

Loving Men at New Year Programme – 2016/17



**Friday 30<sup>th</sup> 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 31<sup>st</sup> December**      *Please see Page 2*

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**Sunday 1<sup>st</sup> January**      *Please see Page 3*

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**Monday 2<sup>nd</sup> 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 31<sup>st</sup> 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:<br>New Year’s Eve Celebration | <i>Grand Hall</i>                    |
| 00.15         | Party, Chill Out & Bar                             | <i>Grand Hall, Library &amp; Bar</i> |

*Continued on Page 3*

**Friday 1<sup>st</sup> 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*