network news

a guide to inspiring events in north wales

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January 2018

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Network News Outlets  Inside Back Cover

In 2018 Network News celebrates 15 years of joyful and harmonious collaboration with Fem ! x x x

Printed on 100% post consumer waste paper by Network News cic, Pwllheli
Welcome to the January Network News. It is said that the Planetary Elders - those who have delayed their own heavenly bliss in order to help a blundering humanity - see us just as points of light. The brightness and stability of our light reveals our degree of wisdom and compassion, and the colours of the light reveal the specific nature of our activity or service. Thus the “halo” accorded to saints.

In one sacred text, this light is actually graded from 1 - 99! Below 20 indicates a young soul that generates just enough light to meet his or her own needs; as it rises towards 50, the light is extending to family, friends and others who help meet those needs. Above 50, the light is beginning to shine for others more than for oneself and beyond one’s immediate circle. Around 60 or 70 we find the inspirers and mainstays of groups that work for the common good. A person rating 99 would appear like a sun - just radiating light on everything and everyone, without prejudice or rationing.

It is an interesting exercise. To close our eyes, survey our neighbourhoods and try to perceive where the light is strongest. We will begin to recognise those souls who naturally bring help, healing and support - not for a fee or recognition - but just in passing by, the result of years - perhaps lifetimes - of service and mindfulness.

We may notice some especially bright spots on our inner map. These are the centres - ancient or modern - where good, beautiful, creative and healing work goes on. These are the places where people of light feel at home, and tend to congregate, to share their gifts and find mutual support. And those seeking light or healing are instinctively drawn to such places. Light attracts light, and through mutual reinforcement, generates yet more light. The work of many of these fiery Centres - Trigonos, Moelyci, Cae Mabon, Felin Uchaf, Bodfari et al. can always be found in Network News...

Blessings to all beings
Neoliberalism is, at heart, a self-serving racket: an elaborate theory that serves as an excuse for the very rich to release themselves from the constraints of democracy: tax, regulation, decent pay and conditions for their workers, care for the living world and all the other decencies we owe to each other. But the reason it caught on is that it was framed within the classic political narrative structure, that has worked again and again throughout history, that I call the Restoration Story. This goes as follows:

Disorder afflicts the land, caused by powerful and nefarious forces working against the interests of humanity. The hero – who might be one person or a group of people – revolts against this disorder, fights the nefarious forces, overcomes them despite great odds and restores order...

This is a fundamental metanarrative, to which we are innately attuned. They fit their politics around this structure, and told their story with panache and persuasive power. The reason we are stuck with neoliberalism, despite its manifest failures, particularly the financial crash of 2008, is that its opponents have produced no new, coherent Restoration Story of their own. The best they have to offer is a microwaved version of the remnants of 1950s Keynesianism, which simply will not work in the 21st-century.

This is what I seeks to address in Out of the Wreckage, which learns from the success of neoliberalism and other movements which have used this narrative framing, and tells a whole new Restoration Story that I believe is appropriate for our times.

Over the past 20 years or so, there has been a remarkable convergence of findings in neuroscience, psychology, anthropology and evolutionary biology. They all point to the fact that humankind is “spectacularly unusual when compared to other animals” in our degree of altruism. We also have an astonishing capacity for empathy, and a tendency towards cooperation that is rivalled among mammals only by the naked mole rat. These tendencies are innate. We evolved in the African savannahs: a world of fangs and claws and horns and tusks. We survived despite being weaker and slower than both our potential predators and most of our prey. We did so through developing, to an extraordinary degree, a capacity for mutual aid. As it was essential to our survival, this urge to cooperate was hard-wired into our brains through natural selection.

But the great tragedy we confront is that this extraordinary good nature has been hidden from us. Partly by our own perceptions. We have an inherent tendency to look out for danger. The violent and destructive behaviour of the few is more salient in our minds than the altruistic and cooperative behaviour of the many.

Of course, in any nation, there are
people who do not share the general tendency towards altruism and empathy. We call them psychopaths, and they comprise about 1% of the population. Unfortunately they are disproportionately represented at the top levels of government and business. The current US president is a good example. We see them, and the way they behave, and tell ourselves that this is what human beings are like. It is not. It is what 1% of human beings are like.

But the other reason for this tragedy of misperception is that we are immersed in a virulent ideology of extreme individualism and competition, which tells us, against all the scientific evidence, that our dominant characteristics are selfishness and greed, and that this is a good thing, as it stimulates enterprise, which produces wealth, which will somehow trickle down to enrich everyone.

One of our principal tasks is to replace this false story with what the science tells us about who we really are. We do not need to change human nature. We need to reveal it.

So we need, in pursuit of the new vision I’m seeking to promote, that I call the Politics of Belonging, to revive community life. There are two ways of doing so that interest me.

The first is the development of a rich participatory culture: community projects designed to bring in as many people as possible, some of which will require very little commitment or skill, which gradually proliferate into what practitioners call “thick networks”. There are some spectacular examples, like the movement in Rotterdam that began by turning a disused Turkish bath house into a public reading room, and ended up spawning 1300 projects and community enterprises. Eventually, you reach a tipping point, at which community participation becomes the norm rather than the exception, and so many social enterprises, cooperatives and other community businesses are formed that they begin to comprise a major part of the local economy.

The second is the reclamation of the commons, one of the four great sectors of the economy, that we always forget. (Our debates tend to focus on only two: the state and the market, neglecting both the commons and the household). The commons means resources owned, managed and shared equally by a community. It has been relentlessly attacked by both state and market. I believe that the restoration of the commons is crucial for the restoration of community, democracy, a sense of belonging and the living world. It is the commons that makes sense of community. In the book, I give examples of what this means and how the restoration can take place.

I believe that the Big Organising models developed by the Sanders campaign in the US and the Corbyn/Momentum campaign in the UK provide a thrilling template for how we can change politics at the national level.

Since then, the techniques have been developed and refined, and it’s not going to be long before we see a series of spectacular wins by genuinely progressive candidates on the back of this model.

I feel we are only just beginning to see what proliferating networks of volunteers using digital technology as well as direct human contact can now achieve. If we get this right, it is my belief that we will become unstoppable.

George Monbiot is an author and activist. His new book is Out of the Wreckage: A New Politics in an Age of Crisis www.monbiot.com
We live in a world dominated by the principle of private property. Once indigenous people were dispossessed of their lands, the land was surveyed, subdivided and sold to the highest bidder. From high above, continents now appear as an endless property patchwork of green and yellow farms, beige suburban homes and metallic gray city blocks stretching from sea to shining sea.

The central logic of this regime is productivity, and indeed it has been monstrously productive. In tandem with the industrial revolution, the fruits of billions of acres of dispossessed and parceled indigenous land across the Americas, Africa, Asia, Ireland and Australia enabled two English-speaking empires – first the British and then the American – to rise to global dominance. The latter remains the most productive economy in the world.

Property also embodies and upholds a set of values and relationships to land. It propagates a utopian vision called the American Dream, wherein hard work, land and a home are platform for boundless opportunity – or at least escape – from capital domination. It separates humanity from all other animals and cements man’s mastery over the natural world and all living things.

While property has transformed the world, its flaws have never been more apparent. Open land on the frontier, if it ever actually existed for the common man’s taking, is long gone. Home ownership no longer provides the economic security it once did, and appears out of reach for younger generations. The richest 1% holds more wealth than the rest of the world combined. At the same time, environmental degradation and climate change proceed at a terrifying pace.

Our capitalist property regime and economic system have succeeded at producing remarkable surplus. But the benefits of this system too often flow to a small fraction of the population, while land, water, air and people pay the long-term price.

Prior generations responded to similar crises by turning to communism. But today, Marx, Lenin and Mao no longer offer a scythe sharp enough to fell the stalks of capitalism.

Another, more cutting-edge possibility is to heed the diverse indigenous voices displaced and drowned out by imperialism. From Standing Rock to Queensland, colonized and indigenous people are demanding new relationships to water that sustains the life and land which provides for the people.

This approach entails returning lands and resources to indigenous control and rethinking our relationship to the environment by recognizing and protecting indigenous values and the rights of nature through the law.

While indigenous values, beliefs and practices are as diverse as indigenous people themselves, they find common roots in a relationship to land and water radically different from the notion of property. For indigenous people, land and water are regarded as sacred, living relatives, ancestors, places of origin or any combination of the above.

My own, Tsq’escenemc Secwepemc people, for example, express these views daily through our words and place names. Both the word Secwepemc, which is the name of our nation, and Tsq’escenemc, the
name of our community, contain the suffix emc, which has multiple uses and translations, including person, the people, land, ground or soil, and even to milk or to nurse.

Versions of this suffix, which are common to all Salish languages, derive from the proto-Salish word tmícw, which means world, dirt, nature, earth, land and spirit in many Salish languages. Linguistic models suggest that all Salish-speaking peoples, whose homelands span parts of Washington, Oregon, Idaho, Montana and British Columbia, shared a common ancestral language between 3,000 and 6,000 years ago.

Ingrained in each Salish community then is the idea – even older than our indigenous languages – that the people are of the land and the land is of the people. These kindred spirits are alive and inseparable.

Indigenous epistemologies were all but eliminated by colonization. British and American empires dispossessed indigenous people of their lands in the name of property and productivity. Many indigenous children were sent to church and government schools where their languages and cultures were literally beaten out of them.

Despite this brutal and enduring history, indigenous people today stand on the frontlines of global movements fighting for a more just relationship between humanity and the land.

One promising precedent on this path to a post-imperial future has emerged in Aotearoa/New Zealand, where the Whanganui Maori iwi just won a 140-year legal battle to recognize that their ancestral Whanganui river has legal rights equal to a human being.

In the fight for climate justice, indigenous people set the path – and lead the way.

The Whanganui settlement, which was signed by the Whanganui iwi in 2014 and enacted into law by New Zealand parliament last week, established two guardians to act on behalf of the river, one from the crown and one from the iwi. In addition to legal recognition of the personhood of the Whanganui river, the settlement provided financial redress to the iwi of NZ$80m, and an additional NZ$1m contribution to establish the legal framework for the river.

Less than a week after the legislation went into effect, India’s Uttarakhand high court cited the Whanganui decision when it ruled that the Ganges and Yamuna rivers have the legal status of a person.

While the implications and effects of these legal experiments are yet to be seen, these are potentially revolutionary precedents that offer a path forward to redefine relationships between governments, indigenous peoples and the land in the 21st century.

At their core, these decisions recognize what indigenous people have believed all along: that land and water are sacred, living relatives and ancestors whose well-being humanity depends upon for our continued health and existence upon this earth.

Between the productivity of property and the recognition of indigenous rights and the rights of nature, there lies the potential for a more just future for the land, the water and their human relations.

Julian Brave Noisecat is a proud member of the Canim Lake Band Tsq’escen and a descendant of the Lil’Wat Nation of Mount Currie. This article was first published in The Guardian.

www.julianbravenoisecat.com
Only fragments of the druids’ teachings have survived in Welsh and Irish legends, and yet much of their wisdom can be recovered. A few years ago, I discovered something that seemed at first impossible, and which I describe in my book The Ancient Paths: Discovering the Lost Map of Celtic Europe: the druids had not only organised their temples and towns using astronomical measurements, they had devised a continent-wide system of ‘solstice lines’ based on simple geometrical ratios. These solar paths had determined the orientation of roads, the location of settlements and battles, and the itineraries of tribal migrations. By applying the Greek system of latitude and longitude lines to Gaul and then, even more spectacularly, to Britain, the Celts created what is in effect the earliest accurate map of the world.

The same accuracy can be detected on a microcosmic level. The labyrinthine shapes of Celtic art seem to belong to a pre-classical world of swirling mists and superstition. Yet they, too, are governed by precise formulae.

To the Romans, Celtic art was a closed book. Their prejudices, which have had such a corrosive effect on perceptions of our Celtic ancestors, were based on ignorance. Like most ridiculous ideas about foreigners, they were also born of fear. Long before Rome had an empire, Celtic tribes had colonised northern Italy. Milan, Turin and Bologna are all Celtic names. Rome itself was captured by an army of Celtic warriors in 387 BC. That humiliation was never forgotten. Centuries later, when the “barbarians” had been driven back over the Alps, the old fears still glowed like embers, and when Caesar brought civilisation to Gaul in the form of slavery and genocide, few voices in Rome were raised in protest.

It says a great deal about the vigour of Celtic culture that it survived the Roman invasion. Historians now talk about ‘the Roman interlude’, to stress the continuity of Celtic civilisation. Only a few generations after the Gallic War, tribal identities were stronger than ever, which is why so many French towns bear the original tribal name instead of the name imposed by the Romans. In Britain, the Dark Age kingdoms retained the old Celtic boundaries, and some of the druids’ wisdom was preserved in early Christian rites and doctrine.

Perhaps the most pernicious Roman prejudice is the notion that the Celts were a race. Many people still believe that their Celtic heritage is inscribed in their DNA, in the colour of their hair or even in certain forms of behaviour. But it was precisely because the Celts were a culture, not an ethnic group, that their influence spread so rapidly to much of western Europe, even to parts of Ireland and Spain that were never invaded or settled by Celtic tribes. Everyone living in Europe today owes a great deal to the Celts, whether or not they have long hair, dress in tartan and drink undiluted wine.

Graham Robb is a cyclist, author, historian and French literary critic.
ANGLESEY DRUID ORDER is now accepting applications for its 2018 training programme. 4 residential weekends; starts June, then August, October and November. All inclusive materials, accommodation and food for Sat/Sun. £155 per weekend. For more details contact: info@angleseydruidorder.co.uk

NEW PREGNANCY CIRCLE Starting on 13th January in Rhiwlas, with Birthing Mamas Wales. Contact Laura 07914917711. See Calendar

PRACTICAL CONSERVATION SKILLS Are you passionate about conservation? As part of its 50th anniversary activities, the Snowdonia Society is launching a new and accredited Practical Conservation Skills unit. Thanks to funding from Snowdonia Giving and Natural Resources Wales, we can offer this round of training for free. However, places are limited and if you were to secure a place you would be committing to attending 4 workdays between February and April 2018 (weekend workdays will be available as will some free transport from Bangor and Caernarfon).

You would need to be available on February 3rd to for an introduction to the training and footpath maintenance; and on February 17th for a tools maintenance session. You may pick the other two dates to suit you before mid April 2018. To apply for a place, please write a paragraph (of no more than 200 words) detailing why you would like a place on the training and what you hope to get out of it. Please include your name, address, email address and phone number at the top of the document. Final applications for this intake should be received by Monday January 8th. Successful applicants will be notified by January 15th. If you are interested and want to find out more contact Snowdonia Society 01286 685498, snowdonia-society.org.uk

In the Spirit of Peace:
“So peace will come again on earth, but a peace unlike aught known before. Then will the will-to-good flower forth as understanding, and understanding blossom as goodwill in humanity”.
Alice Bailey

AONB PLANNING GUIDANCE DRAFT PAPER CONSULTATION 18th January. Meet planning officers to discuss AONB status and how they affect developments. 2 - 6pm. To find out more come to Loggerheads Country Park, Ruthin Rd., Denbighshire CH7 5LH. denbighshire.gov.uk

YOGA TASTER Denbigh, see Calendar 6th

BELLY DANCE TASTER Wrexham, see Calendar 10th

BIG GARDEN WATCH RSPB Conway, see Calendar 28th

MEDITATIONS TO INSPIRE & HEAL Kalpa Bhadra Buddhist Centre, Llandudno see Calendar 14th - 19th

NW GUITAR RETREAT 20th & 21st, The First One! Chester, see Calendar.

February Events to Book Now!

A Day to Dance 5 Rhythms Conwy. 3rd Feb, £5 off if you book before January 20th. Contact 07946 913911, gremlincat@aol.com

Bangor Music Festival - Space 3rd Feb. Exploring planets and galaxies through music and science. Pontio, Bangor 01248 382828, pontio.co.uk

Hypnobirthing Retreat 2nd - 4th Feb, Anglesey LL65 1YH, Marie 0790 77 11 767 marie@relaxingbirths.co.uk See ad page 20.

Winter Warmer Retreat 2nd - 4th Feb, Trigonom, Nantlle. Tracey 07809 485323, traceyyogamassage.co.uk

Reiki, 1st Degree Course 3rd & 4th, Tregarth. Viv 07771 280824, vivreiki@hotmail.com

In the Spirit of Peace:
“So peace will come again on earth, but a peace unlike aught known before. Then will the will-to-good flower forth as understanding, and understanding blossom as goodwill in humanity”.
Alice Bailey
BREATHE
It’s free, you can do it anytime, and it’s profound. As a yoga teacher I’ve been studying breathing for over ten years and I’m still learning more. One practice I find helpful is to pause whatever I’m doing and take three deep breaths, making each one as long as I can:
- INHALE, feeling ribs expand and belly soften outwards
- EXHALE, in a relaxed way, pull in belly muscles at the end of exhale

CASTOR OIL PACKS
Liver feeling peaky? Digestion sluggish? Get some castor oil (try the internet or ask at your local Health Food store), find some old towels and a hot water bottle. Soak a small towel in the oil, lie down and place it on your belly or around your liver. Then layer other towels over it and a hot water bottle on top. Relax for 20 mins. Be careful!! Castor oil is super sticky and staining, use old towels and wash them separately.

EPSOM SALTS
Magnesium is an element vital to the functioning of our cells. It’s what makes soaking in Epsom salts so awesome. Put a cup of it in a bath before bed, it can often help with sleep. Don’t have a bath? Put some Epsom Salts in a bucket and soak your feet for 20 minutes. Chose an Epsom salt soak over wine to help you wind down at the end of the day and you’ll feel so much better the next day.

MOVE
My favourite biomechanist, Katy Bowman, says this: “No one in our culture moves enough … because of our time spent sitting, and because of other ways we’ve immobilized … with shoes, constractive clothing, and cultural expectations, our bodies have adapted by becoming stiff and unable to move all of our parts.” Katy’s a big fan of walking, sitting on the floor and varying movement through everyday activity, so that our cells get to “bend and squish” more. Read more here: https://nutritiousmovement.com

NETI POT
This is an Ayurvedic technique. Make up a solution of warm and gently salted water in a tiny teapot called a Neti pot. Pour it in one nostril and out the other. This can help with headaches, sinus problems and colds. It also helps you breathe deeply. If you get the temperature and saltiness right it won’t sting. Use filtered water and sea salt if you can. Most neti pots will come with instructions — or you can join my workshop on the 7th January where you’ll try it for yourself.

Want more New Year health inspiration with Claire? www.inspiratrix.co.uk

- Sunday 7th January - Yoga workshop focussing on breathing and neti pot in Llanfachraeth
- Saturday 20th January - ‘Healthy New Year’ mini-retreat day with vegan chef Lee Watson in Caernarfon
- Regular Yoga classes in Holyhead and Llanfachraeth
January Calendar

1st MONDAY

**New Year's Day Bird Walk** Come birdwatching with a wildlife guide. 1.30 - 3.30pm, free to start then 10p for each species seen! RSPB Conwy LL31 9XZ, 01492 581025, conwy@rspb.org.uk

**New Year's Day Jump** Organised by The Adelphi Vaults with Amlwch Diving Club. 10 - 11am. 3 Quay St., Amlwch, Ynys Mon LL68 9HD.

**New Year's Dip** Barmouth Lifeboat Station.

**NWWT: Paddleboard and Beach Clean** 10am - 4pm, £75. Menai Strait. Meeting place upon booking. Sian Sykes 07928 475419, sian@psychedpaddleboarding.com

**New Year's Space Hopping Race** Meeting on Ravens Point Road side of the beach for a space hopping race and for those who want a fresh dip in the sea! 2 - 3pm, Tregarddun Bay Beach, Holyhead.

**Beicio Bangor** Meets 1st Mon/month. We campaign on cycling issues affecting Bangor and the travel-to-work area around. All welcome, 7pm, £5 per annum. Basement Fat Café, High Street, Bangor. Details: accounts@beiciobangor.org.uk

**NW Arthritis and Chronic Pain Support Group** 1st Mon/month. Helping people living with pain. 12.30 - 2.30pm. Seminar Room, Holywell Community Hospital, Halkyn Rd., Holywell CH8 7TZ. Arthritis Care 020 7380 6522, nwacpsg@gmail.com

2nd TUESDAY

**Capricorn Full Moon 2.24am**

**Conwy County Peace Group** Meets 1st Tues/month, 7.30pm, St. John’s Church hall (between the two M & S stores on Mostyn St., Llandudno). Contact Don Saunders 07748 927643, donsundersopt@aol.com

**Cygnus Café in Chester** An opportunity to join like-minded people to discuss and explore spirituality, well-being, holistic therapies, transformation, community, ecology and much more. For those who are not familiar with Cygnus Review, it offers books, CDs, reviews, articles to uplift and inspire you on your path of self-discovery. 11am - 1pm, The Lodge Café, Grosvenor Park, Chester. Lynn Alexander 01244 951753, lynnalexander@talktalk.net

**Meditation at Hillside Retreat** is a mixture of guided meditation, silence and some sharing, finishing with a cup of tea. No charge, just donations towards refreshments. It is not necessary to have done any meditation before – everyone welcome. It is helpful if you can email me to let me know you are intending to come. 7.30 - 9pm. 1st Tues/month. Hillside Retreat, Rhosesmor, nr Mold CH7 6PP. Contact helen@soul-life.co.uk, www.soul-life.co.uk

**Noddfa Circle Dance** 1st and 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, noddfa.org.uk

3rd WEDNESDAY

**Free Vintage Matinee** (U) Doors open 1pm, film starts 1.30pm, Romance/Western. Denbigh Film Club, Theatr Twr O’r Nant, Denbigh LL16 3DA. Lilian Jones 01745 813426, denbighfilmclub.co.uk

**SAORI Weaving Taster Session** 1st Weds/month. Includes half an hour introduction to SAORI freestyle hand weaving, using a SAORI loom and take your weaving home. No experience is necessary and all abilities are catered for. £10 per class including materials. Please book/maximum of six. 6 Swifts Buildings, Bangor LL57 1DQ (opposite Domino’s Pizzas below the train station). Rosie Green 01248 345325, www.saorimor.co.uk

**Conscious Dance** 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspeirs@hotmail.com

4th THURSDAY

**Weaving for Health & Wellbeing Evening** 1st Thur/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, guidance given. 6.30 - 8.30pm, £25 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor LL57 1DQ (by traffic lights below the train station). 01248 345325, www.saorimor.co.uk

**The Sea and Me** This year we’re celebrating Year of the Sea in Wales. Nia Jones, NWWT Living Seas Manager, will look at our achievements, what we’re up to now and how people can get involved. 2 - 4.30pm, £2. St Cyngar’s Church Hall, Llangefni, LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

**NW Arthritis and Chronic Pain Support Group** 1st Thurs/month. Helping people living with pain. 6.30 - 8.30pm. Mold Community Hospital, Ash Grove, Mold CH7 1XG. Angela 0844 887 2618, nwacpsg@gmail.com

**Dru Meditation** 1st Thurs/month, 8.30-9pm, Snowdonia Mountain Lodge, Nant Ffrancon, Bethesda. Contact Christiane 01248 602900, christiane@drugrecoverylodge.co.uk

**Gwynedd Astronomy Society** 1st Thurs/month, 7.30pm. Arts and Drama Rehearsal Room, Bangor University. Parking is available directly outside the main entrance. Davyth Fear 01286 672882.

**Llangollen Friends of the Earth** 1st Thurs/month; venue varies so call or text 07525 016504, info@llangollenfoe.org.uk

**Sing Out Your Song!** Harmony Singing Group - Drop-in group, 7 - 9pm, £8, £6, £4. 1st & 3rd Thurs/month. Bishop Lloyd's Palace, 51 Watergate St., Chester CH1 2LE. Ella 07922 620503, ellaspeirs@hotmail.com

5th FRIDAY

**Soup & Circus** 1st Fri/month, 5 - 7pm in Rhiwlas Village Hall. Circus skills, music and soup to share - come and join. Donations welcome. Lucy 07900 637333.

**Wrexham Birdwatchers Group** Talk with Mike Roberts: Catalonia. 7.30pm, Gresford Trust Memorial Hall, High Street, Gresford LL12 8PS. Kevin Smith 01978 354551, kevjsmith3@hotmail.com
Viennese Gala Concert
Waltz and polka music; plus soprano Katy Thomson. 7.30pm, £15, £12 concs., £3 students/U18s. St Asaph Cathedral, Denbighshire LL17 0RL. Contact 07725 050510.

Of Mice and Men (PG) Film; we are using film to help with revision for GCSE exams - come and make it work! 2.15pm, £5, U18 £3, cash only. Theatr y Ddraig, Barmouth, dragontheatre.co.uk

6th SATURDAY
Yoga Taster Morning
Everyone of every age is welcome. Take part or just watch and get a feel for what yoga here at The Zest life has to offer you. January is the perfect time to set positive intentions for the year ahead so start your health and wellness journey with us and make 2018 your best year yet. Drop-in. 9.30am - 12pm. Trefnant Village Hall, Denbigh LL16 5UG. 07989 512859, thezestlife.co.uk

Llangollen Community Garden
1st session of the year - all welcome. nr Plas Newydd, Llangollen. Contact: llangollengarden.co.uk

New Year in Vienna
with Welsh National Opera; music by Mozart, Weber plus favourite waltzes and polkas. 7.30pm, £18.50 - £5. Prichard-Jones Hall, Pontio, Bangor. 01248 382828, pontio.co.uk

Prosiect Film PICS 2018 PICS
Film festival offering young filmmakers a 3 day Welsh language film course led by professional filmmaker, Rhys Edwards. 10am - 6pm, £60, for ages 13 - 25. Also 13th & 20th. Galeri, Caernarfon 01268 685250, galericarnarfon.com

Circus on Saturday Workshop
Beginners aerial and circus skills. 1pm - 8-16 yrs; 4pm - 16+. Have a go on trapeze, aerial hoop, juggling, balance and spin plates. Pontio, Bangor 01248 382828, pontio.co.uk

6th SATURDAY & 7th SUNDAY
Reiki, 1st Degree Course
Reiki is a simple form of healing and self-healing. Vivien teaches the original form of the Usui System of Healing. She offers continuous on-going support to all of her students. £125 class fee, accommodation is available £30 per night. The Healing Centre, Tregarth, nr Bangor LL57 4NP. 07771 280824, vivreiki@hotmail.com

6th SATURDAY - 13th SATURDAY
Teacher Training Retreat Level 2
An opportunity to engage in a personal and group learning process which is designed to support and deepen understanding and skills in teaching and integrating mindfulness-based approaches in professional practice for MBSR and MBCT teachers. Campervan £388. Residential £668 - £528. Held at Trigons, Nantlle. Contact Centre for Mindfulness, Research and Practice, Bangor Uni 01248 382498, bangor.ac.uk/mindfulness

7th SUNDAY
Street Circle Training
Meditation outdoors, bearing witness to the life of the city around us. Open to all, free, 2 - 4.30pm. Bring simple food to share. Children (and dogs!) are very welcome too as long as parents stay responsible for them at all times. Chris Starbuck 07906 040159, greatheartchester@gmail.com

Sacred Circle Dance
1st Sun/month, 2 - 4pm, Rhosesmor Village Hall. Led by Helen Newton and Sue Bates. Contact helen@soul-life.co.uk

Winter Tree ID Workshop
Join Sam Thomas at Ty Hyll to learn how to identify trees in winter. Whether this is your first time or you’re looking to improve your skills this is the day for you. Workshop length: 3 hours. 9.45am - £10, free for Snowdonia Society volunteers. Booking essential. Ty Hyll. Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Clybod Acoustic Club
Meets 1st Sun/month. 2pm, open to all musical abilities and styles of music - no electricity connecting! Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Yoga Workshop: Take A Deep Breath with Claire Mace. This Forrest Yoga workshop will be a 3.5 hour session in which you will explore the cleansing power of the breath, perform an extended Forrest Yoga sequence and discover how to use a ‘neti pot’. Our intent will be to use the breath as a cleansing force, to break free from feelings of stickiness, stiffness and cobwebs, and bring fresh energy into your life for 2018. We will also explore using the technique of ‘neti’ which is a way of washing gently salted water through the nasal passages to help improve health and breathing. 2 - 5pm, £25. Llanfachraeth, Anglesey LL65 4YA. Claire 07970 409724, inspiratix.co.uk

Cain Dance performance group – open to those over the age of 60. 10am - 5pm, the cost for the term is £6. Galeri, Caernarfon 01286 685250, galericarnarfon.com

Green Woodworking
Everyone welcome, from 10am - 4pm with Bill. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, www.eternalforest.org

Big Allotment Growing Day
An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Fferm Frwythau/Gift Economy, or wellhealthcooperative@gmail.com

8th MONDAY
Disability of Arts Wales Writing Group
Do you write non-fiction, poetry, drama, or novels.....in the Welsh language? Do you self-identify as a disabled person and/or have a long-term physical mental health condition? Come and participate in a monthly group. 4.30 - 6.30pm, free. Caernarfon Library LL55 1AS. Contact post@dacymru.com / 029 2055 1040.

Wildlife Gardening
Whether you are completely new to gardening or have years of experience, whether you can spare one day each month or one day every week, we need you! 10am. Ty Hyll, Betws y Coed. Snowdonia Society 01286 685498, tyhyll@snowdonia-society.org.uk

Art Sessions in the New Year
Starts 8th January. Caernarfon Art Classes are professional tutor led study sessions, which deliver and facilitate the experience of Art and Design. Studies in all media, from beginner to advanced and specific to the individual. 3hrsx10weeks, 10am-1pm and 6-9pm. Full fee £90; over 60 £70; unemployed £45. Beaumaris, LlanfairPG, Caerphilly and Bethesda. 01286 673835, caernarfonartclass@gmail.com Facebook: Caernarfon Art Class
Filmstars Don’t Die in Liverpool (15) Film. Based on a true Hollywood romance story. 2pm, Galeri, Caernarfon 01286 685250, galercaernarfon.com

Wrexham Meditation Group Three meditations including a body scan and a mindfulness of breathing practice. 7.30 - 9pm, £6 includes refreshments. Quaker Meeting House, Holt Rd, Wrexham. Contact MEW Mindfulness 07816 988124, newmindfulness@gmail.com

Seriously Books Meets 2nd Mon/month. Want somewhere to discuss literary classics: past, present and future? Here you’ll find a warm welcome and intelligent discussion that ranges from the light-hearted to the challenging. Books selected by vote and alternate between contemporary and classic fiction. Gladstone’s Library, Hawarden. Contact Louisa Yates louisa.yates@gladlib.org

Holyhead Writers Group 2nd & 4th Mon/month. PenFriends is a creative writing group who offer support and feedback on each other’s work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St, Holyhead (opposite Holyhead Library). Karen 07929 069235.

9th TUESDAY
The Healing Well Hands on Healing, by donation. All welcome, 7 - 9pm. Ganolfan Pentrefelin, nr Crieffith. Mayamara 01766 770874.

Cylch Gitar Gogledd Cymru/ North Wales Guitar Circle 2nd Tues/month. All styles of acoustic guitarists - from non players to professional (no vocal). 7.45pm, £1 per person. Anglesey Arms Hotel, Menai Bridge. Jane and Dave Sinnett 01407 831480, jane.sinnett@btinternet.com ~ Facebook: northwalesguitarcircle

9th TUESDAY - 11th THURSDAY
Film Stars Don’t Die in Liverpool (15) Film. A romance sparks between a young actor and a Hollywood leading lady. 9th & 11th 7.30pm, £6.25, £5.25. 10th 10.30am, £3 with panad. Neuadd Dwyfor, Pwllheli 01758 704088.

10th WEDNESDAY
8 Week Mindfulness for Stress Course Starts today until 28th Feb. During the course we will be engaging in various activities to foster mindfulness and kindness. These include formal meditation practices, as well as small things we can do in the midst of our daily lives, such as doing a routine task mindfully, taking a break, slowing down a little. In particular we’ll be using the body sensations and the breath to help develop awareness. The aim of meditation is not to prevent the mind wandering off - which it will do, repeatedly - but to get into the habit of learning to check in with our experience so we have choices in how we respond. 6.30 - 9pm, £159, includes books, CDs, workbook, refreshments and follow up practice session. £99 for those on a low income. Payment in instalments welcome. NEW Mindfulness, Quaker Meeting House, Holt Rd, Wrexham. Contact 07816 988124, newmindfulness@gmail.com

Llandudno and District Writers Group This month: Maxine Burton – Food For Thought or Thoughts For Food. 2pm, all welcome! Llandudno Public Library. Contact: llandudno.writers@aol.co.uk/Gavin Pike

Sewing Machine Skills Beginners/ refresh
Movement Medicine ~ Mindfulness in Motion 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspiers@hotmail.com

Circle Dance 2nd Weds/month. A relaxing afternoon with a friendly welcoming group. No experience or partner needed. 2-4pm, Old Colwyn Methodist Church Hall. Phone Janice 01492 545587 / Susan 01352 219464.

Drum Journey Meditation Circle with Claire Freeman of Source Healing. A fortnightly event starting today, 8 - 9.30pm, £10. Held at Source Yoga, 294 Conwy Rd., Mochdre, Colwyn Bay LL28 5DS. Bookings: Claire: claire.sourcehealing@gmail.com


Free Belly Dance Taster Session Have you ever wanted to give belly dance a try? Join Rachel for a free belly dance taster session for beginners. What better way to start off your new year than with a shimmy and a shake! 6 - 7pm, Garden Village Hall, Kenyon Ave, Wrexham LL11 2ST. On Facebook

Ruthin Reading Group 2nd Weds/month, 7.30pm, Ruthin Library, 01824 705274.

Art Gallery Tour Join Peter Boughton, the museum’s Keeper of Art, to discover a rich array of paintings, sculpture and furniture spanning half a millennium of art. 2 - 3pm, £3. Art Gallery, Grosvenor Museum, Chester CH1 2DD. 01244 972197, events.westcheshiremuseums.co.uk

Call Me By Your Name (15) Film. A summer of music, love, food and romance in northern Italy. 2pm & 7.30pm, £6.50 & £5.50. Galeri, Caernarfon 01286 685250, galercaernarfon.com

Dinara Klinton (piano) Music by Bach-Busoni, Beethoven and Liszt. 7.30pm, Rhyl Music Club, Rhyl Town Hall. 01745 890 564, chair@rhylmusic.com

Volunteer in CAT Woodland 2nd & 4th Weds/month: We are looking for day volunteers to come and get involved! Boost your well-being through meeting new friends, enjoying gentle physical activity, connecting with the natural world, drinking tea in the fresh air, brushing up on ecology and species identification skills and sharing your existing skills and knowledge with others. 10am - 4pm, free. CAT, Machynlleth 01654 705970, cat.org.uk Also 24th

Mindfulness Practice Group ~ Bala 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice, interested in Mindfulness or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala
Tree Planting We are joining the Snowdonia National Park Authority to plant a variety of native broadleaved trees. Much of our year is spent taking things out of the National Park e.g. invasive species like Rhododendron and Himalayan Balsam, it’s time we added something to it. Come and join in, reduce your carbon footprint and create a lasting memory for years to come. 10am, booking essential, Rhyd Ddu, Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

11th THURSDAY - 15th MONDAY

New Year Walking in Snowdonia The walks will visit a range of the National Park’s most interesting and scenic mountains often away from the honey pot areas. You will also have the opportunity to discover more about the natural and historical heritage of Snowdonia. £360 - £400. Plas Tan y Bwlch, Maentwrog 01766 771211, snowdonia.gov.wales

12th FRIDAY

Masterclass: Mindfulness Based Relapse Prevention for Addictive Behaviour This course offers participants an opportunity to appreciate the intentions and practices of the MBRP programme and how it draws upon scientifically tested approaches to addiction as well as ancient wisdom and meditation techniques to develop the skills and qualities needed to become free of the cravings that drive addictive behaviours. £130. Crowne Plaza, Chester. Contact Centre for Mindfulness, Research and Practice, Bangor Uni 01248 382498, bangor.ac.uk/mindfulness

Lit Soc Fiona Owen introduces Phil Bowen, poet, biographer and playwright. Check date and time. £5, £4. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Cold-Blooded Conservation Mandy Cartwright, North Wales Officer for Amphibian and Reptile Conservation, will talk about this group of animals, regional species and their conservation. All made very welcome. 2pm, £2, includes refreshments. Held in St. David’s Church Hall, Glan-y-Mor Road, Penrhyn Bay, Llandudno, LL30 3NT. John Underwood 01492 533459, 07783 773225, john.underwood@gmail.com

A Man Called Ove (15) Film. Ove is an angry old man next door; then his neighbours move in. Doors open 7.30pm, £8, £6 concs., New Dot Cinema, Upstairs in the Town Hall, Llangollen. www.newdotcinema.org

12th FRIDAY - 14th SUNDAY

Reshape: Yoga & Fitness Weekend Start to feel inspired about your daily yoga practise and exercise routine, get motivated to eat well and be positive about your hopes, dreams and aspirations for the future. £405 - £545. Plas Cadnant, Menai Bridge, LL59 5NH. Laura Bell, 07989 512859, thezestlife.co.uk

Rhyl People’s Assembly Peace Festival Fri: 7 - 9pm, Film: Ladybird Ladybird by Ken Loach. Sat: 1 - 4.30pm Stop The War Coalition and CND Press officer Ian Chamberlain speaking; Peace Songs, Talking, Films, Refreshments. Sun: 10am Peace Service open to all with sermon by David Webb. St. Mary’s Church, 119 Wellington Rd., Rhyl LL18 1LE. Facebook: Bangor & Ynys Mon Peace & Justice See Noticeboard

13th SATURDAY

Pregnancy Circle with Birthing Mamas Wales Welcoming pregnant mamas of north Wales to a safe and nurturing environment where all thoughts and feelings are welcomed and acknowledged. This month we will focus on Self Care - how to make that a reality and a priority in our daily lives. Meditation, voice work, speaking in circle, exploring fears and delights, inviting all the shades of what it is to be a pregnant woman alive today. Spaces limited to 8. Message to book your place. Tickets £20. Your first session HALF PRICE. 1 - 4pm. In a cozy yurt in Rhiwlas, directions on booking. Laura 07914 917711, laura@birthingmamas.co.uk ~ birthingmamas.co.uk Facebook: BirthingMamasWales

The Lamp that Lights the Path to Enlightenment A half day course, 2 - 4.45pm, £15 includes high tea. Understand, make progress and complete the path to enlightenment in a step-by-step way to apply to your life right now. Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn Avenue, Craig-y-Don, Llandudno. 01492 878778, meditatenorthwales.com

Prosiect Film PICS 2018 PICS See 6th

Work in Progress Sharing Event: Drudwen Cimera’s developing new theatre show about a dark fairy tale. Please stay behind and give us feedback. Performed in Welsh and English. 6.30pm, £3. Studio, Pontio, Bangor 01248 382828, pontio.co.uk

Peter Moore ~ My Art in Sudan Talk, with Denbigh Arts Society. 2 - 4pm, The Studio, 10 Penrhos Rd., Colwyn Bay. Peter 07919 864151.

13th SATURDAY & 14th SUNDAY

take part 2018 300+ arts and literature workshops, drop-ins, talks and performances aimed at ages 0 - 18 years. 10am - 4pm. Various costs / times. Details: Venue Cymru, Llandudno, 01492 872000.

14th SUNDAY

The Bangor Forest Garden An opportunity to learn new skills, make new friends whilst contributing to maintaining and developing the Garden. Session starts at 11.30am - 4pm. Wear some outdoor suitable clothing and bring some lunch; tea and coffee provided. If you need a lift ask us about car sharing. More details from bangorforestgarden@gmail.com, www.thebfg.org.uk Or have a look on Facebook bangorforestgarden

Manifestation with Crystals Using crystals, we’ll clear any negative energy, and connect with our soul, before we set our intentions for the New Year, and create mandalas to send those intentions out to the Universe. As we do this in a group, our messages are amplified! 12.30 - 3.30pm, £25, booking essential. Cariad Academy, Hightown, Wrexham LL13 7BS. Contact 07561 320239, cariadcrystalhealingandspiritualguidance.weebly.com

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Make A Shave Horse A shave-horse is a simple but effective traditional tool to hold a piece of green wood while it is shaped with a draw-knife. You will be provided with all the materials you need and you will make your own “modern” pattern shave-horse to take home, based on the design of Mike Abbott. There should be time to learn how to cleave green wood and shape it with a draw-knife on your new shave-horse. £80, deposit £40. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.co.uk

NWWT: A Winter Bird Walk Spot waders and wildfowl on the Alaw Estuary. Ian Wright leads this popular event: wellies advisable! Optional extension into afternoon with chance to visit other nearby sites: bring packed lunch if planning to stay on. 10am - 1pm, donations welcome. Park and meet in the Western arm of Lôn Gorad, Valley, Anglesey, LL65 3AW. Penny Radford 01248 713022, radfords713@btinternet.com

14th SUNDAY - 19th FRIDAY

Meditations to Inspire and Heal Throughout the week, we will have sessions in the day and evening to allow you to continue your retreat, whether you can attend in the day or are working. Resident teacher Gen Kelsang Oden will lead us through fourteen meditations, known as Stages of the Path (or Lamrim in Tibetan). By following these meditations we increase our happiness by transforming our state of mind from bad to good, and creating all the causes to experience lasting happiness. Sessions are 1 hour long, except 3 - 4.5pm a chanted meditation free of charge. £3 per session; £10 for the day. Attend as many sessions as you like including the half day course “Lamp that Lights the Path to Enlightenment” - £50. Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatenorthwales.com

15th MONDAY

Chester Amnesty International We are ordinary people standing up for humanity, human rights and justice. Meets at 7.45pm, this month in The Watergate Inn, (room on the left inside pub), close to Chester Racecourse. Contact Alan 01244 679185/ Facebook for more details, www.amnesty.org

Seriously Sentences - Writer’s Group Meets 3rd Mon/month to review each other's submissions, share competition, market and publishing news and welcome all levels of expertise - prolific or wannabe! Gladstone’s Library, Hawarden. Contact Hazel: seriouslysentences@gmail.com

Bangor Cellar Writing Group Meetings allow writers of prose and poetry to share their work with others by reading out their manuscripts. We also have a programme of writing challenges and workshops. All abilities are welcome from beginner to more experienced writers. The aim is to encourage people in their writing and able to meet with others who share their interest. 7 - 9.15pm, 1815 Café, Bangor. Mary Ward - merielward75@gmail.com

Arctic Convoys Aldon Ferguson recounts, with many photographs and movie clips, the terrible conditions endured by the sailors, both Royal Navy and merchant seamen and their personal stories and memories. £10 annual membership, £3 per event. Organised by The Society of Thirteen. Meet Grosvenor Museum, Chester. Contact /Join the group: treasurer@societyofthirteen.org.uk

15th MONDAY - 20th SATURDAY

Low Energy Buildings (Part B) This course will help students develop a deep understanding of the principles and consequences of energy and mass flows in buildings in terms of the building’s orientation and the local climatic conditions. Limited spaces. £700, £625 low waged and concs. CAT, Machynlleth 01654 704966, cat.org.uk

16th TUESDAY

Noddfa Circle Dance 1st and 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, noddfa.org.uk

NWWT: Red Squirrels in North Wales Holly Peek will share the latest news with us – are there more red squirrels here than we thought? 7 - 9pm, donations welcome. Dolgellau Free Library, Eldon Square, Dolgellau, LL40 2YF. Janet Baker 01341 423988 / 07812 659593, jemmole@hotmail.com

Technie: Exhibition Tour Join Chris Millward, Technician Demonstrator in 3D from the University of Chester, for a guided tour of the exhibition which he has curated. Technie: Creating Art celebrates the making of art through the work of five artists whose expertise covers a vast array of methods and techniques. Including both modern and traditional processes, the exhibition provides a little something for many different artistic tastes. 2 - 3pm, £3. Gallery Two, Grosvenor Museum, Chester CH1 2DD. 01244 972197, events.westcheshiremuseums.co.uk

Chester Humanists 3rd Tues/month. We seek to make the best use of the one life we have by creating meaning and purpose for ourselves, using reason, experience and shared human values. Meet at 7.30pm, Custom House, Watergate St., Chester. Stuart: 07954 166 567, chester.humanist.org.uk

Talk: Hardy Plant Society There will be a knowledgeable speaker, raffle, refreshments and plant sale. Visitors welcome - £3; 7.30pm. Holywell Community Centre, Holywell, CH8 7TQ. Mike Lennox 07768 423965, clwyd@hardy-plant.org.uk

NWWT: Wildlife in Wales Carl Payne takes us on a personal photographic journey across wildlife in Wales. 7 - 9pm, £2. Pentre Halkyn Community Centre, Holywell, CH8 8JE. Carl Payne 01352 780636, shyoneforty@yahoo.co.uk

Relentless Unstoppable Human Machine (RUHM) An ingenious circus show from the makers of FLown. Mechanical chaos, fixtures and fittings come to life; vertical-swinging trapeze, never ending ropes, a carousel, high-wire and temperamental staircase. 7.30pm, tonight is the Preview show, £14, £12 £8 students. Pontio, Bangor 01248 382828, pontio.co.uk

ROH Opera Live: Rigoletto by Verdi. Corruption of innocence is at the heart of this opera. 7.15pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
17th WEDNESDAY

Capricorn New Moon 2.17am

Chester and District Friends of the Earth 3rd Weds/month, 7.30pm in the Custom House, Watergate Street, Chester. Contact Peter Benson 07740 179939.

Luna Meet - Winter Wellbeing Workshop Designed and delivered by life coach Tom Goldstein to inspire a positive start for 2018. 5pm, £10, advanced booking. Venue TBC. Facebook: Merry Meets

New Storytelling Club 3rd Weds/month. Special guest wordsmith every month. All welcome. No charge! 7.30pm. The Blue Bell Inn, 19 Castle Street, Conwy LL32 8AT. Suzi & Simon on 01490 460563 or 07984 637068.

Write Now Meets 3rd Weds/month at 7.30pm. All types of writing welcome, we read our work aloud and share tips and news. Meet in Gales Wine Bar, 18 Bridge St., Llangollen. Rachel 07706 101349.

4-Week Beginner’s Belly Dance Course Join Rachel for 4 weeks of bellydancing. You will dance Egyptian and north african styles, learning how to shimmy, hip drop and undulate! 6 - 7pm, £16 for 4 weeks, booking essential. With Rachel Walker. Garden Village Hall, Kenyon Ave., Wrexham. Bookings: iscia_espirit@hotmail.com

Mindful Meditation 3rd Weds/month. A monthly meditation group, open to all and suitable for beginners. If you have not meditated before, this can help you get started. Also, experienced meditators welcome to come and practise in a group setting. 7.30 - 9pm. Kit’n’Heels, 3 Penrhyn Ave, Rhôs-on-Sea LL28 4PS. Facebook: Wings of Change

Battle of the Sexes (12A) Film. The true story of the 1973 tennis match between World number one Billie Jean King and ex-champion and serial hustler Bobby Riggs. 2pm & 7.30pm, £6.50, £5.50. Galeri, Caernarfon 01286 685250, galericaernarfon.com

17th WEDNESDAY - 20th SATURDAY

Relentless Unstoppable Human Machine (RUHM) As 16th except £16, £14, £10.50 students/U18, Pontio, Bangor.

17th WEDNESDAY - 28th FEBRUARY

Awakened Belly Dance 7 week course. A guided transformative journey through movement, dance and music. You will open to realisation and expansion through conscious breathwork, middle eastern and sacred dance moves, sound and energy healing, meditation and journeying and the support of sisterhood. £15 per session, £90 for 7 week paid in full (£80 early bird paid by 7th Jan); concessions available. Bring water and comfortable clothing. With Rachel Walker. Garden Village Hall, Kenyon Ave., Wrexham. Bookings: iscia_espirit@hotmail.com

17th WEDNESDAY - 7th FEBRUARY, WEDNESDAY

Belly Dance Course 4 Week beginner’s course. You will dance Egyptian and north african styles, learning how to shimmy, hip drop and undulate! 6 - 7pm, £16 for 4 weeks, advance booking essential. Garden Village hall, kenyon Ave., Wrexham LL11 2ST. Bookings: iscia_espirit@hotmail.com

18th THURSDAY

Tai Chi For Adults Suitable for beginners, focussing on bird forms such as White Crane. Led by Henry Shallcross, registered teacher.10am - 11am, £5. pay on the day. Held at RSPB Conwy, LL31 9XZ. Contact Henry 07563 085945.

Talk: The Swagger Portrait This lecture by Adrian Sumner looks at Van Dyck, Reynolds and Sargent, but also sets out to uncover gems from the Renaissance, the Impressionists, the Post-Impressionists and the great Moderns. 1.30 - 3pm, £3. Lecture Theatre, Grosvenor Museum, Chester CH1 2DD. 01244 972197, events.westcheshiremuseums.co.uk

Clwydian Range and Dee Valley AONB Guidance Consultation Event See Noticeboard.

Sing Out Your Song! Harmony Singing Group - Drop-in group, 7 - 9pm, £8, £6, £4. 1st & 3rd Thurs/month. Bishop Lloyd’s Palace, 51 Watergate St., Chester CH1 2LE. Ella 07922 620503, ellaspeirs@hotmail.com

Chester CND Our monthly meeting, all welcome, free. 7.30 - 9pm. Quaker Meeting House, Frodsham St., Chester chestercnd@gmail.com

TONIC: Pwyll a Nia A collection of traditional Welsh songs, and some arrangements of popular Welsh songs performed on the harp, piano and keyboards. 2.30pm, £6, £5. Galeri, Caernarfon 01286 685250, galericaernarfon.com

19th FRIDAY

David Hockney ~ Exhibition on Screen Over the past 5 years Hockney has staged two exhibitions at the Royal Academy of Arts in London. Exhibition on Screen have filmed both and produced this immersive journey. 8pm, £8, U18s £4. Theatr y Ddraig, Barmouth, 01341 281 697, dragontheatre.co.uk

RSPB: The Shetland Isles An illustrated talk by David Tolliday. All made very welcome. 7.30pm, £2.50, includes refreshments. Held in St. David’s Church Hall, Glan-y-Mor Road, Penrhyn Bay, Llandudno, LL30 3NT.

Alder Coppicing The purpose of coppicing the Alder is to promote new growth in the woodland and therefore help preserve the Alder growing there. 10am, booking essential. Aberwynngregyn Reserve. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk Also 25th

2071 A Welsh language show combining songs, words and video highlighting environmental issues of today - air pollution, plastic waste, loss of species, deforestation, loss of bees and of course climate change. Followed by an informal folk session at 9pm - so bring your instruments! 7.30pm, £8, £7. Galeri, Caernarfon 01286 685250, galericaernarfon.com

Monthly Yin Yoga 3rd Fri/month. Booking essential, 7 - 8.30pm, The Verve, Llangollen. Gaele 07850 215537, info@bebalancedyoga.co.uk

NWWT: Pursuing a Natural History Wish List - Home and Away Bill Slade dives into his photographic treasure house for images taken on wildlife excursions in Australia, Bhutan/Nepal and the UK. 7.30 - 9.30pm, £2. St Andrew’s Church Hall, Benllech, LL74 8TF. Penny Radford 01248 713022, radfords713@btinternet.com
**Film Stars Don't Die in Liverpool** (15) Film based on a true story of a young actor who falls in love with an elderly actress. 7.30pm, £5.50. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

**Baggage and SPACE** A double-bill of one-act plays for women written and directed by Bev Clark. 7.30pm, £10, £8 concs. Theatr Clwyd, Mold 01352 701521, theatreclwyd.com

19th FRIDAY - 28th SUNDAY

**Simply Being** Exploring sitting meditation, experiential ‘lookings’ and by discovering our own direct experience as awareness, simplicity, intimacy and aliveness. Suitable for those who have meditated for 3 years. £70 deposit; £360, £324 concs. Theatr Clwyd, Mold 01352 701521, theatrecldw.com

**Freestyle Japanese SAORI Weaving** Led by Rosie Green. No previous experience is necessary and the results are immediate and inspiring. In just a few minutes you will see your work grow and the finished piece will become a treasure whether it is hung on the wall, used in an item of clothing or made into a piece of 3rd art for someone special. 10am - 12.30pm, 1.30 - 4pm. £50 per session. IARD, Parc Glynllifon, nr Caernarfon. 01286 672472, iard.co.uk

**A Healthy New Year: A Day of Yoga and Plant-based Cooking** Join chef Lee Watson and yoga teacher Claire Mace for a day that will help you relax deeply and inspire your enthusiasm for healthy living. This day will get you feeling muscles you didn’t know you had, learning some top vegan and gluten free cookery techniques and relaxing deeply. We want to inspire you with vibrant, nourishing food and easy movement to recharge your enthusiasm for self-care and healthy living. 10am - 5pm, £79. Feed My Lambs, Fford Yr Ysgol, Caernarfon LL55 2RY. Bookings: northwalesretreats.com

**Make a Traditional Shave Horse** A shave-horse is a simple but effective traditional tool to hold a piece of green wood while it is shaped with a draw-knife. You will be provided with all the materials you need and you will make your own traditional pattern shave-horse to take home. There should be time to learn how to cleave green wood and shape it with a draw-knife on your new shave-horse. £130, £65 deposit. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.co.uk

20th SATURDAY

**Film Stars Don’t Die in Liverpool See 19th**

**Botanical Painting Classes** Led by Doreen Hamilton. 3rd Sat/month. Materials can be supplied at cost if you just want to give it a try and not have to buy expensive materials at the start. 12.30pm - 3.30pm; followed by tea/coffee. £15, students £10. Treborth Gardens, nr Bangor. Booking not required - but please let Doreen know by e-mail the previous week and then just turn up; doreensbotanicals@gmail.com

**North Wales Guitar Retreats** Free from distractions, our aim is to enhance your skills in a supportive, relaxed and inspiring environment. Teaching is inclusive, participatory and friendly no matter what your skill level. The aim is for you to leave with a better playing ability than when you arrived, to relax and have fun in the process. 10.30am - 6pm, £80 includes refreshments and lunch. 10 participants, and will focus on Fingerstyle guitar playing techniques and personal musical development. The tutors for this course will be the talented founders of the North Wales Guitar Retreats - Jim Bazley and Skeet Williams. Held in Stanley Palace, Chester CH1 2LF. Bookings: Jim 07966 471223, Skeet 07773 590846, northwalesguitarretreats.com

21st SUNDAY

**Bird Watch Day** Call in to see what’s about, with experts on hand to help identify the birds and chat about wildlife. Best views of estuary birds approx an hour before or after high tide (13:24). 11am - 3pm, donations welcome. Aberogwen/Spinnies NWWT Nature Reserve, Bangor LL57 3YH. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

**Creating Art Workshops** An event to accompany the *Righ Here, Right Now* exhibition currently showing. More details: Grosvenor Museum, Chester CH1 2DD, 01244 972197. Also 27th

**Fencing Day** Building a lasting stock fence will help keep the grazing animals where they need to be and protect areas of natural importance. New and experienced fence builders welcome. 10am, booking essential, free transport available from Bangor and Caernarfon. Pensychnant Centre, Conwy. Snowdenia Society 01286 685498, owain@snowdonia-society.org.uk

**Aerial Workshop** A chance to learn simple tricks and shapes in the air on the Aerial Hoop and Silks and have the sensation of flying. Open to all from 7 - 70 years. 11.30am - 1pm, £12, Pontio, Bangor 01248 382828, pontio.co.uk

**Special Aerial Workshop** A day on the Aerial Loop, Silks and have the sensation of flying. Open to all from 7 - 70 years. 11.30am - 1pm, £12, Pontio, Bangor 01248 382828, pontio.co.uk

**Natural Beauty Workshop** Cleansing special. We’ll help you create rejuvenating natural skin care products to brighten your skin, cleanse impurities and bring back the vitality to your complexion. We’ll use ingredients you can find in your local grocers and help you understand how to include simple detox practices in to your everyday skin care regime. 10am - 4pm, £40 fee only. CAT, Machynlleth 01654 704966, cat.org.uk

**Bodmin Moor** Waun-llwch Valley, Bodmin Moor. Booking not required - but please let Doreen know by e-mail the previous week and then just turn up; doreensbotanicals@gmail.com
**Quaker Meeting** 3rd Sun/month, 10am, Memorial Hall, Market St., Llangollen. Maria Haines 01978 860349, northwalesquakers.org

**Love Poetry** A poetry-writing masterclass with Ian Parks aimed at those with some experience. Explore the notion of love poetry and be encouraged to take up the challenge of writing love poems yourself. As many of the greatest love poems in the English language have been written in the sonnet form, consider the appropriateness of this medium and go home with a love sonnet of your own! 10am, £35, includes lunch and refreshments. Gladstone’s Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

**Heart to Heart Kundalini Yoga Workshop** In this workshop you will be able to explore power that you may not be aware of. You will train your mind to follow your heart and help you fulfill your dreams and deepest desires. We will use the technology of Kundalini Yoga and meditation and tools from other traditions and yogic teachings. 11am - 4pm, £35. Plas Coch Sports Centre, Glyndwr University, Wrexham LL11 2AW. Tickets from www.kundaliniyogawrexham.co.uk. Daria Wawrzynska 07961 716295, daria@highonyoga.co.uk

**Relentless Unstoppable Human Machine (RUHM)**

As 16th except 2pm, £16, £14, £10.50 students/U18

**21st SUNDAY - 24th WEDNESDAY**

**Wales Spring Fair** Annual trade exhibitors showcasing their latest best-selling products. More details from Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

**22nd MONDAY**

**Holyhead Writers Group** 2nd & 4th Mon/month. PenFriends is a creative writing group who offer support and feedback on each other’s work and also do fun writing exercises to stretch our creative muscles! 7pm. £1. Harvest Moon, Newry St., Holyhead (opposite Holyhead Library). Karen 07929 069235.

**Jazz Club** Non-members welcome, 8pm, free. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

**The Party** (15) Rialto Film Screening. A comedy wrapped around a tragedy unfolds in real time in a house in London. 7.30pm, £6.50. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

**22nd MONDAY - 27th SATURDAY**

**Food Production and Consumption** We will take you on a world view of global and local trends in food production, diet and health, and will examine the interplay of climate change, economics, legislation, labour issues, poverty, technology and consumer behaviour on the production and consumption of food. £700, £625 concs, low waged. CAT, Machynlleth 01654 704966, cat.org.uk

**23rd TUESDAY**

**Cezanne: Portraits of a Life** Film of the Exhibition. (In London till mid-Feb). 7 - 9pm, £10. RCA, Conwy. Bookings 01492 593413, rcaconwy.org

**The Healing Well** Hands on Healing, by donation. All welcome, 7 - 9pm. Ganolfan Pentrefelin, nr Criccieth. Mayamara 01766 770874.

**24th WEDNESDAY**

**Jelly Day** 4th Wed/month. They are the perfect place for quiet working and a great opportunity to meet like-minded people. Free WiFi, some sockets but make sure your battery is full! 10am - 4pm, free. Booking essential. Gladstone’s Library, Hawarden, nr Chester CH5 3DF, 01244 532350, gladstoneslibrary.org

**The Upper Conwy Landscape Project** Dewi Davies, Uwch-Conwy & Ogwen Project Manager for the National Trust, talks about this landscape-scale project. 7.30 - 9.30pm, donations welcome. Brambell Building, Deiniol Road, Bangor LL57 2UW. Sue Carter 01248 371769, sue@gorad.co.uk

**Drum Journey Meditation Circle** with Claire Freeman of Source Healing. A fortnightly event started 10/11/17. 8 - 9.30pm, £10. Held at Source Yoga, 294 Conwy Rd., Mochdre, Colwyn Bay LL28 5DS. Bookings: Claire claire.sourcehealing@gmail.com

**Tree Planting** We are joining the Snowdonia National Park Authority to plant a variety of native broadleaved trees. Much of our year is spent taking things out of the National Park e.g. invasive species like Rhododendron and Himalayan Balsam, it’s time we added something to it. 10am, booking essential. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

**Volunteer in CAT Woodland** See 10th

**The McLachlan Family** Mozart Concertos, 7.30pm, Rhyl Music Club, Rhyl Town Hall. 01745 890 564, chair@rhylmusic.com

**25th THURSDAY**

**Mindfulness Practice Group – Bala** 2nd & 4th Thurs/month. Primarily for those that have completed the 8 week Mindfulness course but a warm welcome to anyone interested in sharing the practice, interested in Mindfulness or have had some previous experience. 6.30 - 7.30pm, £3; Gorwelion, Bala. Contact rowenna73@hotmail.com or visit FB page Mindfulness Bala

**Singing For The Soul** Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, a very experienced singer; we meet once a month from 11.30 - 1pm. No need to feel you are a ‘good’ singer, you just need to enjoy it and the energy and harmonies our voices create. £5. Hillside Retreat, Rhosemor near Mold. If you are interested to come along please email helen@soul-life.co.uk
Hello Dolly (U) This is a screening for people with dementia, memory loss and their family, friends and carers but is open to the general public. Please note that pastoral care is not provided at these events. A friend, family member or carer must also attend. Classic Barbra Streisand musical film. 2pm, £4. Venue Cymru, Llandudno 01492 872000, venuecymr.co.uk

Chester Poets Last Thurs/month. The group is a meeting place for members to share information about: poetry events, members news, poetry news and Chester Poets in general. 8pm in The Old Boot, Chester. All are welcome. Facebook: Chester Poets

Open Doors A monthly evening of Holistic Healing: Chair Reiki, Thai Foot, Indian Head, Soul Connection. 7 - 10pm, £5 include 10min Reiki session. Above Archies, in Lola’s Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07584 022005.

Open Doors

Alders Coppicing See 19th

26th FRIDAY

Creative Crochet with Sophia Ingham-Lawrie Revamp or repurpose your knitwear with creative crochet: garment remodelling, crochet buttons, flowers, motifs and much more! 9am - 6pm, £50 per day including lunch, refreshments and material. Held in TrigonoN, Nantlle. Bookings via Sophia 07391 930719, phiaeco@gmail.com Facebook: Pahia Eco

Elephant Sessions Fiery Highland 5-piece fuses folk, trad and funk. 8pm, £14, £13. Pontio, Bangor 01248 382828, pontio.co.uk

26th FRIDAY & 27th SATURDAY

NW Burlesque & Cabaret Festival Enjoy the Friday night show with sorcery, skills and silliness and presenting some top name burlesque and cabaret artists from around the world. Or take part in the Saturday community workshops. Full ticket £40, various prices for individual events, £6 - £16. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

26th FRIDAY - 28th SUNDAY

Pure Yoga: Yoga Immersion Weekend In-depth yoga classes of various styles, detailed instruction, self-study, relaxing yoga nidra to restore, gong bath, yoga philosophy, guided meditation; informal, holistic and immersive. £405 - £545. Plas Cadnant, Menai Bridge, LL59 5NH. Laura Bell, 07989 512859, thezestlife.co.uk

Folklore (taught in Welsh) More details from: Plas Tan y Bwlch, Maentwrog 01766 771211, snowdonia.gov.wales

Yoga, Nutrition & Detox Retreat Create a personal health package by learning how to maintain balance through food and lifestyle changes. Experience the benefits of yoga and learn natural cleansing methods. Gain essential knowledge about your perfect diet and discover how to increase its nutritional content. This retreat provides the ideal introduction to the ayurvedic retreats. Shared only available £375. Dru Yoga, Snowdonia Lodge, Bethesda, 01248 602900, druyoga.com

27th SATURDAY

Holocaust Memorial Day This year’s theme is The Power of Words. Info: hmd.org.uk

The Community Land Project Open Meeting An invitation to learn more about a project based in Wrexham working to co-create a Community Land Trust to benefit local and wider communities. The Community Land Project are doing this by offering affordable self-build plots for sustainable homes and workplaces and opportunities for learning and sharing skills such as food growing, health self-management, sustainable house building, woodworking and arts. This meeting is aimed at those interested in finding out more about this project including those wishing to participate in this project in any way. This could be as landowners who are willing to sell land to the project, potential residents, volunteers, members and supporters to assist the success of this project. 2 - 4.30pm. Venue TBC, in Wrexham. On Facebook & thecommunitylandproject.wordpress.com

How To Knit Socks Led by Pia with Crafty Mamas. Bring any yarn, double ended needles you have in 2s and 4s, any patterns and colours and we’ll make new socks! We’ll finish them off with heel turns in February. Or if you’d rather bring your own project please do! 10am - 4pm, £5/£10 suggested donation to help pay for the room, or whatever you can manage, please don’t let cost put you off coming. Held in The Vestri, Porthmadog. All welcome! Facebook: Sock it to them Saturday January 2018

Open Studio with Denbigh Arts Society 11am - 4pm, led by Hazel Stoker. The Studio, 10 Penrhos Rd., Colwyn Bay. www.dasoc.info

Creating Art Workshops See 20th

Launch of Glosters Creative Hub A creative space to run courses or work on your own personal projects. We’ll be expanding on our range of courses and offering dressmaking, weaving, ceramics as well as guest makers who will also be running courses. Plus children’s craft clubs. 10am - 1pm. Glosters, 2 Bank Place, Porthmadog LL49 9AA. Contact Glosters 01766 513758, glosters.co.uk

Craft Fair Range of quality handmade crafts. 9am - 2pm, light refreshments available. Y Canolfan, High St., Portmadog LL49 9LU. paulinedurham@live.co.uk

Gong Bath Relax with the harmonious sounds of gongs. 7pm, Neuadd Goffa, Mynydd Llandegai LL57 4LZ. Steph Healy 07534 118899, puresound.org.uk

NY Met: Screening of Tosca by Puccini A story of love, the abuse of power and the longing for freedom. Performed in Italian with English subtitles. 4LZ. Steph Healy 07534 118899, puresound.org.uk

NY Met: Screening of Tosca by Puccini

27th SATURDAY & 28th SUNDAY

Get Ready for the Big Garden Birdwatch Weekend The RSPB’s annual count of garden birds and wildlife is coming up, and we really need your help! Come along to find out how to attract birds and other wildlife to your garden, what to feed them once they are there, and how to identify them. We’ll give you advice on binoculars and telescopes too. Also bird food mixing, nature trails. 11am - 3pm, free donations welcome. RSPB Conwy LL31 9XZ, 01492 581025, conwy@rspb.org.uk

Creative Crochet with Sophia Ingham-Lawrie

Open Doors
The Basic Goddess Course - Root The course is made up of 7 one day immersions. Included is: Awakened Belly Dance, The Inner Dance meditation, creative sacred crafts and storytelling. 6 hours, £40. Facebook: Rachel's Belly Dance Classes Wrexham

Introduction to Green Woodwork On the first day you will learn the basic techniques of green woodwork: cleaving the green wood and shaping it with a draw-knife on a shave-horse to make three stool legs. On the second day you will cut and prepare a solid wood seat, drill the mortices and assemble your stool. £125, £65 deposit. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.co.uk

27th SATURDAY - 31st WEDNESDAY

Mindfulness 5 Day Retreat A safe framework for entering more deeply into a period of sustained mindfulness practice. Drawing on the familiar practices, including enquiry into experience, and on didactic input from the facilitators, participants can spend time in silence and begin to rely on their own skills as they become more self-supporting. Guidance, advice and short talks to provide context and direction for practice. £725 shared accommodation and course, £825 private. Held in Trigonos, Nantlle. Contact Halley Cohen, Mindfulness Network CIC, mindfulness-network.org

28th SUNDAY

Llangollen Mind Body Spirit Festival Over 50 stalls with healers, psychics, crystals, Fair Trade gifts and much more. Opens 10am, £1 entry. Free parking and workshops. Llangollen Pavilion, Abbey Rd LL20 8SW. 01978 860111, llangollenpavilion.co.uk

Reiki Get Together The Planet needs Reiki right NOW! A day for sharing/empowering/discussing and refreshing our connections. All Reiki friends welcome – free! (optional donations for charity). Please bring blankets/cushions and Reiki beds if possible and a light snack for yourself. Tea and biscuits provided. 10.30am - 4.30pm, Llangwladl Old Schoolhouse, Llyn Peninsula. Sue Baumann 07833 791317, sue.reiki@talktalk.net ~ llyntaichi.com

Met Opera Encore: Tosca by Puccini. Live screening for the Met, sung in Italian with English surtitles. 5.55pm, £10, £8 concs., £3 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Big Garden Bird Watch Become a 'citizen scientist' and take part in the worlds biggest bird survey. Contribute to valuable data sets mapping the trends in bird numbers. The Big Garden Birdwatch is an annual event organised by the RSPB that takes places at the end of January. Children and adults are encouraged to connect with nature by spending an hour observing and recording the birds that visit their garden. This information is then reported back to the RSPB and used to determine the current status of British birds. 10am. Snowdonia Society 01286 685498, dan@snowdonia-society.org.uk

29th MONDAY

Gong Bath Relax with the harmonious sounds of gongs. 7pm, upstairs in Council Chambers, Llanfairfechan Community Centre, Village Rd., LL33. Steph Healy 07534 118899, puresound.org.uk

30th TUESDAY

Gong Bath Relax with the harmonious sounds of gongs. 7.30pm, Rhuddlan Community Centre, Parliament St., LL18 5AW. Steph Healy 07534 118899, puresound.org.uk

Random Readers Last Tues/month. A friendly and relaxed reading group enjoying a good chat about their chosen books. 6-8pm, Rhyl Library, Museum and Art Centre 01745 353814.

31st WEDNESDAY

Big Allotment Growing Day An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Ffemr Frwythau/Gift Economy, or wellhealthcooperative@gmail.com

Gong Bath Relax with the harmonious sounds of gongs. 7pm, Caolofan Beaumaris, Ratings Row LL58 8AL. Steph Healy 07534 118899, puresound.org.uk

Copydate for February Issue:
January 18th
07777 688440
www.network-news.org

Hypnobirthing Retreat on Anglesey
7pm Friday 2nd - 4pm Sunday 4th February

£399 for 2 night stay
£249 without accommodation
includes:
A 12 hr antenatal KG Hypnobirthing course
KG Hypnobirthing Book
Relaxation CD
Folder of handouts
Follow-up care via phone or email
Light lunch and refreshments

Book with Marie your KG HB teacher
Marie 0790 77 11 767
marie@relaxingbirths.co.uk

During this weekend retreat, on beautiful Anglesey in Northwest Wales, I will teach you and your birthing partner hypnobirthing techniques that will change the way you approach your birth, allowing you to enjoy and feel more confident about your pregnancy. Hypnobirthing will give you the knowledge and tools to have the best birth for you.

Marie 0790 77 11 767
marie@relaxingbirths.co.uk
Helena Hawley
Intuitive Vocal Sound Healer, Channel, Speaker & Authoress

"Helena gives talks on Sound Healing with demonstrations, and audience participation, as well as covering the other kingdoms, such as the animals, angels, trees, fairies etc. illustrated by stories from her own life and experiences."

Published works include The Other Kingdoms Speak, My Inner Life, My Spiritual Journal, Maria Callas and I (& sequel), Helena’s Book of Healing, Fairies & Sasquatch. Contact: info@helenahawley.co.uk

www.helenahawley.co.uk

Woodland Skills Centre

The Centre is run by not-for-profit Social Enterprise Company Warren Woods Ltd.

We have 50 acres of woodland with 2 Forest School sites and also covered workshops in the heart of the Clwydian Range AONB near to the village of Bodfari.

We run a wide range of courses in traditional crafts including coppice and Greenwood crafts, basket making, wood carving, timber frame building, basket making, making shave-horse and pole-lathe, stool and chair making, Gypsy crafts, charcoal burning, coracles, woodland management, home chain-saw, fencing and hedge laying.

We also run a wide range of bushcraft courses and also family days, weekends and weeks in the woods. We can also do special events such as birthday parties. As well as our Forest School programme we run courses for youth, community and home education groups. We can offer free camping with access to w.c and shower.

www.woodlandskillcentre.co.uk

Contact Rod Waterfield on 01745 710477 or enquiries@woodlandskillcentre.co.uk

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Solution Focused Hypnotherapy combines positive psychotherapy and relaxing hypnosis. It can help with a range of common conditions – helping to put you back in control.

Train with us in 2017 to become a qualified Hypnotherapist with the Clifton Practice in Conwy.

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• Anxiety
• Sleep problems
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• Weight issues
• Birthing
• Irrational fears
• Addictions
...and more

01244 940 900  07838 469174
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*Book appointments online for a 10% discount.

Initial consultation £25
Diversity: Colours of Wales with Chimera Textile Group 2nd - 20th January. Eclectic and exciting new works from the Chimera textile group. The 9 members exhibiting are: Moya McCarthy, Alison Reynolds, Alison Corefield, Mary Sotheran, Ronny White, Di Fenn, Susanne Owen, Pauline Foster and Jane Jenkins. Open 9am - 5pm Mon; 9am - 7.30pm Tues - Sat. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywyd.com

Photomarathon Llandudno 7th January - 28th February. On the 17th June 2017, 75 intrepid photographers set off on an amazingly sunny day and took the images you can see here in this exhibition. The 8 topics were: Your number - Yellow - I see a Creature - Connections - Sanctuary - Old - Common Ground - One and Only. The images by each participant are arranged in topic order and give a poignant insight into Llandudno life in the 21st Century. Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk

Crossings Until 27th January. Adam Buick and the Legend of Tresaith featuring work by Valerie James, Marged Pendrell & Meri Wells. Adam Buick, potter and film maker, has developed this innovative project based on the story of seven Irish princesses sent across the sea to land at Tresaith to marry Welsh men. Tresaith (town of seven) is part of Ceredigion Heritage Coastline. Adam made seven moon-jars that were launched from Ireland to sail across the Irish Sea to hopefully land safely in Ceredigion. Their journey was recorded by tracking systems and charted on a webpage. Adam made a film about the project called Place of Seven that will be shown alongside maps and the surviving moon jars as part of the exhibition. Open 10am - 5pm daily, free. Ruthin Craft Centre LL15 1BB. 01824 704774, ruthincraftcentre.org

Right Here, Right Now: 21st Century Art Until 8th May 2018. Arranged around the themes of people and animals, landscapes and buildings, still life, faith and abstraction, the exhibition celebrates the quality and diversity of art made since the year 2000. Grosvenor Museum, Chester CH1 2DD, 01244 972197, grosvenormuseum.westcheshiremuseums.co.uk

Unexpected Elegance: Female Fashion From the 70s Until 1st July 2019. From 1970s minis to midis and maxis, in fabrics ranging from cotton and corduroy to polyester and fake leopard-skin, with designs by Ossie Clark, Givenchy and Zandra Rhodes, we celebrate some of the more subtle pleasures of 1970s fashion. Grosvenor Museum, Chester 01244 972197.

Open 2018 6th January - 10th February. A selection of work submitted by non-members of the Academy, offering a broad range of subjects and media. 11am - 5pm, Royal Cambrian Academy, Conwy LL32 8AN, 01492 593413, rcaconwy.org

Winter Mixed Show 20th - 31st January. By Gallery artists and 20th Century Exhibition. Ffin Y Parc, Llanwrst LL26 0PT 01492 642070, welschart.net

Techne: Creating Art Until 4th February. Five artists – Chris Bebbington (photography), Greg Fuller (printmaking and drawing), Tom Hignett (digital), Tabitha Jussa (photography) and Chris Millward (sculpture). Their expertise covers a vast array of methods and techniques including modern and traditional processes. Grosvenor Museum, Chester CH1 2DD, 01244 972197. Tour on 16th, 2 - 3pm, £3.

Nunozukoscarves Until 27th January. In 2011, Nuno held a textile exhibition at Ruthin Craft Centre entitled Zoku Zoku – a Japanese onomatopoeia for hustle and bustle or excitement. This new scarf collection, co-produced with Gregory Parsons who designed that exhibition, is a creative development of our encounter with Ruthin. Please come see these truly Zoku Zoku exciting scarves! Open 10am - 5pm daily, free. Ruthin Craft Centre LL15 1BB. 01824 704774, ruthincraftcentre.org

Jewellery ~ Wearable Glass Until 27th January. This exciting new ‘wearable glass’ will be presented alongside the twelve artist’s more established work; allowing the viewer to compare the difference between artist’s work in glass and jewellery and what happens when they are brought together. Artists are: Chris Boland, Emmeline Hastings, Kate Haywood, James Maskrey, Dr. Joanne Mitchell, John Moore, Kaz Robertson, Dr. Ayako Tani, Christopher Thompson-Royds, Angela Thwaites, Maud Traon, Heather Woof. Open 10am - 5pm daily, free. Ruthin Craft Centre LL15 1BB. 01824 704774, ruthincraftcentre.org

Right Here, Right Now ~ Oils and Acrylics Until 27th January. Artists include Andrew Tift, Jude Howells, Marguerite Elliott and John Whitehall. Plus workshops and family activities. Grosvenor Museum, Chester CH1 2DD, 01244 972197.

Opening Exhibitions 2018 27th January - 18th March. Ap Tomos Family Tribute - an exhibition to celebrate the legacy of Gwyneth and Dafydd ap Tomos, who saved the Plas from dereliction in the last quarter of the 20th century. Work by Gwyneth and a selection of gallery artists, old and new. And Group Exhibition ~ Petals and Claws Celebrating the 50th anniversary of Alan Garner’s novel The Owl Service, based on the story of Blodeuwedd, a woman created from flowers and later turned into an owl in The Mabinogion. Plas Glyn y Weddw, Llanbedrog, Pwllheli 01758 740763, oriel.org.uk

Paula Salmons 22nd January - 3rd February. Seascapes and local landscapes in oil. Theatr Colwyn, Colwyn Bay 01492 577888, theatrclywn.co.uk
Miles of Creativity Until 18th February. Over 20 artists exploring the creative act and its relationship to Llandudno. Open 10.30am - 4pm. Mostyn, Llandudno 01492 879201, mostyn.org

Jeremy Yates PRCA: Recent Paintings and Drawings 20th January - 3rd March. “For many years I have been interested in painting water and its fluid, transparent and reflective properties - in the rivers, lakes and rains of north Wales”. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

Madoline Keeler Until 27th January. “Within this group my focus has been to make each piece an individual, but also have a collective feel. The use of colour in combination with areas of white is an ongoing challenge and constant source of intrigue; black adds another dimension to the infinite puzzle." Open 10am - 5pm daily, free. Ruthin Craft Centre LL15 1BB. 01824 704774, ruthincraftcentre.org

In-sight 13 Jan Gardner, Angie Hoopert, Andrew Smith, John Smout, Catherine Taylor Parry, Katy Mai Webster. Until 28th January. A new collection of work from N Wales artists in partnership with Helfa Gelf Art Trail. In the Café, MOSTYN, Llandudno LL30 1AB. 01492 879201, mostyn.org

Evgeny Antufiev ~ Organic Resistance: Body & Knife - Crossing the Border. Until 18th February. Inspired by the traces of shamanic practice in the Siberian region of Tuva, where he was raised, the artist slowly crafts his own mythologies through a semi-anthropological approach to exhibition making, mixed with a degree of kitsch aesthetic. He combines imagination with aspects of Russian and international cultures, personal stories, and a skilled appreciation for the effect on human culture of different materials such as stone, bone, wood, amber and bronze. Mostyn, Llandudno 01492 879201, mostyn.org

John Hedley ~ Natural Forms Until 28th January. Celebrating contemporary printmaking, John’s work is an evolving organic abstraction, focusing on the similarities between processes such as layering and corrosion in both nature and printmaking. Mostyn, Llandudno 01492 879201, mostyn.org


NW Potters During January. Plenty of wonderful ceramics to purchase and enjoy. 1 High St., Conwy LL32 8DB. 01492 593590, northwalespotters.wales

Jane Farrington: Behind the Curtain Until 13th January. Jane explores The Magical World of Theatre and Performance to create imagery using combinations of mixed media, drawing and collage. These qualities are reflected in her unusual pieces which are inspired by the traditions of Theatre and Pantomime. Her lifelong passion for collecting theatrical objects, toys, puppets, masks and costume have been a constant influence on her work. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

ONGOING EXHIBITIONS

Castle Gallery Various artists, media; most are for sale. Open 9am - 5pm, Mon - Sat. 1 Castle Square, Criccieth LL52 0D, 01766 522803.

Galeri Betws Y Coed Ever-changing selection of paintings, prints, drawings and mixed media by well known and emerging artists from Wales. Open weekdays 10am - 4.30pm, Sat & Sun 10am - 5pm. Holyhead Rd., Betws Y Coed LL24 0BW, 01690 710432, info@galeribetwsycoed.co.uk

Illuminarté Stained Glass - Photography - Mosaic. Designers and creators of beautiful traditional and contemporary handmade stained glass and mosaics for all your living spaces. Ysgubor Isaf, Bala LL23 7NW, 01678 520256, illuminarte.co.uk

Oriel Bangor Arts Initiative Art Gallery Paintings, Sculptures, Prints, Photographs by local artists. Open 11am - 4pm, Tuesday - Saturday. All are welcome, Deiniol Centre in Bangor; bangor.arts.initiative@outlook.com or see www.facebook.com/bangorartsinitiative

Storiel Art from community groups, voluntary organisations and learning groups. Open Tues - Sat 11am - 5pm. Fford Gwynedd, Bangor LL57 1DT. 01248 353368, storiel.org
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<th>Date</th>
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<td>Our Colour Reflection</td>
<td>Chester Cathedral CH1 2HU</td>
<td>01244 324756, chestercathedral.com</td>
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<td>2-4</td>
<td>Hypnobirth Retreat</td>
<td>Anglesey</td>
<td>Marie 07907 711767, <a href="mailto:marie@relaxingbirths.co.uk">marie@relaxingbirths.co.uk</a> See ad page 19</td>
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<td>2-4</td>
<td>Winter Warmer Yoga Retreat</td>
<td>Trigonos, Nantlle</td>
<td>Contact Tracey 07809 485323, 01766 770610, traceyyogamassage.co.uk</td>
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<td>3</td>
<td>A Day to Dance 5 Rhythms ™</td>
<td>Tal-y-Bont, Conwy</td>
<td>Bookings: 07946 913911, <a href="mailto:gremlicntag@aol.com">gremlicntag@aol.com</a></td>
</tr>
<tr>
<td>3 &amp; 4</td>
<td>Reiki, 1st Degree Course</td>
<td>The Healing Centre, Tregarth, nr Bangor LL57 4NP. 07771 280824, <a href="mailto:vivreiki@hotmail.com">vivreiki@hotmail.com</a></td>
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</tr>
<tr>
<td>8-11</td>
<td>Zenways Retreat</td>
<td>Noddfa, Penmaenmawr</td>
<td>01492 623473, noddfa.org.uk</td>
</tr>
<tr>
<td>9-11</td>
<td>Reshape: Yoga &amp; Fitness Weekend</td>
<td>Menai Bridge, LL59 5NH</td>
<td>Laura Bell, 07989 512859, thezestlife.co.uk</td>
</tr>
<tr>
<td>10</td>
<td>Ashtanga Primary Series and Yin Yoga Afternoon</td>
<td>Colwyn Bay</td>
<td>Mike: yogacheadle.com/mike/</td>
</tr>
<tr>
<td>11</td>
<td>Yoga Workshop</td>
<td>Portmeirion</td>
<td>Bookings Tracey 07809 485323, traceyyogamassage.co.uk</td>
</tr>
<tr>
<td>16</td>
<td>Working with Hot Lime Mortars</td>
<td>The Natural Building Centre, Llanrwst LL26 0PU, 01492 640888, thenaturalbuildingcentre.co.uk</td>
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<tr>
<td>16</td>
<td>David Crystal Grammar Day</td>
<td>Ucheldre Centre, Holyhead</td>
<td>01407 763361, ucheldre.org</td>
</tr>
<tr>
<td>17</td>
<td>Live. Laugh. Love.</td>
<td>Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno 01492 878778, meditatenorthwales.com</td>
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<tr>
<td>23-25</td>
<td>Pure Yoga: Yoga Immersion Weekend</td>
<td>Menai Bridge, LL59 5NH</td>
<td>Laura Bell, 07989 512859, thezestlife.co.uk</td>
</tr>
<tr>
<td>23 Feb</td>
<td>Renew and Deepen ~ Everyday Liberations</td>
<td>Vajraloka Buddhist Retreat Centre, Corwen LL21 0EN, 01490 460406, vajraloka.org</td>
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</tr>
<tr>
<td>24 &amp; 25</td>
<td>Hypnotherapy Practitioner Diploma</td>
<td>One weekend/month over 10 months. Conwy LL32 8UB, 07838 469174, cphnorthwales.co.uk See back cover</td>
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</tr>
<tr>
<td>24</td>
<td>Freeform Weaving and Needle Felting</td>
<td>Pensychnant Centre, Conwy</td>
<td>Sophia on 07391 930719, <a href="mailto:phiaeco@gmail.com">phiaeco@gmail.com</a> Facebook: Phia Eco</td>
</tr>
<tr>
<td>2-5</td>
<td>Yoga &amp; Detox Weekend</td>
<td>Menai Bridge, LL59 5NH</td>
<td>Laura Bell, 07989 512859, thezestlife.co.uk</td>
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<td>3</td>
<td>Yoga Chakra Experience 2 - Swadisthana</td>
<td>Trefnant Village Hall, Denbigh</td>
<td>Bookings: thezestlife.co.uk</td>
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<tr>
<td>3</td>
<td>Introduction to Navigation</td>
<td>Betws y Coed</td>
<td>Contact Breese Adventures 07525 625375, breeseadventures.co.uk Also 10th, 17th, 31st</td>
</tr>
<tr>
<td>9</td>
<td>An Introduction to Pattern Cutting</td>
<td>Trigonos, Nantlle</td>
<td>Bookings: Sophia on 07391 930719, <a href="mailto:phiaeco@gmail.com">phiaeco@gmail.com</a> Facebook: Phia Eco</td>
</tr>
<tr>
<td>10</td>
<td>Glaciation of Snowdonia</td>
<td>Nature’s Work, Snowdonia</td>
<td>01248 361142, naturework.co.uk</td>
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<tr>
<td>10</td>
<td>An Introduction to Aromatherapy Workshop</td>
<td>Wrexham</td>
<td>Caroline 01978 810300.</td>
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<tr>
<td>16-18</td>
<td>Yoga &amp; Detox Weekend</td>
<td>Menai Bridge, LL59 5NH</td>
<td>Laura Bell, 07989 512859, thezestlife.co.uk</td>
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<tr>
<td>18</td>
<td>Yoga &amp; Vegan Soul Food Mini Retreat</td>
<td>Mynydd Llandygai</td>
<td>Ticket/info for both events - northwalesretreats.com or <a href="mailto:hellobeachhousekitchen@gmail.com">hellobeachhousekitchen@gmail.com</a> See pages 36 &amp; 37</td>
</tr>
<tr>
<td>18</td>
<td>The Mountain Environment</td>
<td>Nature’s Work, Snowdonia</td>
<td>01248 361142, naturework.co.uk</td>
</tr>
<tr>
<td>24</td>
<td>How To Meditate</td>
<td>Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno 01492 878778, meditatenorthwales.com</td>
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</tbody>
</table>

Do you have the patience to wait till your mud settles and the water is clear? Can you remain unmoving till the right action arises by itself?  
Lao-Tzu
## Centres in North Wales: Workshops in February & March

### Centre for Alternative Technology (CAT)
Machynlleth SY20 9AZ  
01654 705959, www.cat.org.uk

<table>
<thead>
<tr>
<th>FEBRUARY</th>
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<tbody>
<tr>
<td>3</td>
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<tr>
<td>Introduction to P.V.</td>
<td>DIY Furniture Upcycling</td>
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<td>3 &amp; 4</td>
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<td>Crowdfunding</td>
<td>Introduction to Horse Logging</td>
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<td>Solar P.V. Off-grid Systems</td>
<td>Mindfulness in the Woods</td>
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<td>12 - 17</td>
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<td>Sustainability &amp; Adaption for Cities and Communities</td>
<td>Introduction to Horse Logging</td>
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<td>23 - 25</td>
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<tr>
<td>Introduction to Permaculture</td>
<td>Advanced Timber Frame Joints</td>
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<td>10 &amp; 11</td>
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<td>Self-Build Project Management</td>
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<td>Energy Provision</td>
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<td>Energy Generation From Wind</td>
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<td>Rewilding Ourselves: Deepening Our Nature Connection</td>
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<td>Social Forestry OCN</td>
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<td>24 &amp; 25</td>
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<td>Growing Fruit</td>
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<td>Compost Toilets</td>
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<td>Earth Oven Building</td>
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<td></td>
<td>Traditional Timber Frame Joints</td>
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### Centre for Mindfulness, Research & Practice (CMRP)
Bangor University LL57 2DG  
01248 382498, mindfulness@bangor.ac.uk  
www.bangor.ac.uk

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<th>FEBRUARY</th>
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<tr>
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<tr>
<td>Mindfulness: Working with 3 - 11 yrs</td>
<td>All Day for 8 Week Course Graduates</td>
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<td>Held in Chester</td>
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### Gladstone’s Library
Hawarden, nr Chester CH5 3DF,  
01244 532350, www.gladstoneslibrary.org

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<tr>
<th>FEBRUARY</th>
<th>MARCH</th>
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<tbody>
<tr>
<td>3 &amp; 4</td>
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<tr>
<td>Hearth Literary Mini-Festival</td>
<td>Cleave the Wood and There I Am</td>
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<td>17 &amp;18</td>
<td>16 &amp; 17</td>
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<td>Make Your Writing Dazzle</td>
<td>Blue Sky God: Evolution of Science and Christianity</td>
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<td>The Love School: the Pre-Raphaelites and Their World</td>
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<tr>
<td>Masterclass ~ Writing the Body</td>
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ARTICULTURE ~ NATIONAL OUTDOOR ARTS GATHERING FOR WALES
9th & 10th March  
articulture-wales.co.uk

AradGoch, Stryd y Baddon Aberystwyth SY23 2NN  
Tickets: Eventbrite.com

Interested in the creation of live art outdoors in Wales and beyond?
Join other outdoor art practitioners, funders, festivals & land managers and venues to network, share ideas and forge new projects and partnerships. Practitioners from all art forms are welcome; including street theatre, carnival, procession, puppetry, circus and arts installation.

There are 10 bursaries of up to £75 for Wales-based freelance practitioners and students/concessions who have brought a ticket to help cover their travel and/or accommodation.
If you would like to apply, email rosie@articulture-wales.co.uk for more details.
<table>
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<tr>
<th><strong>Woodland Skills Centre</strong></th>
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<td></td>
<td>Rustic Chair</td>
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<td>10 &amp; 11</td>
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<td>Home Chainsaw</td>
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<td>14 &amp; 15</td>
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<td>Holiday Club</td>
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<td>Managing A Small Woodland</td>
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<td>Practical Woodland Tasks</td>
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<td>Introduction to Willow Work</td>
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<td>Make A Pole Lathe</td>
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<td>Split Hazel Basket; Home Chainsaw</td>
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<td>Forest Schools Taster Day</td>
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<td>Bushcraft Family Day</td>
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<td>Coppice Crafts</td>
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<td>Bushcraft Tracking</td>
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<td>28 &amp; 29</td>
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<td>Holiday Club</td>
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<td>Introduction to Coppice Crafts</td>
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<th><strong>Vajraloka Buddhist Retreat Centre</strong></th>
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<td>Forged Iron Letter Opener</td>
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<td>Three Dimensional Birds</td>
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<td>Create A Single Latch Bangle</td>
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<td>Vibrant Watercolours</td>
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<td><strong>MARCH</strong></td>
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<td>Silver Pendant &amp; Earrings</td>
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<td>Willow Basket Making</td>
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<td>Stitched Story Brooches</td>
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<td>Miniature Patchwork</td>
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<td>David Crystal: Grammar Day</td>
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<td>Rhwng: Under-ground, Over-ground: the Art of Both</td>
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<td><strong>MARCH</strong></td>
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<td></td>
<td>Phil Bowen: Poetry</td>
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<tr>
<th><strong>Ty Newydd Writing Centre</strong></th>
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<td>16 - 18</td>
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<td>Creative Writing for Welsh Learners</td>
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<td>23 - 25</td>
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<td>Writing About Climate Change</td>
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<th><strong>Vajraloka Buddhist Retreat Centre</strong></th>
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<td>23 Feb -</td>
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<td>Renew and Deepen ~ Liberations</td>
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<td><strong>MARCH</strong></td>
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<td>Emptiness &amp; The Heart Sutra</td>
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<td>23 Mar -</td>
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<td>The Brahmaviharas ~ A Complete Path</td>
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**ACTIVISM**

**Sorting and Packing Aid for Refugees** Mondays: 7.30 - 9pm, including refreshments. Church of All Saints, Blaenau Ffestiniog, LL41 4AF. 07910 414489, www.cefn.cymru. Email: cefn.cymru@gmail.com
Facebook: North Wales Refugee Support

**ART & CRAFT**

**Art Group** Wednesdays: Small non-teaching gathering of artists to work on their own pursuits and be inspired by each other - all abilities welcome. 10am - 1pm, £3.50. Dolwyddelan Pavilion, Conwy. Emma: emma@seeds-of-light.co.uk

**Drawing Class** Thursdays: 6.30 - 8.30pm. All skills welcome; bring your own equipment. £10 per session. Funky Aardvark, 61 Bridge Street Rows, Chester CH1 1NW, 01244 630202, www.funky.aardvark.co.uk

**The Make Shift** Tuesdays: Informal gathering to share ideas and craft making. 6 - 8pm, £3, book please! Oriel Wrecsam, 11 Chester St., Wrexham LL13 8BE, www.wrexham.gov.uk/arts

**Art Club** Monday afternoons: Open to all! Llanbedrog Church Hall, nr Pwllheli. Jacky Milton: miltonjacky@gmail.com

**Life Drawing at the RCA**

**Wednesdays:** 10th January - 28th March. 10 weeks, 7 - 9pm, £80, £50 students. Each session is run by different artist, exploring different techniques and styles. Contact RCA, Crown Lane, Conwy LL32 8AN. 01492 593413, rcaconwy.org

**Life Drawing** Wednesdays: 7 - 9pm, £8; drop-in or book. Funky Aardvark, 61 Bridge Street Rows, Chester CH1 1NW. 01244 630202, www.funky.aardvark.co.uk

**Rowen Art Group** Wednesdays: A variety of media, with tutor Noel McCready. Visitors welcome. Rowen Memorial Hall. Visit rowenconwy.org

**Life Drawing** Wednesdays: 1.30 - 4.30pm, £5. Garth Community Centre (behind Voltaire restaurant), Bangor. Contact 07533 341458.

**Art Class** Tuesdays: 9.30am - 1.30pm. The classes consist of 3 x 10 week sessions. Informal; oil, watercolour, pastel or media of choice. Newcomers are welcome. Supportive tuition and demonstrations are provided by a qualified art teacher. Rowen Memorial Hall. Contact Peter Moore: ptmoore1@gmail.com

**CAPOEIRA**

**Capoeira Classes** A Brazilian martial art that combines elements of dance, acrobatics and movement. **Tuesdays & Thursdays:** Adult class strength and stretch: 9.30 - 10.30am, £5. Neuaedd Goffa, Mynydd Llandegai LL57 4LQ. **Tuesdays:** Adults, young people and beginners together 6.30 - 7.30pm; adult classes continue to 9pm. £6, £5 concs. The Old Goods Yard, Treborth, Bangor. **Wednesdays:** 4 - 6 year olds 4pm - 4.45pm, £3.50; Open Hour for adults, young people and beginners, 6.30 - 7.30pm; adults till 9pm. £6, £5. The Old Goods Yard, Treborth, Bangor. Enquiries: Monitor Colin Daimond 07773 798199, capoeiramocambo.co.uk

**CIRCLE DANCE**

**Circle Dance** Wednesdays: Experience the joy and healing of dancing to World music - a blend of traditional European folk dances and modern choreographies. All welcome - no previous experience required. 10am - 12 noon at Y Ganolfan, Pentrefelin, nr Crisieth. Maia 01492 642123.

**CONSERVATION WORK**

**Felin Uchaf Volunteer Days** Wednesdays: 9.30 - 4.30pm. All safety clothing, refreshments and lunch provided. Felin Uchaf, Rhoshirwaun, nr Aberdaron, 01758 780280, www.felinuchaf.org

**DANCE**

**Bellydance** Wednesdays: 6 - 7pm, £5. Garden Village Community Hall, Wrexham. **Thursdays:** 6 - 7pm, £5. Hightown Resource Centre, Wrexham LL13 7YF. Rachel: iscia_espirit@hotmail.co.uk or Facebook: Rachels Belly Dance Classes

**Bellydance** Mondays: Wear keep fit clothes with either soft dance shoes or gym trainers and bring water. 7 - 8pm, £5 per class. Academi Nightclub, Deinol Road, Bangor, LL57 2UW. Ramona 07745 971678, ramona.org.uk

**Bollywood** Indian dance, **Tuesdays:** 7.30 - 8.30pm, £5, from 5th Sept. Academi, Deinol Rd, Bangor, LL57 2UW. Helen McGreary 07751 017157, www.dance-classes-north-wales.co.uk

**Swing Jive (Lindy Hop)** **Wednesdays:** All welcome, 8.15 - 9.45pm, £5, Academi, Deinol Rd, Bangor, LL57 2UW. Helen McGreary 07751 017157. www.dance-classes-north-wales.co.uk

**Salsa** **Tuesdays:** Beginners welcome including Two Left Feet! No need to bring a partner. 8.30 - 9.45pm, £5. Academi, Deinol Rd, Bangor, LL57 2UW. Helen McGreary 07751 017157. www.dance-classes-north-wales.co.uk

**Salsa Mondays:** Intermediate/Advanced. No partner required. 8 - 9pm, £4.50. International Pavilion, Llangollen. NEW Dance 01978 869456, newdance.org.uk

**Justice Ballroom** Ballroom, Latin & Old Time Sequencing **Tuesdays:** 10am - 12noon at St Paul’s Church Hall, Craig-y-Don, Llandudno. **Fridays:** 2 - 4pm, St David’s Church Hall, Penrhyn Bay. £5 includes refreshments. 01492 540544, just-ballroom.co.uk

**Ballroom and Latin** plus Argentine Tango. **Wednesdays:** Beginners, 7.30 - 9.30pm, instruction given bilingually, £4. Y Felinheli/Port Dinorwic. Contact Medi for venue 07500 337093.

**Ballroom and Latin American** Social dance and practise session, all welcome. **Wednesdays:** 7.30 - 10.15 - basic step; arrive at 7pm. Llanbedrog Village Hall, nr. Pwllheli. Details Kerstina 07890 390805.

**DanceZone** Tuesdays: 5.30 - 7pm, £15. St. Collen’s Church Hall, Llangollen. Sian Roberts 07711 889452, sian_roberts001@yahoo.co.uk

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**Regular Weekly Classes**

* monthly and fortnightly groups are listed in the Calendar*
Burlesque Tuesdays: 6.30 - 7.30pm, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McGregor 07751 017157, www.dance-classes-north-wales.co.uk

Dance Fitness Latin/Ballroom, Cha Cha Cha, Waltz. Mondays: 7 - 8 pm & 8 - 9pm, £4.50, Llangollen Pavilion. 01978 869456, www.newdance.org.uk

Flowdance Tuesdays: 10.30 - 11.30am, Abersoch Village Hall; & Thursdays: 10.30 - 11.30am, Pwllheli School of Dancing, Gaol St., Pwllheli. £5 each. Sue Baumann, 07833 791317, llyntaichi.com From 16/1/17

DRUMMING

Drumming Classes Mondays Beginners class in Bodhrán. Drums provided or bring your own. 5 Church Drive, Rhos on Sea LL28 4LL. Contact Alan 07876 255601.

EXERCISE

Actif Woods Wales ~ Coed Actif Cyru ~ Improving the health and wellbeing of people with disabilities; plus conservation, orienteering and den building.


Movement for Memory Tuesdays: Theatr y Ddraig, Barmouth, 01341 281 697, dragontheatre.co.uk

FELDENKRAIS METHOD

Feldenkrais Method Class ~ Awareness Through Movement Tuesdays: 4.30 - 5.30pm, £6 per class if booked as a block or £7 per class drop-in rate. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen LL20 8RE. Veronica Rock 07990 825783, vrock@feldenkrais.co.uk

GARDENING ~ CONSERVATION

Digging Deeside Tuesdays: 10am - 12pm. Join our gardening project; Connnah’s Quay Community Allotments & Gardens. Contact 07759 753473. Rainbowbiz www.rainbowbiz.org.uk/digging-deeside/

Wildlife Gardening Mondays: Maintaining the garden and woodland at Ty Hyll ~ The Ugly House, Capel Curig LL24 0DS. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

Groundwork Tuesdays: 10.30am - 3pm. A variety of tasks at Buckley nature reserves. NEW Wildlife 01978 269568, kwilson@newwildlife.org.uk

GIFT ECONOMY / GIVE AND TAKE

The Wiggly Wobbly Way Community based Gift Economy project. Now open every day 9.30am - 4.30pm and evenings in the summer. Come and see what’s happening. Visit our Little Free Library, Give and Take Stall and have a brew. Rockside Cottage, Farndon, Chester CH3 6PU. Resident caretaker: Vic 01829 271 639, www.wigglywobblyway.weebly.com

LANGUAGES

La Conversation Francaise Thursdays: upper intermediate level, 7 - 9pm, free, The Tap & Spile (near the Pier, Garth) Bangor. Jan: jannieu@tiscali.co.uk

MEDITATION

Transcendental Meditation Regular Meetings (and introductory talks) held in North Wales. Contact the Centre 01695 735579, www.uk.tm.org

Happy Mind Happy Life Wednesdays: 7.30pm, £6. Bishop Lloyd’s Palace, Watergate Rows, Chester. Contact 01606 77034, info@meditationincheshire.org


Triratna@Chester Wednesdays: 6.30 - 8.30pm, £8, (concessions available), tea break. Quaker Meeting House, Union Walk, off Frosham Street, Chester. Contact Prashrabdhi: triratna.chester@gmail.com ~ triratna-at-chester.org

Meditation Class Mondays: 12noon - 1pm; followed by tea. Oddfellows Hall, Saltney CH4 8SG. Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Buddhism & Meditation Class As taught in the Triratna Buddhist Community. Small, friendly class. Thursday, 7.30 - 9.30pm; Quaker Meeting House, Oak Street, Oswestry, SY11 1LJ, 07508 148 297.

Kagyus Group Chester Tuesdays: Reflective meditation consisting of a brief explanation of a key Buddhist topic, followed by a period of individual contemplation. 8 - 9pm, £3, £2 concs, Quaker Meeting House, Frosham Street, Chester 0151 638 2568, www.dechen.org

Triangles Meditation Mondays: 8pm. Using the power of thought and of prayer to uplift and transform consciousness. This is an online facility. You can find out more and register here: lucistrust.org/triangles

NONVIOLENT COMMUNICATION

Regular Nonviolent Communication Mondays & Fridays meets in Bangor. Contact Lisa at - busybees@phonecoop.coop

PEACE & JUSTICE

Peace & Justice Meeting Mondays: 6.30pm, Quaker Meeting House, Dean St., Bangor; bangorpeace.co.uk

Prayers for World Peace Fridays: 7 - 8pm, Kalpa Bhadra Buddhist Centre, Llandudno 01492 878778, meditatenorthwales.com
**PILATES**
Pilates Various classes available in Gwynedd area. Carys 01766 523313, carysmatic.co.uk

**Pilates Thursdays:** 1.30 - 2.30pm. Newcomers welcome, no experience necessary. Rowen Memorial Hall. Contact Jamie 077655 26731.

**Pilates Tuesdays 6 - 7pm:** Wednesdays: 10am - 10.45am; Thursdays: 5.45 - 6.45pm; 7 - 8pm. Fridays: 9.30am - 10.15am & 10.30am - 11.15am. Verve Studio, 2 - 4 George St., Llangollen LL20 8RE. Susan Wallace 07932 670559, info@getmovingkeepmoving.co.uk

**QUAKERS**
Ruthin Quaker Meeting Sundays: 10.30 - 11.30am, followed by tea and biscuits at Canolfan Awelon, School Road. Contact: Jean 01824 705592.

**RELAXATION CLASSES**
**Relaxation Class Yin Yoga & Nada Yoga Nidra** (Sound Based Deep Guided Relaxation). Fridays: 6.30 - 8.30pm, Dyserth. Lisa: lcyoga@aol.com or www.lcyoga.co.uk

**SINGING**
Coastal Voices Fun, friendly mixed choir singing close harmony world music. Tuesdays: 7 - 9.15pm, £6 / session or termly reductions, Mynydd Sion Chapel Hall, Abergele LL22 7AW. Sara Brown 07881463585, sarasings@ymail.com

Bangor Community Choir Wednesdays: A friendly, mixed choir singing songs from all over the world. 7.30 - 9.30pm, Capel Penrallt, Holyhead Rd, Bangor LL57 2EU, 07881 463585, sarasings@ymail.com

**Soul Singing** Thursdays: 10.30am - 12pm. Felicity Jones facilitates this Sacred Singing group. £5.

Lleisiau'r Byd ~ World Voices Wednesdays: We sing songs from around the world. 7.30 - 9.30pm, £5 weekly. Meets Jerusalem Vestry, Crickeyth. David Gunn 07840 957853.

Cantorion Gele Singers Mondays: We welcome new members. 7 - 9pm. The Old Red Cross Rooms, nr St Michael’s, Abergele. Anne Cain 01745 822207.

**Number 44 Choir** Thursdays: Learn different songs and styles. £5 per session/ £50 for 10. 44 Sea View Rd., Colwyn Bay LL29 8DG. www.number44.wales

Singin’ Wimmin Thursdays: new members welcome! More info from: Theatr y Ddraig, Barmouth, dragontheatre.co.uk

**SOCIAL**
Friends In The Audience An informal, friendly, inclusive, self-organised group of cinema and theatre goers in North West Wales. Open to anyone who wants to extend their social circle. To receive email invitations: friendsintheaudience@gmail.com


**Debating Group** Fridays: 10.30am - 12pm, £1. Bridge Café, Blaenau Ffestiniog, 01766 830083.

Matt’s Community Breakfast Saturdays: All welcome! 9am - 11.30am. St Collen’s Church, Llangollen; stcollens@gmail.com

**SPIRITUALIST**
Bangor Independent Spiritualist Church Wednesdays: 7pm, £2. Quaker Meeting House, Dean Street, Bangor. Alison: all1re1d@hotmail.co.uk

**SPIRITUAL DISCUSSION**
AberJabber Wednesdays: Informal spiritual discussions; all welcome (channeling, Extraterrestrials, Higher Spirit). Come and go when you like; chats very often evolve into one-on-one, or small group conversations. There is no formal ‘format’, no ‘leaders’; one rule only - under 3s must be accompanied :) 7.15pm, venue TBC (usually Fresh Bar) Abersoch. Pauli Murphy 07768 603365, helimurf@aol.com

Theosophical Society in Wales Meets in Colwyn Bay and Bangor. See Calendar for events or visit: www.theosophywales.com

**TAI CHI/ CHI GONG / TAIJI QIGONG**
Chi Flow **New class!** Tuesdays: 7 - 8pm, £5. Pwllheli School of Dancing, Gaol St, Pwllheli. Sue Baumann, 07833791317, sue.reiki@talktalk.net, www.theosophywales.com


**Tai Chi Classes** Fridays: 11am - 12pm at Spire (upstairs in the studio), NW Business Park, Abergele. Also: Qigong Class Wednesdays: 2 - 3pm, 1st Floor Studio, Kit ‘n’ Heels, Rhos-on-Sea. Eirian Harrison, Wings of Change 01492 544518, 07748 582380, Facebook: Wings of Change

Tai Chi Cymru Mondays: 6 - 7pm & 7.15 - 8.40pm, Rhuddlan Community Centre. Tuesdays: 6.30 - 7.30pm, £6 per session, £20 for 4 sessions, booking essential, Llanfair TH Memorial Hall. Stan Boyd 07834 930017, sue.reiki@talktalk.net, www.theosophywales.com

Taiji Qigong Mondays: 11 - 12noon, all ages/abilities welcome; first class free. Ucheldre Centre, Holyhead. Tuesdays: Glasinfryn Community Centre, Bangor. Jill Turner 01248 351672, treespleas@yahoo.co.uk

T’ai Chi Class For people with Multiple Sclerosis and their carers. Mondays: 12noon - 1pm, Trefnant Village Hall, Denbigh LL16 5UG. Led by Peter Newton. Contact Alan 01824 705729.

T’ai Chi / Qi Gong Classes Mondays: 7 - 8pm, £5, Holyhead Sports Centre. Thursdays: 4 - 5pm, £5, Trefriw Village Hall, Conwy. Rose 01407 769571, 07759 105504, roseannyoga@gmail.com, www.roseyoga.net
Tai Chi Mondays: Chi Gung, 6.30 - 7.30pm, £5. All levels Tai Chi, 7.30 - 9pm, £6, £5. Coed Mawr Community Centre, Bangor (behind McDonalds) Geraint will cover this class. 2.30 - 3.30pm, Community Hall Llandegfan (top of the village near play park) Self led class using Jeff’s DVD, Geraint may lead some classes. More info: cymrutaichiwales.co.uk From 8/1/18

Walks

Cerdded Conwy Walks A full programme of various walks; suggested donation of £2 per walker per walk which goes towards promoting costs and training of leaders. Various locations across Conwy and beyond. More info www.cerddedconwy.org


Nordic Walking Saturdays: 10am - 11.30am, free. Meet at Erddig car park, Wrexham. Jasmine 01978 315179, jasmine.hopkins@nationaltrust.org.uk

Get Walking Mondays: Chirk: 9.30am, call 01691 778666 for meeting point, 60 minute walk. St Asaph: 10.30am / Bowling Green 90 minute walk. Gwaenysgor Village Hall: 11am, 2hr walk. Prestatyn. Please call 01745 356197 for further details.

Intro to Yoga

Kundalini Yoga Classes Tuesdays: 6 - 7.30pm, £8. The studio is well equipped with yoga mats and blankets however you are welcome to bring your own kit. Methodist Church, Regent Street, Wrexham LL11 1RY. Daria Wawrzynska 07961 716295, daria@highhonyoga.co.uk

Dru Yoga with Teresa. Mondays: 1.30 - 3pm; Tuesdays: 8 - 9.30pm; Wednesdays: 10 - 11.30am. Oddfellows Hall, Saltney, Chester. Teresa 07876 254518, or teresa4yoga.co.uk

Source Yoga has classes Monday through to Friday in the Rhos on Sea and Colwyn Bay area. Ring 07704 437415 or check www.sourceyoga.org.uk

Yoga Tuesdays: 7.30 - 9pm, £6/£5, Coed Mawr Community Centre, Bangor, with Katie Roberts. More info: cymrutaichiwales.co.uk

Be Balanced Yoga Class Mondays: 7 - 8.15pm, £7, Maesbrook Village Hall, Oswestry SY10 8QW. Wednesdays: 9.30 - 10.30am, Scout Hut, West St., Llangollen. Gaele Atkinson 07807 215537, gaeleatkinson@gmail.com

Yoga for Health and Well-being Mondays: 7.30 - 9pm. Suitable for all ages. Newcomers welcome - no experience necessary, held in Rowen, nr Conwy. Lorna 01492 641560, lornashipp@yahoo.co.uk. Details: rowenconwy.org.uk/memory-hall-activities-in-the-memorial-hall/yoga/

Yoga Mondays: 10 - 11.15am & 6.30 - 7.45pm; Wednesdays: 5.30 - 6.45pm & 7.15 - 8.30pm. Suitable for all ages. The Cow Shed, Tyn-y-Ffird Farm, Waen Wen, Bangor, LL57 4UF. Ceri 07796 950742, www.tynyffrd.com

Dru Yoga Class Thursdays: 6.15 -7.45pm, £7. Dru Centre, Nant Ffrancon, Bethesda LL57 3LX. Christiane 01248 602900 ext 218, christiane@druworldwide.com

Yoga Classes with Rose Ann Preston. Mondays: 10.30am & Tuesdays: 10.30am and 7pm, held in Holyhead Sports Centre. Thursdays: 2 - 3pm, Trefriw Village Hall, Conway. And 7.30pm, Ysgol Aberconwy Sports Centre. All classes £5. Rose 01407 796517, 07759 105504, roseyoga.net

Yoga Mondays: Trefnant Village Hall, 11am; Loretocentre, Llandudno 6 - 7pm Intermediate; 7 - 8pm Beginners. Wednesdays: Trefnant Village Hall 6 - 7pm Intermediate; 7 - 8pm Beginners. Fridays: Trefnant Village Hall 7am. Saturdays: Trefnant Village Hall 9am. Laura Bell, 07989 512859, thezestlife.co.uk

Mindful Yoga with Elaine Tuesdays: 7.30 - 9.25pm at Ysgol y Borth, Menai Bridge. Wednesdays: 10 - 11.55am at Capel Mawr, Menai Bridge; and 7pm - 8.55pm at Ysgol y Graig in Llanegfn. Thursdays: 7.30 - 9.25pm in Newborough. £50 for 10 classes or £6.50 drop-in class. Elaine 01248 430147, elaine.yoga@tiscali.co.uk ~ yoganorthwales.co.uk

Iyengar Yoga Class Thursdays: 7 - 8.30pm, £8 or £35 for 5 classes paid in advance. Rhoscolyn Village Hall, Anglesey. Ruth Johnson yogamon@myphone.coop

Yoga Classes with Lisa. Tuesdays: Hatha Yoga 7.45 - 8.45pm. Six week introduction, Dyserth. Wednesdays: Hatha Yoga. 5.30 - 6.30pm. Colwyn Bay. Hatha Yoga & Relaxation, 8 - 9.15pm, 6 week courses, Mancot. Thursdays: Kundalini Yoga. 6.30 - 7.30pm. 8 week courses, Dyserth. Lisa: lcyoga@aol.com; www.lcyoga.co.uk


 Forrest Yoga with Claire Mace. Mondays: 7 – 8.30pm, St. Mary’s Church Hall, Holyhead LL65 1TR. Beginners and improvers welcome. Also small group classes in Llanfachraeth by arrangement. Claire 07970 409 724, claire@inspiratrix.co.uk ~ inspiratrix.co.uk

Starflower Yoga Tuesdays: 12.30pm - 2pm NOVA, Beach Rd West, Prestatyn LL19 7EY Wednesdays: 5.45 - 6.45pm Dyserth Community Centre, 29 Cwm Rd, LL18 6BD. Thursdays: 12.30pm - 2pm, NOVA, Beach Rd West, Prestatyn LL19 7EY. Classes led by Sadie or Upali, £4.50 - £6, starfloweryoga.com

Simply Yoga ~ Yoga and Relaxation For people of all abilities, fitness levels and age groups, with classes tailored to the needs of each individual; all on a drop-in basis. Mondays: 11am – 12.15pm, £5 per class. St. Pedrog’s Church Hall, Llanbedrog, nr Pwllheli. Tuesdays: 7pm, Yoga and relaxation, £5, Abersoch Village Hall. Tuesdays: 10am, (term time only), £6, £15 if paid in advance for 3 classes, Llannor Village Hall. Tuesdays: 7pm, £5, Llanengan Village Hall. Wednesdays: 10.30am, £5. Contact Freddie 07833 663717, simplyyoga@btinternet.com

Yoga with Rosslyn Falconer, Mondays: 10.30am - 12pm. Tuesdays: 7.30 - 9pm. £7 drop-in. Verve Studio, 2 - 4 George St, Llangollen LL20 8RE. Rosslyn 07837 580742, rossfalcon@yahoo.co.uk

Yoga Tuesdays: 7 - 8.30pm, Pentraeth Memorial Hall, LL75 8YH. Wednesdays: 7 - 8.30pm, Tanralt, Pentraeth LL75 7DR. Thursdays: Beginners 5 – 6.15pm; Hatha Flow 6.30 - 8pm (intermediate). Menai Bridge Community Centre. Saturdays: Gentle Yoga, 10 – 11.15am. Menai Bridge Community Centre. Emily 07775 798536, ekmyoga.com

ZUMBA Zumba Dance-Fitness *Mondays: 6 - 7pm, £5, Menai Bridge Memorial Centre, LL59 5DD. *From February this Monday class will be at Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Wednesdays: 6.30 - 7.30pm, £5 & Thursdays: 6.30 - 7.30pm, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McGreary 07751 017157, dance-classes-north-wales.co.uk

Zumba Thursdays: 7.10pm, Ysgol Gynradd Llanfair PG, LL61 5TX. Aaron Bradley-Bevan 07866 891424.

House Dowser Geopathic Stress Affects Everyone!

Could your home be responsible for your illness? Is your relationship being stressed by your house? Is the earth giving off rays that are affecting you?

Dowsing For Beginners Workshops: Sat 7th April & Sun 13th May in Flintshire

Does your house need healing? You could be being affected by the earth’s magnetic field. Fault lines and water veins deep under the ground concentrate this field, and they could very possibly be coming up through your house.

The Problem The effect of Geopathic Stress is to depress the body’s immune system, particularly when you are sleeping over a negative place, causing illness, depression and stress.

The Solution • Your house is dowsed for all negative influences. • A report is drawn up. • The house is cleansed and all stress removed. • House Dowising brings back harmony, health and peace of mind.

Could this be the answer you’ve been looking for? Chris Quartermaine 01244 509933 or 07921 783184 chris@wizdom.me.uk www.house-dowser.co.uk

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Refugee Support: Local Collection Points for CEFN

For a list of most needed items - including toiletries, medical supplies and summer clothing - please look at our pinned post on Facebook or email: cefn.cymru@gmail.com

- BLAENAU FFESTINIOG - Bookies’ Shop, 14-15 Church Street, LL41 3HB
- PENCARNHYDEUDERAETH - Holy Trinity Church on the main road, 10am – 3pmish: behind curtain at back.
- PORTHMADOG - The Hair Lounge, Bank Place, LL49 9AA
- Y BALA - Coleg y Bala, LL23 7RY, 9 - 3 weekdays
- DOLGELLAU - Mantell Gwynedd, Y Lawnt, LL40 1SB
- NEFYN - Siop Siarad, LL53 6HD
- HARLECH - St Tanwg’s Church, Top Harlech, LL46 2YA
- CAERNARFON - Mantell Gwynedd, 23-25 Y Bont Bridd, LL55 1AB
- BARMOUTH - St David’s Church. Beth 01341 247499, bethbaileybro@gmail.com
- LLANRWST - The Natural Building Centre, Plas Tirion, Betws Rd, Llanrwst LL26 0PU. Open Mon 9-5, Wed 9-12 and Friday 9-5. Out of hours by arrangement: post@thenaturalbuildingcentre.co.uk

Sorting Sessions
- Mondays 6.30 – 9 pm. at The Church of All Saints of Wales, Manod, Blaenau Ffestiniog, LL41 4AF
- Wednesdays 12 – 3pm

Cash Donations to CEFN; Sort code 54-30-07 Account number 34615326 or via PayPal at: www.cefn.cymru

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“inspiring events in North Wales”
“Immersion into virtual reality (VR) is a perception of being physically present in a non-physical world. The perception is created by surrounding the user of the VR system in images, sound or other stimuli that provide an engrossing total environment.” -- wikipedia.

Immersion is when the VR user is able to trick their brains into thinking they are somewhere entirely different to where they actually physically are. So much so that an essential feature of a good VR headset is to be able to track the user’s head movement. The immersion is created by a numerical simulation of reality that computationally creates the image of reality at the screens in front of my eyes, 60 frames per second, and enables me to convince at least part of my brain that I’m somewhere else entirely!

When the illusion suddenly breaks down however it can be most unpleasant. When I am accelerated in the simulation but my body tells me I didn’t move, or when I move my head to the side and the world of my simulation doesn’t change its perspective, I may feel ‘Simulation Sickness’ as my brain wrestles with two competing realities.

When it’s done well, however, Immersion let’s us see and hear, and move around and interact in a whole new world of experience. We can explore complex scenes, pick up objects and interact with other beings in a world constructed inside a computer, and almost believe we’re really there.

This type of immersion offers us the potential for Immersive language learning: the ability to live and interact in a world where the language being used is one we want to learn rather than our native language.

This opens up a whole new dimension for language learning. Until now classroom role plays were the next best thing to going to the place where the language you want to learn is spoken. Instead of sterile classroom roleplays, language learners can immerse themselves in virtual worlds, buy items in virtual shops, receive directions as they walk down virtual streets, and meet real language partners who are fluent in their target language.

VR can virtually create the experiences that allows deep and powerful learning. The experience may not come close to the ones we have in the real world, but it’s way beyond reading scripts in the classroom. VR also has some advantages over the real world. The fact that we can dynamically create and alter the world can be a powerful way to provide custom experiences the user needs to enhance learning. If we add some of the lessons from recent advances in Neuroscience we can create a learning environment more powerful than anything that has ever existed.

Creating a comprehensive, intelligent and adaptive learning environment in VR for immersive language learning is no small challenge. A huge amount of content needs to be created, in addition to be really effective in simulating communication with non-human avatars, the experience needs to reliably understand speech. All the technology may be in place for this but there is a huge amount of work to do to bring it all together.
The most surefire way to pick up and master a language is to learn it the way native speakers do. We all learn our mother tongue by experience. As infants we experience the world around us and begin to extract meaning even before we acquire language. Slowly and by experiment we pick up on the coded sounds being spoken, and soon we become so familiar at looking at the world from within the prism of language we forget how it was to be without it.

Taking this approach to learning a second language means to drop oneself into a new culture and society where one’s first language isn’t used at all. Even if we dive in right at the deep end and paradrop into a remote tribal village, learning a second language is never quite like learning the first.

A first language can be powerful crutch when learning a second, like any crutch it can help us but also hold us back if we become dependant. Having a first language means we already have a set of fundamental concepts that will come in useful for making sense of the world. Even that remote hill tribe will have mothers, cups, the sun, brightness, and love.

Dropping into an environment where you have no knowledge of the local language is a very steep learning curve, but an adult who has already mastered another will pick up a new language this way much quicker than an infant doing the same. A lot can be learned quickly by pointing and mimicking.

There are also some concepts that while they seem fundamental are actually culture dependant. Eskimos having “50 words for snow”, isn’t true. Eskimos have 50 words for 50 things that to the average modern human are all just “snow”. Ultimately every ‘thing’ only exists in our mind.

To really master a new language requires adopting the native culture at the deepest level and this means abandoning deep held beliefs and conditioning. Not an easy crutch to let go of, but an essential one. The conception of self in the Japanese psyche, for instance, is very different to the modern Western one. To really understand Japanese culture and society it’s necessary to learn the Japanese language, and to do so it is necessary to know a more fundamental ‘self’ - one that can include both perspectives.

A more practical reason for abandoning one’s native language when learning a new one has to do with overcoming the habit pattern of the mind for taking the easy option. Learning Hindi in a developed part of India or learning Swedish in Sweden can be much harder than learning Chinese in a rural corner of China, simply because there are many English speakers around.

In Japan it was very interesting to meet ‘expats’ (because we don’t call them immigrants in English...), and find that after a few years there was very little correlation between how long someone had been in the country and how much Japanese they could speak. Some just learned the little essentials that they absolutely needed to get by in their daily lives and for anything else surrounded themselves with other English speakers in their mostly ex-pat bubble.

Others dived in at the linguistic deep end and learnt to swim. They did everything they could not to use their native language as soon as they no longer needed it. Dictionaries are always useful to a language learner, but real oral practice in real situations is where the deeper learning happens. Learning with a teacher who speaks your language can be a great benefit when starting out and a few words
of explanation can often save a lot of head scratching, but as soon as it become a habit to ask for an English explanation this can become a disadvantage.

A key stage on the path of progress of a language learner, is when they have built a basic framework in a new language that allows them to communicate basically anything they want to; they just may need to use a large number of words when just one would have sufficed (if only they knew it).

This stage is the human language analog of the computing term ‘turing complete’. After this, with immersion, fluency quickly begins to kick in. This is the stage where to go forward the learner needs to let go of their native language completely and take their steps on their own with their new language. The day they learn something and realise to their delight they have no idea how to explain it in their native language, maybe the day they have learnt how to run.

When they learn a joke that would be completely inexplicable to their friends back home, they may have learnt how to dance.

One’s first language can be a powerful crutch when learning a second language. The key is to know when to use it and when to discard it.

Immersion works because language can be learned and used directly in real experiences, and to solve real needs. This is what native speakers do and to master a language this is what you must do. There are some language learners whose brains are particularly good at constructing complex grammar on the fly in conversation. These speakers can obtain a huge vocabulary and explain and understand complex concepts successfully, but they can’t really be considered fluent until they can think in the new language without the cognitive overhead of a complex translation process going on under the hood.

Immersion requires having real embodied experiences in the real world. Often language classes emphasise role play as the next best thing as they encourage the learner to have these experiences in their imagination. This is where the overlap between Immersion as it is used in language learning, and Immersion as it used in Virtual Reality, becomes a compelling reason why VR might quickly become the technology of choice for language learners who are not able to physically transport themselves to a far away land.

Our Company - Astral Dynamics - recently won £20,000 from the Welsh Government to develop a game for learning languages in VR. While the budget is very small, the company has ambitious plans. Astral Dynamics intends to show what’s possible with Immersive language learning in VR. We are also looking for innovators who want to experiment at the VR, Language learning, Neuroscience frontier.

Liam Kurmos is the Pirate Captain of a group of solutionaries and changemakers converting a chapel in North Wales into an environment to realise human potential and heal the planet!

www.astralship.org
Cooking at this time of year can be a challenge, the new year is here and fresh produce can be limited. We have to make the most of things until Spring returns. I enjoy the challenge of keeping things vibrant and interesting in the kitchen in the depths of winter. Comfort food is what the body craves, but that doesn’t have to mean big stodgy plates that will make us feel heavy and lethargic. Comfort food can be energising and healthy.

We turn to roots, and I think the finest thing to do with a root, is roast it in the oven. Roasting brings out all those sweet delicious flavours. Nature is incredible, tucking these colourful roots, filled with nutrients, under the earth, pre-packed, giving us what we need through the winter and beyond. The idea with this salad is taking the best of local, winter produce and making a simple dish that will nourish and brighten up our meal times.

Salad is probably not many peoples idea of a tasty winter dish, but this salad is normally served warm and is hearty and finished with a creamy, roast garlic dressing and fresh thyme. You can use any roots or winter vegetables you like, squash, potatoes and parsnips would all be great.

Salads need great colours and textures, here we have crunchy hazelnuts, sweet apples, roasted veg and the wholesome and chewy barley, which is such an amazing ingredient to use at this time of year. Packed with fibre and minerals and inexpensive. There is also the beetroot, carrot and kale which are of course full of vitamins and minerals. Kale for example is ridiculously high in vitamin C and A with Iron coming from the beets. A plant-based, vegan diet really has all the nutrition you’ll need to lead a very healthy life. All you need are plants!

Whenever I roast vegetables, I do too many. On purpose. They are great to keep in the fridge and use in soup, stews, curries, burgers.....well, they can make most things tasty really. Double up the quantity here if you like, I make the most out of the oven when it’s hot.

I think this is just the kind of colourful, seasonal and nourishing dish that makes cooking in the new year a joy! Something bright for the eyes and taste buds.
The Bits – For 2 as main
- 100g pearl barley (rinsed in a colander)
- 2 large beetroot (chopped into wedges)
- 1 large carrot (thickly sliced)
- 2 small red onions (chopped into wedges)
- 6 cloves garlic (whole, skin on)
- 2 tbs rapeseed or any cooking oil
- 1 apple (cored and cut into wedges)
- 1 big handful kale (chopped)
- 30g hazelnuts (roasted)
- 3 tbs fresh thyme leaves
- 1 lemon (juice)
- 1 teas rapeseed/olive oil
- 5 tbs unsweetened soya yoghurt
- Salt

Do It
- Place your rinsed pearl barley in a saucepan and cover with plenty of water. Bring to a boil and then simmer for 45 mins – 1 hour.
- Preheat an oven to 220oC. Place your beetroot, carrot and red onion on a baking tray and toss in a little oil and salt. Roast for 40 minutes, turning everything at least once. Take out the garlic after about 20 minutes, when its nice and soft. The hazelnuts will take around 5-10 minutes to roast on a tray in a hot oven.
- Toss your apple half the thyme leaves and your radish in a bowl with the juice of half the lemon.
- In a bowl, take the skins off your garlic and mash with the back of a spoon, squeeze in half the lemon, a little salt and the yoghurt. Mix well together.
- When your pearl barley is cooked, toss in the kale and stir, cook for a minute and then drain in a colander, pouring over cold water to cool the grains and kale fully. Alternatively, serve it warm if you prefer.
- Arrange the pearl barley on two plates, top with the apples and radish, then the roasted veggies, before spooning over the yoghurt dressing and finishing the dish with a sprinkle of fresh thyme leaves and hazelnuts.

Lee is a vegan chef living in north Wales and author of cookbook Peace and Parsnips

Lee is teaming up with Claire (Inspiratrix Yoga) for two local events in the new year:

Healthy New Year - A Day of Yoga & Plant-based Cooking, Caernarfon, 20th January.

Yoga & Vegan Soul Food Mini Retreat Mynydd Llandygai, 18th March.

See Claire’s 5 Top Detox Tips on Page 10

Ticket info for both events:
www.northwalesretreats.com or hellobeachhousekitchen@gmail.com

Full Moon Meditation Network
Capricorn: December 22nd ~ January 19th
Full Moon: January 2nd at 2:24am

The Great Invocation
From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men –
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

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- S.R Gwynedd

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Claire Wiggins of North Wales Hypnotherapy practices from The Riverside Business Park Conwy and The Laser Beauty & Therapy Centre Menai Bridge. Opening in Barmouth in December.

To book, visit www.northwaleshypnotherapy.co.uk
To join us in February Call Claire: 07838 469 174
or Mel: 07746 438 276 Or Email: info@cphtnorthwales.co.uk