

Loving Men at New Year Programme – 2018/19



**Sunday 30 December
Arrivals from 17.00**

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

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Monday 31 December *Please see Page 2*

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Tuesday 01 January *Please see Page 3*

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Wednesday 02 January *Please see Page 4*

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Thursday 03 January

08.00 – 09.00

Morning Meditation	<i>Flint</i>	Self-facilitated
Morning Yoga	<i>Montgomery</i>	Tom Cowan
Morning Fitness Workout (8.15)	<i>Pembroke</i>	Thierry Giunta

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	<i>Grand Hall</i>
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 & Cardigan</i>

Departures by 14.30

Monday 31 December

08.00 – 09.00

Morning Meditation	<i>Flint</i>	Self-facilitated
Morning Yoga	<i>Montgomery</i>	Tom Cowan
Morning Fitness Workout (8.15)	<i>Pembroke</i>	Thierry Giunta

08.30 - 09.45	Breakfast	<i>Dining Room</i>
10.00	Whole Group Session	<i>Grand Hall</i>
11.00	Break - Tea / Coffee	<i>Library</i>

11.30 - 13.30 Workshop 1

A walk in the countryside	<i>Meet in the Entrance Hall</i>	Volunteer leader welcome!
freedomDance	<i>Montgomery</i>	Alex Svoboda
Experience Shiatsu - authentic touch from the heart	<i>Pembroke</i>	Andy Butterfield
Werewolves Game	<i>Flint</i>	Sam Cotton
Into-Me-See	<i>Caernarvon</i>	Tim Foscett
Hangout, Chat and Board Games	<i>Library</i>	

13.30	Lunch	<i>Dining Room</i>
The Silent Auction Opens at 13.45		

15.00 – 17.00 Workshop 2

Drag Playshop	<i>Meirionnydd (next to Flint)</i>	Manrutt Wongkaew
Daily Temperature Reading – playing safe or taking risks in relationships	<i>Montgomery</i>	Dennis Carney
Safe landing into the hands of others	<i>Pembroke</i>	Jean-Felix Callens
Rope Flow Meditation	<i>Caernarvon</i>	Love Dragon
Modern Families	<i>Flint</i>	Tom Higgins
Hangout, Chat and Board Games	<i>Library</i>	

17.00	Afternoon Tea	<i>Library</i>
17.30 – 18.30	Small Groups	<i>Grand Hall</i>
18.30 - 19.30	Whole Group Session	<i>Grand Hall</i>
20.00	Dinner	<i>Dining Room</i>
22.00	Whole Group Session	<i>Grand Hall</i>
24.00	Party	<i>Library</i>

Tuesday 01 January

08.00 Light Breakfast available *Dining Room*

9.15-10.15

Morning Meditation	<i>Flint</i>	Self-facilitated
Morning Fitness Workout (9.30)	<i>Pembroke</i>	Thierry Giunta

10.00 – 11.15 Cooked Brunch *Dining Room*

11.30 – 13.30 Workshop 3

Freeing Your Inner-Child using Dramatherapy	<i>Pembroke</i>	Simon Marks
A Dialogue on Gay/Bi Men and Self-Esteem	<i>Caernarvon</i>	David Drews
Contact Improvisation	<i>Montgomery</i>	Manrutt Wongkaew
Taking Risks and Living Life to the full – oh! and getting older!	<i>Flint</i>	Alfred Hurst
Hangout, Chat and Board Games	<i>Library</i>	

13.30 Lunch *Dining Room & Cardigan*

15.00 – 17.00 Workshop 4

A walk in the countryside (2.30)	<i>Meet in the Entrance Hall at 2.30</i>	Volunteer leader welcome!
Tantra – An Introduction	<i>Pembroke</i>	Andy Butterfield
Taking Risks & Playing Safe through the decades	<i>Caernarvon</i>	Joel Korn
Throw your hands up in the air like you just don't care	<i>Montgomery</i>	Tim Taylor
A Loving Men Heart Circle	<i>Flint</i>	Wayne Mertins-Brown
Hangout, Chat and Board Games	<i>Library</i>	

17.00 Tea/Coffee *Library*
17.30 – 18.30 Small Groups *Grand Hall*
18.30 – 19.30 Whole Group *Grand Hall*
19.30 Dinner *Dining Room*

21.00 – 23.00 Workshop 5

Taize Singing	<i>Flint</i>	Tom Higgins
Massage Salon	<i>Pembroke</i>	Peter Facey
Symposium of Hugs	<i>Caernarvon</i>	David Peña-Charlon
Parlour Games	<i>Montgomery</i>	Alfred Hurst & Dennis Carney
Hangout, Chat and Board Games	<i>Library</i>	

Wednesday 02 January

08.30 -9.30

Morning Meditation	<i>Flint</i>	Self-facilitated
Morning Yoga	<i>Montgomery</i>	Andy Butterfield
Morning Fitness Workout (8.45)	<i>Pembroke</i>	Thierry Giunta

09.00 – 10.15

Breakfast

Dining Room

10.30 – 12.30 Workshop 6

A walk in the countryside	<i>Meet in the Entrance Hall</i>	Volunteer leader welcome!
Trust and Safety in Open Relationships	<i>Caernarvon</i>	Tim Foskett
Making a Show of Yourself	<i>Montgomery</i>	Arkem
Touch Meditation	<i>Pembroke</i>	David Peña-Charlon
Undetectable=Untransmissible: Living with HIV	<i>Flint</i>	Alfred Hurst
Hangout, Chat and Board Games	<i>Library</i>	

13.00

Lunch

Dining Room & Cardigan

14.30 – 16.30 Workshop 7

Meeting Love	<i>Montgomery</i>	Kevin Jackson (Qweaver)
A Change Of Scene: Understanding Addiction	<i>Flint</i>	Simon Marks
Queerfight/Playfight	<i>Pembroke</i>	Love Dragon
Integration Time	<i>Caernarvon</i>	Gianfrancesco Sisto
Hangout, Chat and Board Games	<i>Library</i>	

16.30

Break - Tea/Coffee

Library

The Silent Auction Closes at 16.45

17.00 – 18.00

Whole Group

Grand Hall

18.00 – 19.00

Small Groups

Grand Hall

19.00

Dinner

Dining Room & Cardigan

19.45

Dessert & Auction

Grand Hall

21.00

Share-Your-Love Cabaret

Grand Hall

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