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# 2019

## Workshops & Courses

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## **DISCLAIMER**

Course information is correct at time of printing. New courses may be added to the programme online. Please refer to our Fees Policy online or call 0330 332 7997 regarding information about cancellation & refunds.

## GENERAL INTEREST WORKSHOPS & COURSES 2019

Code	Course	Date(s)	Time	Week(s)	Price
GIBW26	Introduction to Spanish	9 Jan - 13 Feb	10:00-12:00	6	£78.00
GIBW24	Introduction to Spanish	7 Jan - 11 Feb	10:00-12:00	6	£78.00
GIBW21	Introduction to Mindfulness & Positive Thinking	7 Feb	18:00-20:00	1	£13.00
GIBW22	Counselling Skills Taster Session	14 Feb	18:00-20:00	1	£13.00
GIBW23	Transformational Yoga	16 Feb	10:00-15:00	1	£32.50
GIBW28	How to Write a Children's Novel	23 Feb	10:00-15:00	1	£32.50
GIBW25	Introduction to Spanish	25 Feb - 1 Apr	10:00-12:00	6	£78.00
GIBW27	Introduction to Spanish	27 Feb - 3 Apr	10:00-12:00	6	£78.00
GIBW29	How to Write Children's Fiction	23 Mar	10:00-15:00	1	£32.50
GIBW30	How to Pitch Your Children's Novel	27 Apr	10:00-15:00	1	£32.50




 Informal teaching,  
 relaxed &  
 non-pressured.  
 It was great 



## GENERAL INTEREST WORKSHOPS &amp; COURSES 2019


Code	Course	Date(s)	Time	Week(s)	Price
GIFR09	Mental Health Awareness	12 Jan	10:00-13:00	1	£19.50
GIFR10	Mental Health Awareness	16 Jan	13:00-16:00	1	£19.50
GIFR15	Practical Mindfulness	16 Jan - 13 Feb	19:00-21:00	5	£65.00
GIFR20	Yoga of Stillness	29 Jan - 12 Feb	12:00-13:00	3	£19.50
GIFR24	Emotional Freedom Technique & Self Hypnosis	30 Jan - 13 Mar	19:00-21:00	6	£78.00
GIFR21	Yoga of Stillness	1 - 15 Feb	12:00-13:00	3	£19.50
GIFR23	Reiki	1 Feb - 15 Mar	14:00-16:00	6	£78.00
GIFR13	Homeopathy First Aid	2 Feb	10:00-16:00	1	£39.00
GIFR22	Transformational Yoga	4 Feb	10:00-15:00	1	£32.50
GIFR11	Mental Health Awareness	6 Feb	13:00-16:00	1	£19.50
GIFR16	Mindfulness at Work	16 Feb	10:00-16:00	1	£39.00
GIFR18	Lino Cutting & Printing (Beginners)	16 Feb	10:00-15:00	1	£32.50
GIFR19	Lino Cutting & Printing (Advanced)	23 Feb	10:00-15:00	1	£32.50
GIFR14	Homeopathy First Aid	27 Feb - 27 Mar	19:00-21:00	5	£65.00
GIFR17	Dry Point Etching	2 Mar	10:00-14:00	1	£26.00
GIFR12	Mental Health Awareness	13 Mar	13:00-16:00	1	£19.50



Excellent tutor -  
thoroughly enjoyed  
the day

## GENERAL INTEREST WORKSHOPS & COURSES 2019

Code	Course	Date(s)	Time	Week(s)	Price
GITA04	How to Write Children's Fiction	23 Jan - 3 Apr	19:00-21:00	10	£132.00
GITA06	Beginner's Wreath Embroidery	24 Jan - 14 Feb	13:00-15:00	4	£62.00
GITA09	Introduction to Numerology	8 Feb	10:00-15:00	1	£32.50
GITA03	Shakespeare in a Day - Macbeth	9 Feb	10:00-16:00	1	£39.00
GITA07	Beginner's Stumpwork Embroidery	28 Feb - 21 Mar	13:00-15:00	4	£62.00
GITA05	French Beading - Making Pansies	9 Mar	10:00-15:00	1	£42.50
GITA09	Sacred Geometry Workshop	23 Mar	10:00-15:00	1	£32.50

 **COMING SOON!** Bridal Workshops: How to add a personal touch through beading.  
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### MINEHEAD Sainsbury Hall

GIMI07	Mat Based Pilates	14 Jan - 25 Mar	09:30-10:30	10	£65.00
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## LEADERSHIP & MANAGEMENT

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### Want to find out more?

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## GENERAL INTEREST WORKSHOPS &amp; COURSES 2019

Code	Course	Date(s)	Time	Week(s)	Price
GIWL42	Getting to Know Spanish	10 Jan - 14 Feb	10:00-12:00	6	£78.00
GIWL25	Mental Health Awareness	17 Jan	10:00-13:00	1	£19.50
GIWL31	Mindfulness at Work	17 Jan - 14 Feb	19:00-21:00	5	£65.00
GIWL29	Homeopathy First Aid	19 Jan	10:00-16:00	1	£39.00
GIWL37	Lino Cutting & Printing (Beginners)	26 Jan	10:00-15:00	1	£32.50
GIWL41	Introduction to Spanish	26 Jan - 2 Apr	10:00-12:00	6	£78.00
GIWL55	Creative Willow Workshop	26 Jan	10:00-16:00	1	£49.00
GIWL46	Emergency First Aid at Work	28 Jan	09:30-16:30	1	£51.50
GIWL39	Transformational Yoga	30 Jan - 13 Mar	10:00-11:30	6	£58.50
GIWL32	Gentle Yoga	31 Jan - 28 Feb	19:15-20:30	5	£40.63
GIWL35	Gentle Yoga for Beginners	31 Jan - 28 Feb	17:45-19:00	5	£40.63
GIWL38	Lino Cutting & Printing (Advanced)	2 Feb	10:00-15:00	1	£32.50
GIWL26	Mental Health Awareness	7 Feb	10:00-13:00	1	£19.50
GIWL40	Introduction to Spanish	8 Jan - 12 Feb	10:00-12:00	6	£78.00
GIWL36	Dry Point Etching	9 Feb	10:00-14:00	1	£26.00
GIWL44	Practical Mindfulness	9 Feb	10:00-16:00	1	£39.00
GIWL51	How to Write Children's Fiction	9 Feb	10:00-15:00	1	£32.50
GIWL57	Wet Felting Workshop	9 Feb	10:00-16:00	1	£49.00
GIWL47	Child & Baby First Aid Awareness	26 Feb	09:30-12:30	1	£19.50
GIWL49	Adult First Aid Awareness	26 Feb	13:30-16:30	1	£19.50
GIWL30	Homeopathy First Aid	28 Feb -28 Mar	19:00-21:00	5	£65.00
GIWL43	Getting to Know Spanish	28 Feb - 4 Apr	10:00-12:00	6	£78.00

## GENERAL INTEREST WORKSHOPS & COURSES 2019

Code	Course	Date(s)	Time	Week(s)	Price
GIWL59	How to be Happy	28 Feb - 21 Mar	19:00-21:00	4	£52.00
GIWL27	Mental Health Awareness	2 Mar	10:00-13:00	1	£19.50
GIWL33	Gentle Yoga	7 Mar - 4 Apr	19:15-20:30	5	£40.63
GIWL34	Gentle Yoga for Beginners	7 Mar - 4 Apr	17:45-19:00	5	£40.63
GIWL52	How to Write a Children's Novel	9 Mar	10:00-15:00	1	£32.50
GIWL56	Silk Painting Workshop	9 Mar	10:00-16:00	1	£49.00
GIWL28	Mental Health Awareness	14 Mar	10:00-13:00	1	£19.50
GIWL54	Willow for the Garden	23 Mar	10:00-16:00	1	£49.00
GIWL45	Emergency First Aid at Work	25 Mar	09:30-16:30	1	£51.50
GIWL58	Words for Wellbeing	5 Apr - 17 May	10:00-12:00	6	£78.00
GIWL61	Nothing but the Poem	5 Apr - 17 May	14:00-16:00	6	£78.00
GIWL53	How to Pitch Your Children's Novel	13 Apr	10:00-15:00	1	£32.50
GIWL48	Child & Baby First Aid Awareness	17 Apr	09:30-12:30	1	£19.50
GIWL50	Adult First Aid Awareness	17 Apr	13:30-16:30	1	£19.50
GIWL60	The Highly Sensitive Person	25 Apr - 16 May	19:00-21:00	4	£52.00

“ Tutor was lovely,  
and it was a friendly  
& informative class ”

## GENERAL INTEREST WORKSHOPS &amp; COURSES 2019

Code	Course	Date(s)	Time	Week(s)	Price
GIWN23	<b>Learn to Play the Guitar</b> (at Quaker Meeting House)	21 Jan - 1 Apr	19:00-21:00	10	£132
GIWN24	<b>Art Class in Various Media &amp; Styles</b> (at Community Centre)	22 Jan - 2 Apr	13:30-15:30	10	£132



Excellent tutor -  
thoroughly enjoyed  
the day

### WANT TO EARN WHILE YOU LEARN?

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## GENERAL INTEREST WORKSHOPS & COURSES 2019

Code	Course	Date(s)	Time	Week(s)	Price
GIYE11	British Sign Language	8 Jan - 12 Feb	18:30-20:30	6	£78.00
GIYE33	First Aid for Parents	18 Jan	10:00-13:00	1	£19.50
GIYE25	Gut Health	19 Jan	10:00-16:00	1	£39.00
GIYE46	Flower Remedies	19 Jan	10:00-16:00	1	£47.00
GIYE37	First Aid for Adults	21 Jan	18:00-20:00	1	£13.00
GIYE18	Introduction to the Acoustic Guitar	22 Jan - 1 Apr	19:00-20:30	10	£97.50
GIYE17	Autism Awareness	23 Jan	09:30-13:30	1	£26.00
GIYE19	Introduction to the Classical Guitar	25 Jan - 5 Apr	10:00-11:30	10	£97.50
GIYE21	Introduction to Mosaic Making	25 Jan	10:00-15:00	1	£42.50
GIYE14	Mental Health Awareness	28 Jan	10:00-13:00	1	£19.50
GIYE20	Celtic Guitar	2 Feb	09:30-13:00	1	£22.75
GIYE27	Weight Loss	2 Feb	10:00-16:00	1	£39.00
GIYE40	First Aid for Adults	2 Feb	10:30-12:30	1	£13.00
GIYE30	Autism: Improve Your Communication Skills	6 Feb	09:30-13:30	1	£26.00
GIYE22	Introduction to Lino Cutting/Printing	8 Feb	10:00-15:00	1	£42.50
GIYE38	First Aid for Adults	11 Feb	18:00-20:00	1	£13.00
GIYE41	Improve Your Wellbeing	13 Feb	10:00-13:00	1	£19.50
GIYE34	First Aid for Parents	15 Feb	10:00-13:00	1	£19.50
GIYE15	Mental Health Awareness	25 Feb	10:00-13:00	1	£19.50
GIYE42	Emergency First Aid at Work	25 Feb	09:30-16:30	1	£51.50
GIYE12	British Sign Language	28 Feb - 2 Apr	18:30-20:30	6	£78.00
GIYE26	Improving Your Hormone Balance	28 Feb	10:00-16:00	1	£39.00

## GENERAL INTEREST WORKSHOPS & COURSES 2019

Code	Course	Date(s)	Time	Week(s)	Price
GIYE39	First Aid for Adults	4 Mar	18:00-20:00	1	£13.00
GIYE44	Improve Your Wellbeing	6 Mar	10:00-13:00	1	£19.50
GIYE35	First Aid for Parents	8 Mar	10:00-13:00	1	£19.50
GIYE10	Homeopathy First Aid	9 Mar	10:00-16:00	1	£39.00
GIYE32	Autism Emotional Wellbeing	13 Mar	09:30-13:30	1	£26.00
GIYE23	Introduction to Needle Felting	15 Mar	10:00-15:00	1	£42.50
GIYE28	Improve Your Digestion Through Fermentation	16 Mar	10:00-16:00	1	£39.00
GIYE31	Practical Mindfulness	16 Mar	10:00-16:00	1	£39.00
GIYE16	Mental Health Awareness	25 Mar	10:00-13:00	1	£19.50
GIYE29	Essential Oils	27 Mar	10:00-16:00	1	£44.00
GIYE36	First Aid for Parents	1 Apr	10:00-13:00	1	£19.50
GIYE24	Introduction to Wet Felting	5 Apr	10:00-15:00	1	£42.50
GIYE45	Improve Your Wellbeing	10 Apr	10:00-13:00	1	£19.50
GIYE43	Emergency First Aid at Work	16 Apr	09:30-16:30	1	£51.50



SS&L offer courses  
not available  
elsewhere





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with your health & wellbeing!

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