:

Sharpham Wine and Cheese producing high quality wine from its vineyard and cheese from the milk of its Jersey cows. 01803 732 203. The Vineyard cafe is open from May - September. 01803 732 178

Robert Owen Community at Lower Sharpham Barton provides working opportunities for adults with learning disabilities on its bio-dynamic farm. 01803 732 502

Higher Sharpham Barton Farm is also bio-dynamic, rears cattle for beef and runs a family camp each summer. 01803 732 324

Further details of the Sharpham Estate can be found on our website or by contacting us.

The Sharpham Trust, Ashprington, Totnes, Devon, TQ9 7UT.
Charity No.285767 Company No.1659601
www.sharphamtrust.org

REGULAR EVENTS

Thursdays Meditation with Mahesi and Alan Lewis

28 Jan – 25 March 7.30 – 9.15pm

15 Apr- 29 July 7.30 – 9.15pm

All are welcome to this weekly drop in class.

Suitable for beginners and people with more experience.

The South Wing. Donation please.**Hatha Yoga with Claire Parker**

Starts Mon 4th Jan 7pm - 8.30 pm

Tues 5th Jan 10am - 11.30 am

There will be no classes 15/16th Feb half term

Restarts Mon 22nd Feb 7pm - 8.30 pm

Tues 23rd Feb 10am - 11.30 am

There will be no classes over Easter.

We re-start on Mon 12th/ Tues 13th April

The South Wing. Termly bookings please.**(£6.50 per session) Tel. 01803 840197 to book.**

MINDFULNESS

Mindfulness is the art of being in the present moment – with acceptance and without judgement. We become calmer, clearer and more concentrated, with greater mental and emotional flexibility and the skills to respond to stress more creatively.

Sharpham works with schools and social services to develop Mindfulness courses to meet specific needs. Contact us for further information.

Saturday 20 **Mindfulness in Daily Life**

with Kim Clancy and Shahin Popple

10am – 4pm

Mindfulness practices enhance health and wellbeing by helping us to respond creatively to stress and difficulty. We will practice various forms of Mindfulness meditations and exercises, with time for enquiry and discussion, and explore how to cultivate an attitude of Mindfulness in daily life. Suitable for beginners and those with some experience of Mindfulness.

The South Wing. £35. Please bring vegetarian lunch to share.Sunday 28 **Meditation Morning**

with Jenny Wilks

10am – 1pm

The opportunity for a morning of quietness and meditation. This drop-in session will include sitting meditation and quiet time in the gardens. Open to experienced meditators and beginners - guidance will be given. Tea and biscuits at 1pm.

The South Wing. Suggested Donation £8.

MARCH

Tuesday 2 **Poetry evening**

with Alice Oswald

7.30pm

An informal renga evening with Alice and Peter Oswald. We will write a collective seasonal poem in the renga tradition – no experience necessary

Octagonal Room, Sharpham House. Donations please, suggested £5.

Wednesday 10

Wilderness Inquiry

with Hetti Dysch and Sebastian Kelly

7pm – 9pm

This is an invitation to join a monthly experiential inquiry group designed to deepen and explore your connection with nature, self and community. Wilderness facilitators, Hetti Dysch and Sebastian Kelly, will lead exercises through which the therapeutic benefits of being outdoors may be felt and investigated. There will also be time for tea and chatting around a central fire. All adults welcome. Please come dressed for all weather with sensible shoes and waterproofs

Park and meet outside front of Sharpham House 7pm. £5 plus donations.

Drop in or Pre-book. For more info please call 07738 235179 or 07914 762941

Saturday 27

Creativity and Mindfulness: writing the bright momentwith Roselle Angwin **10am – 4pm**

Mindfulness and creativity are deeply interlinked. This day workshop uses the principles of mindfulness and Zen practice to bring us to the heart of the present moment. From this "hub of stillness at the centre of the changing world" we will connect to our creativity to find our words and shape our poems.

Roselle is a poet, author and Zen practitioner who leads the Fire-in-the-Head writing programme.

The South Wing, £35. Please bring vegetarian lunch to share.

APRIL

Wednesday 14

Wilderness Inquiry

with Hetti Dysch and Sebastian Kelly

7pm – 9pm

See description March 10. Please come dressed for all weather with sensible shoes and waterproofs. Park and meet outside front of Sharpham House 7pm. **£5 plus donations.**

Sunday 18

Getting to know the Nettle using Goethean Study techniqueswith Emma Kidd **10am – 1pm**

Through detailed observation and artistic expression, we will endeavour to investigate what this powerful plant has to reveal to us – We will explore with drawing, touch, taste, sight and intuition. You are welcome to bring lunch to share in the garden afterwards. Meet at the front of Sharpham House. Suitable for adults and older children.

£15 per person.

Booking essential. Please call 01803 732542 or email admin@sharphamtrust.org

Wednesdays

Apr 21 – 9 June

Mindfulness for Health and Wellbeing**An 8 week course**

with Lynn Holmes and Dan Batts

7pm – 9.15pm

During the mindfulness course you will be taught non-judgmental and accepting practices that, if developed through ongoing practice, can enable you to take a valuable 'mental breather' from everyday stresses and strains and to make creative changes to your life.

Sharpham House. Cost £125 inclusive of teaching, practice CD and handouts.

Sunday 25

Meditation Morning

with Kim Clancy

10am – 1pm

The opportunity for a morning of quietness and meditation. This drop-in session will include sitting meditation and quiet time in the gardens. Open to experienced meditators and beginners - guidance will be given. Tea and biscuits at 1pm.

The South Wing. Suggested Donation £8.

MAY

Tuesday 4

Poetry evening

with Alice Oswald

7.30pm

Weeds and Wildflowers: Join Alice for a walk in the ground of Sharpham with stops for poems from her book Weeds and Wildflowers. You are warmly invited to respond with a favourite poem on the theme.

Meet at Sharpham House. Donations please, suggested £5.

Tuesday 11

Talk: Earth Pilgrim

with Satish Kumar

7.30pm meditation, the talk will start at 8pm

In western societies, we behave as if we are tourists on this earth, seeking out the gifts of nature for our own comfort and benefit. As a consequence the earth and the atmosphere is suffering. Satish will ask: how can we live on this earth as pilgrims, not tourists? How can we bring a sense of reverence and responsibility to our relationship with the earth?

Satish Kumar is the Director of Programme at Schumacher College and the editor of Resurgence magazine.

The South Wing. Donations please, suggested £5.

Wednesday 12

Wilderness Inquiry

with Hetti Dysch and Sebastian Kelly

7pm – 9pm

See description March 10. Please come dressed for all weather with sensible shoes and waterproofs

Tuesday 18

Talk: The laws of magic, imagination, memory, identity

with Paul Broks

7.30pm meditation, talk will start at 8pm

Personal identity is fragile. At one level we're basically meat, at another level we're basically fiction.

A human body is a part of the physical universe, can be weighed, measured and analysed - but the self is an act of the imagination. The brain - this factory of the imagination - constructs not only a self but also a world for this self to roam in. If there is, in truth, no clear dividing line between the two, how is it that we know the difference?

Author of the acclaimed book *Into the Silent Land*, Paul Broks is a neuropsychologist, Lecturer in Psychology and contributor to numerous publications including the *Times*, *Daily Telegraph* and *Guardian*.

The South Wing. Donations please, suggested £5

Friday to Sun

Mindfulness East and West

21 – 23

with Jenny Wilks and Duncan Moss

This weekend retreat will offer an opportunity to explore together some mindfulness meditation practices as taught in Eastern Buddhist traditions and in contemporary mindfulness-based approaches to therapy and healthcare. Newcomers are also welcome as full instructions will be given.

Duncan and Jenny are experienced clinical psychologists working in South Devon who have practised meditation for many years and have had training in mindfulness-based therapies. They have both facilitated mindfulness courses and workshops with staff and service users in medical and mental health services.

The South Wing. £165 inclusive. Advance booking is essential as numbers are limited. Please send a deposit of £50 by May 7th to secure a place.

Tuesday 25

Talk: Peace in oneself, peace in the world

with Martin Pitt

7.30pm meditation, talk will start at 8pm

Thich Nhat Hanh is a Vietnamese Buddhist monk and peace activist whose teachings have touched and transformed the lives of millions of people. Martin will explore how these teachings - on engaged Buddhism and the art of mindful living - can help us to create peace in ourselves and in the tumultuous world today.

Martin Pitt has been practising Buddhist meditation for over thirty years. He is a Dharma Teacher in Thich Nhat Hanh's Community of Interbeing

The South Wing. Donations please, suggested £5

Sunday 30

Totnes Music Now

with Sam Richards

7.30pm – 9.30pm

Music concert lead by Sam Richards. "The Jazz Crew" (Mick Green, David George, Tim Sayer, Sam Richards) plays an exciting blend of jazz, improvisational and intuitive music. Featuring jazz standards, original compositions and unplanned improvisations, this is a performance by some of the West-country's most respected and experienced contemporary musicians. It is co-promoted by the Sharpham Programme and Totnes Music Now.

Music Room, Sharpham House. Tickets £7 from Sharpham and Harlequin Books, Totnes.

JUNE

Tuesday 1

Poetry evening

with Alice Oswald

7.30pm

An evening of children's poems – guests are invited to bring poems that inspired them as children.

Octagonal Room, Sharpham House. Donations please, suggested £5.

Sunday 5

Choir Concert

with Exeter Chamber Choir

7.30pm – 9.30pm

Supper 6pm-7pm. Concert starts at 7.30pm.

The concert by Exeter Chamber Choir - directed by Andrew Daldorph will feature: songs and sonnets from Shakespeare, music by George Shearing, Tippett Negro Spirituals from A Child of Our Time.

Sharpham House. Tickets £8 concert only or £25, which includes concert and meal with wine.