

Loving Men at New Year Programme – 2016/17



Friday 30th December
Arrivals from 17.00

18.15	Dinner	<i>Dining Room</i>
19.15	Workshop Leaders' Meeting	<i>Cardigan</i>
20.00	Opening Session – Whole Group	<i>Grand Hall</i>

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Saturday 31st December *Please see Page 2*

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Sunday 1st January *Please see Page 3*

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Monday 2nd January

07.45 (for 08.00 start)

Morning Meditation	<i>Pembroke</i>	Nick Kientsch
Morning Yoga	<i>Caernarvon</i>	Andy Butterfield

Before 09.30 **Please clear your room of all luggage and belongings - luggage can be stored in the Entrance Hall**

08.30 - 09.45	Breakfast	<i>Dining Room</i>
10.00	Whole Group Session	<i>Grand Hall</i>
10.30	Small Groups	
11.30	Break - Tea/Coffee	<i>Library</i>
11.50	Photo Opportunity	<i>Grand Hall</i>
12.00	Whole Group Session	<i>Grand Hall</i>
13.15	Lunch	<i>Dining Room</i>

Departures by 14.30

Saturday 31st December

07.30 (for 07.45 start)

Morning Meditation	<i>Pembroke</i>	Nick Kientsch
Morning Yoga	<i>Caernarvon</i>	Andy Butterfield

08.00 - 09.15	Breakfast	<i>Dining Room</i>
09.30	Whole Group Session	<i>Grand Hall</i>
10.30	Break - Tea / Coffee	<i>Library</i>

11.00 - 13.00 Workshop 1

Mindfulness in Nature	<i>Meet in the Entrance Hall</i>	Tom Cowan
Making Connections	<i>Flint</i>	Haydn Forde
5Rhythms® Dance	<i>Montgomery</i>	Tim Foskett
Experience Shiatsu - A kind and generous touch	<i>Pembroke</i>	Andy Butterfield
Hangout, Chat and Board Games	<i>Library</i>	

13.00	Lunch	<i>Dining Room</i>
The Silent Auction Opens at 13.30		

14.30 – 16.30 Workshop 2

Pantomime Queens – A Drag Experience!	<i>Meirionnydd (next to Flint)</i>	Shaun Weldon
Contact Improvisation	<i>Montgomery</i>	Manrutt Wongkaew
A walk in the countryside	<i>Meet in the Entrance Hall</i>	Volunteer walk leader(s) welcome!
Change Your Life: Using project management tools to address an aspect of your life	<i>Pembroke</i>	Joe Greyling
“You cannot be serious” - 5 ways (& more) to manage angry feelings	<i>Caernarvon</i>	Dennis L Carney
Hangout, Chat and Board Games	<i>Library</i>	

16.30	Break - Tea/Coffee	<i>Library</i>
17.00 - 18.00	Small Groups	<i>Grand Hall</i>
18.00 - 19.00	Whole Group Session	
20.00	New Year’s Eve Dinner	<i>Dining Room</i>
22.00	Whole Group Session: New Year’s Eve Celebration	<i>Grand Hall</i>
00.15	Party, Chill Out & Bar	<i>Grand Hall, Library & Bar</i>

Continued on Page 3

Friday 1st January

08.00 Light Breakfast available *Dining Room*

09.15 -10.15

Meditation Space	<i>Pembroke</i>	Unfacilitated
Yoga Space	<i>Caernarvon</i>	Unfacilitated

10.15 Cooked Brunch *Dining Room*

11.15 – 13.15 Workshop 3

A walk in the countryside	<i>Meet in the Entrance Hall</i>	Volunteer leader welcome!
Exploring intimacy through touch	<i>Pembroke</i>	Nick Kientsch
Accessing emotion through music	<i>Flint</i>	Jason Lowe
Opening Your Aperture: A workshop about erotic generosity	<i>Montgomery</i>	Tim Foskett
Hangout, Chat and Board Games	<i>Library</i>	

13.15 Break - Tea/Coffee *Library*
 13.45 Whole Group Session *Grand Hall*
 14.45 Light Lunch *Dining Room*
 16.00 Small Groups
 17.00 Break - Tea/Coffee *Library*
 The Silent Auction Closes at 17.15

17.30 – 19.30 Workshop 4

Relationship magic - what makes your perfect picture?	<i>Caernarvon</i>	Craig Howe
Movement, Creativity & Improvisation	<i>Montgomery</i>	Tim Taylor
The art of BDSM/Kink/Power & Consensual Play	<i>Pembroke</i>	Prital Shah
Boundaries: sex, dating and friendship	<i>Flint</i>	Phoebus Ebbini
Hangout, Chat and Board Games	<i>Library</i>	

19.30 Dinner *Dining Room*
 20.15 **Auction Special** *Grand Hall*

21.00 – 23.00 Workshop 5

Parlour Games	<i>Montgomery</i>	Dennis Carney
A Kindness Circle	<i>Flint</i>	Kevin Jackson (aka Qweaver)
Massage Soirée	<i>Pembroke</i>	Peter Facey
Taize Singing	<i>Cardigan</i>	Tom Higgins
Hangout, Chat and Board Games	<i>Library</i>	

Continued on Page 1