The following middle pages section has many inspiring events which reconnect us to others all around the world. Whether you are meditating indoors (and conjuring up mountains) or tending tulips outside whilst mindfully being present to inner thoughts and feelings, access to our inner core strength is always available. We are here because we believe in the positive action of transformation - ourselves, our communities and our world. Psychologist William James once wrote: “The things of the world cannot affect the soul; they lie inert outside it, and only internal beliefs disturb it.”

Belane
Saturday 1st May
Celebrate the return of summer with a ‘bright fire’

Wishing you a house full of sunshine, hearts full of cheer, love that grows deeper each day of the year.

VOTE !!
Thursday 6th May
PLEIDLEISIO !!
Ddydd Lau, 6 Mai
senedd.wales ~ senedd.cymru
Watch a Mock Election with Young People;
candidates, issues, “Use Your Voice”.
Candidates list: whocanivotefor.co.uk
You can find out more about the Senedd through 30 min introduction videos on Weds 28th & Fri 30th April and Weds 5th May, 10 - 10.30am, available to watch for free on the website above or eventbrite.co.uk

THE FESTIVAL OF HUMANITY ~ May 26th
“The higher interlude of the spiritual year culminates in the Gemini full moon – in a Festival which celebrates the spiritual potential of humanity to unify the personal will with the Will of God. This Festival augments the Principle of Unification which brings the higher and lower aspects of humanity into closer relationship; the light of the soul waxes and increases while the light inherent in matter wanes. This facilitates the expression of a spiritual unity and the annihilation of separatism.” [Lucis Trust]
The following listings here are face-to-face, offline, physically distanced and subject to Covid restrictions

1st SATURDAY

Upland Birds We will walk around the varied mountain and moorland habitats of this Welsh upland environment. We'll follow woodland edge, plantation, wetlands and open hillsides to discover the birdlife. Led by Jim Langley and Sophie-Lee Williams. 9am - 4.30pm, £60. Siabod Cafe, Capel Curig. With Jim Langley, Nature's Work; natureswork.co.uk / eventbrite.co.uk

1st SATURDAY & 2nd SUNDAY

Make a Three Legged Stool Learn the basic techniques of green woodworking 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. £140, deposit £70. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

2nd SUNDAY

Dawn Chorus Day! If you can’t make it to a walk - just open your window and listen! Up With A Lark! On International Dawn Chorus day, a walk around this NWWT reserve to see and hear some of the birds that call it home. Gors Maen Llwyd top car park off B4501. GR SH 9707 5806. 4.15am - 7.30am. Mark J D Hughes 07800 771570, mjdhughes1108@gmail.com

Walk: Dawn Chorus with John Harold. Members free, guests £5. 5.30 - 9.30am. Contact: claire@snowdonia-society.org.uk

Conservation and the Future of our Uplands Learn about and discuss land use, conservation and wilding issues. Steve Evison, director of Nearly Wild, join us for this interactive workshop. 9.30am - 4.30pm, £60. Siabod Cafe, Capel Curig, Nature's Work; natureswork.co.uk / eventbrite.co.uk

3rd MONDAY

Swamp Secrets Find out about the amazing wetland wildlife at Cors Goch including insect eating plants and other creepy creatures. Children welcome. 3.30 - 5pm. Caroline Bateson 07725 174087, northwaleswildlifetrust.org.uk

6th THURSDAY

Catrin Finch & Seckou Keita With Special Guests Vishtèn Harpist Catrin and Kora player Seckou play "... intoxicating, often improvised, synergy captures a magical meeting of minds and talents within a borderless musical landscape." 7.30 - 10.30pm, £22/£20/£15. Galeri, Caernarfon 01286 685222, galericaernarfon.com

6th THURSDAY - 10th MONDAY

Climbing Out! For those 30 years+ struggling to move forwards after a life changing injury or trauma. Based in Deiniolen. More: climbingout.org.uk

7th FRIDAY

FFEAST Monthly community gatherings celebrating fire-food-elements-arts-story- togetherness. A community feast, incorporating delicious fire-cooked food, community spirit, and local talent. Each month we will be welcoming either local musicians, storytellers or a craft person who will share their skills and talents with us. Today our guest is singer songwriter Eve Goodman > Alcohol free, veggie food/dietary needs catered for. 6 - 9pm, sliding scale cost £25 - £15; children 12yrs+ welcome. Outdoor event, bring appropriate clothing. Held at Bryn Llŷs, Coed y Parc, Bethesda, Bangor LL57 4YW. Ticketed only event available from: nomadwales.co.uk ~ tom@nomadwales.com

7th FRIDAY - 9th SUNDAY

Pause & Reconnect SUP & Sound Retreat Pause for a weekend of self care and reconnection with nature through movement, stillness, silence and sound healing. £400+; held at Trigonos, Nantlle. Bookings: psychedpaddle boarding.com/sup-wellbeing-retreat.

10th MONDAY - 16th SUNDAY

Mental Health Awareness Week See page 21 for some virtual events. FB: Mental Health Foundation

15th SATURDAY

Colwyn Bay Artisan Market A host of unique handmade artisan arts & crafts from local artists, designers and makers. Alongside an array of artisan cheeses, breads, olives, chocolates, cakes and, of course, our delightful street food trucks serving an impressive choice of hot foods from around the world. 10am - 4pm, Station Rd., Colwyn Bay.

15th SATURDAY & 16th SUNDAY

Bushcraft through the Seasons Course content will include seasonal wild food and medicinal plants, natural fire lighting techniques, wood carving, natural cordage, tracking and navigation techniques. £150, £75 deposit. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk
19th WEDNESDAY

Mindfulness in the Carneddau My mindful retreat walks combine mindfulness meditation & mindful walking with the power of connecting with ourselves, nature & each other. Practising meditation outdoors increases our connection to & appreciation of nature, ourselves, each other & the planet and reduces stress, building up resilience & re-connecting us with our inner resources. Led by Belinda Gammon, qualified walks leader and Mindfulness Teacher. 9.30am - 1pm, £24.50, 18+ yrs, 3 miles/950 ft climb; suitable for all. Sychnant Pass, Conwy LL32 8BJ. For Covid-19 measures and to book phone 07851 218014 ~ wayofmindfulness.co.uk

20th THURSDAY

Photography An inspiring day exploring the Clwydian hill range and local woodlands with your camera. This digital photography workshop works on both technical and creative levels, giving you skills and confidence; learn how to get the best out of your equipment. £95; bring packed lunch; accom included. 18yrs+, suitable for all. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

20th THURSDAY - 23rd SUNDAY

Weaving Colours Create a beautiful wall hanging using Eta’s stunning styles and techniques. Colourful yarns and other materials will be available for use in your freeform weaving, working on an upright loom. The course is suitable for those completely new to weaving as well as experienced weavers. £655 (all inclusive) - £330 (non-res). Please confirm dietary requirements. Trigono, Nantlle info@trigonos.org ~ trigonos.org See ad page 6

Spring Journey Retreat This is our original journey retreat that aims to encourage participants to reconnect with nature, themselves and to others. The Nomad crew create a safe and nourishing environment for internal reflection through a series of fun and challenging processes, testing out ideas and theories and having a wonderful journeying time! Led by Nomad - journey with a purpose and based at Henbant, Clynnog Fawr. More details and booking from: nomadwales.com

21st FRIDAY - 23rd SUNDAY

Yoga & SUP Weekend Stand Up Paddle boarding, walking, inspiring yoga and relaxing times. £510-£650 all inclusive. Plas Cadnant, Menai Bridge. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

22nd SATURDAY

Renewables for Households: Solar PV This one day course aims to answer questions through lectures and hands-on sessions. 10am - 4.30pm, £70. 18yrs+. CAT, Machynlleth 01654 705950, cat.org.uk

22nd SATURDAY & 23rd SUNDAY

Willow Animal Sculpture We will be using prepared non-living willow and learning techniques which can be adapted to produce a wide range of animal forms. £150, £75 deposit. Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

28th FRIDAY

Glaciation in Snowdonia This workshop is designed to develop your understanding of glaciation at a global scale and also at the local, regional level. 10am - 4pm, £47.48. Siabod Cafe, Capel Curig. With Nature’s Work; natureswork.co.uk / eventbrite.co.uk

28th FRIDAY & 29th SATURDAY

Build a Wildlife Garden All you need to know to overhaul your green space into a wildlife haven, from plants for bees and pollinators to key tips for wildlife gardening in a low-maintenance manor. 9.30am - 4pm, with breaks, £300 all inclusive. CAT, Machynlleth 01654 705950, cat.org.uk

29th SATURDAY

Romeo + Juliet - 25th Anniversary (12A) Film with Moonlight Flicks. Starring Leonardo DiCaprio and Clare Danes. 9.25pm. Join up for £4 per month. Open-air cinema; bring a deckchair under the stars with a giant cinema screen. Chester Cathedral, The Dean’s Field. Book with moonlightflicks.co.uk

Mountain Environment The workshop focuses on the environment of Snowdonia and identification of flowers but also providing an overview of the mountain environment in general. 10am - 4pm, £47.48. Nature’s Work, Siabod Cafe, Betws y Coed LL24 0EL. More: natureswork.co.uk / eventbrite.co.uk

30th SUNDAY

Hand Weaving with Kirsty Jean who will demonstrate thread by thread how to set up a frame loom and accomplish different woven techniques. You will then be able to try these patterns out for yourself, weaving with a variety of different textural and colourful yarns to create a beautiful piece of handwoven cloth, to make in to a small wall hanging, a table piece for your home or just a fabulous bit of weaving! Equipment is provided by the tutor for use during the workshop. All materials are included in the cost, come and enjoy. 10am - 3pm, £60. Tecstiliau, Y Bedol, Bethel, Gwynedd LL55 1AX. Web: tecstiliau.org

Mountain Flowers of Snowdonia This workshop aims to develop your understanding and knowledge of the nature of the mountain environment. The workshop focuses on the environment of Snowdonia and identification of flowers but also providing an overview of the mountain environment in general. 10am - 4pm, £47.48. Siabod Cafe, Capel Curig. With Nature’s Work natureswork.co.uk / eventbrite.co.uk

Snowdon: The Living Mountain Snowdonia Society along with its partners has produced a new educational resource detailing some of the remarkable habitats and species found on Snowdon, one of our precious National Nature Reserves. From geology to wildflowers, the double sided nature ‘map’ provides a colourful introduction to the nature of Snowdon and can easily be tucked into a pocket while out exploring.

The resource is available from: snowdonia-society.org.uk
Healthy Body, Mind & Soul
Regular Local Ongoing Sessions, Groups and Classes

**BOOK CLUBS**

*Book Club Zoom* April: 6 & 27 / 7.30pm. More from pontio.co.uk

*Book Club* Monthly, with a business theme. 8pm. Zoom. NetworkShe: networkshe.co.uk

**DANCE / MOVEMENT**

*Continuum Movement Practice Group* FB: Lucy Parry / North Wales

*Farrah’s Dance Workout - Bollywood* More from FB: farrahscdanceworkout/live

*Chakradance with Roz* FB: Chakradance with Roz

*Heb Ffiniau / Movement* Bilingual lessons. More: pontio.co.uk

*Polynesian Dancing* FB: Under The Dancing Tree

*Dance Classes* FB: Harmony of the Heart or harmonyoftheheart.co.uk

**EXERCISE**

*Online Exercise Classes* Clubbercise, Boogie Bounce Daily and Hoop Cahoots. Led by teachers from Aspire Fitness, Rhos on Sea: aspirefitnessstudio.co.uk

**GARDENING**

*Blodeuwedd Botanics* ‘Wellbeing Through Gardening’ Y Plot, Pandy Farm, LL57 4RA. FB: Blodeuwedd Botanics or 07799 224636.

*Felin Uchaf Volunteers* Rhoshirwaun, Pen Llŷn. Contact Dafydd 01758 780280, info@felinwales.org / FB: Felin Uchaf

*Incredible Edible Ruthin* Link up via Facebook: Incredible Edible Ruthin

*Bwyd Bendigedig Port / Incredible Edible Porthmadog* FB: of same name

*Incredible Edible Conwy / Bwyd Bendigedig Conwy* FB: of same name

**GONG**

*Pure Sound ~ Steph Healy* Free online relaxation and sound meditations!

YT: Pure Sound / FB: Pure Sound ~ puresound.org

**KUNG FU**

*Wing Chun* Dave McQuillan northwaleswingchun.co.uk ~ dave@northwaleswingchun.co.uk

**LGBTQ+**

*Join our Group* For those in the North Wales community. FB: LGBT+ Gwynedd, Conwy & Môn

*Rustic Rainbow* Group for those who love the natural beauty of North Wales; a relaxing environment to make friends.

FB: Rustic Rainbow ~ rusticrainbow.wordpress.com

*Gay Outdoor Club* Activities include abseiling, underground exploration, scrambling, camping; walking is our main focus.

Events info from: goc.org.uk

**MEDITATION**

*Meditation* Variety of classes from Kalpa Bhadra Kadampa Buddhist Centre, 34 Mostyn St., Llandudno LL13 1YY. 01492 878778, meditatenorthwales.com

*Meditation Session* Contact Alan 07816 988124. newmindfulness.net

*Breathing Exercises* FB: Wave Therapy / annalisalloyd@googlemail.com

*Meditation Classes & Gentle Yoga* OM Yoga North Wales, Colwyn Bay / omyoganorthwales.co.uk

**MUSIC/SOUND**

*Sessions everyday via Zoom in use of sound, animation, graphics, field recording, etc.*

Run by Tape Community Arts Centre, Old Colwyn tapemusicandfilm.co.uk

**MINDFULNESS**

*Monthly Mindfulness* FB: Inspire - Rewire / inspire-rewire.com

*Mindfulness During Lockdown* Tuesdays, 8pm. Sabine Soosten, an experienced Mindfulness in Nature tutor will guide you through with the focus on nature.

Free, weekly, 40 mins. Please email us – enquiries@woodlandskillscentre.co.uk

**MUM & BABY ONLINE GROUP**

*Find out about mother and baby groups, parenting and birthing stories with Laura Knott. birthingmamas.co.uk or FB group: Laura Birthing Mamas Doula, Pregnancy and Postnatal Yoga

*Om Yoga North Wales Pregnancy Workshops* FB: OmYoga North Wales
SOCIAL
Canolfan Felin Fach Contact 01758 701611 or FB: Canolfan Felin Fach
Actif Conwy (for children) FB: Actif Conwy
Coffee Connections 2nd Tues/month; networkshe.co.uk

TAI CHI & QI GONG
Internal Arts Academy in Daoist and Buddhist Studies, Martial Arts & Medicine
lotusneigong.com
Tai Chi North Wales See: taiji-online.co.uk
Qi Gong Classes via Zoom; contact taichiphil@outlook.com
Self Connection Qigong with Rik Midgley. Details from choosecompassion.uk/qigong
The 18 Movements of Tai Chi Qigong with Phil East. Tues 11-12pm, Bodnant Welsh Food, Colwyn Bay LL28 5RP. Bookings: bookwhen.com

STORYTELLING
Caffi Stori Llangollen and Blue Bell Story Group Conwy are currently emailing members until they can meet again. If you would like to be on our email list please write to: suemoore@me.com

WOMEN’S GROUPS
Circle of the Feminine
Women’s spaces and activities in North Wales.
FB: Circle of the Feminine
Red Tent Gwynedd Pabell Goch FB: Red Tent Gwynedd Pabell Goch
Online Sister Circles Meditations; sistercircletemple.com / FB: Sisters Circle Under the Dancing Tree
NetworkShe For women in business. More from: networkshe.co.uk ~ FB: Network She Mothership
Womens Gatherings Gwynedd Genod Gyda’n Gilydd Join in on their FB page of same name

NONVIOLENT COMMUNICATION (NVC)
Learning to communicate with empathy and observation. Connect through Skype with Lisa Mundle, email: busybees@phonecoop.coop

WRITING GROUPS
Writer’s Circle ~ Colwyn Bay A writing circle which offers a weekly email submission of work within the group. If you are interested please contact Chris Hemmings: crishtrees@gmail.com
Llandudno Writers Contact the Secretary, Steve Baker at bakerstevery05@outlook.com
More from: llandudnowriters.weebly.com

YOGA
Emily Kyle Yoga Contact: 07775 798536. FB: Emily Kyle Yoga
Rosslyn Falconer Yoga Friends FB: Love Yoga Live Yoga
Tru Dru Yoga Cat Stuijt 07816 103064, trudruyoga.co.uk
Claire Mace Online and offline classes on Anglesey; videos on YT, inspiratrix.co.uk and FB: Inspiratrix Yoga
OM Yoga North Wales Serenity Evenings once a month; Meditation, Yoga Nidra & special events. FB: OM Yoga North Wales
Dru Yoga North Wales Info: dru yogaoonline.com FB: Dru Yoga Online Studio
Yoga Shala Classes FB: Yoga Shala North Wales
Source Yoga Nutrition & Health FB: Source Yoga, Nutrition and Health / sourceyoga.org.uk ~
Derwen Hatha Yoga FB: Derwen Yoga (North Wales)
Rishiculture Ashtanga Yoga FB: Yoga North Wales
Yoga Class with Laura Bell, Trefnant Village Hall, Denbigh. thezestlife.co.uk
Tracey Yoga Contact Tracey 07809 485323, traceyjoselyn@gmail.com.
Online Chair Yoga Book with Lisa 07878 113599, lisa.martindale@newmind.org.uk
Gentle Yoga & Relaxation 01352 974430, jillblandford@yahoo.co.uk
Hatha Yoga with Nalini Yoga Weds 7.45pm & Thurs 6pm. More on FB: Nalini Yoga
Teresa’s Yoga Class Online Weekly Dru Yoga classes in the peace of your own home, either live or via the recording any time. Contact Teresa, teresa@teresa4yoga.co.uk ~ teresa4yoga.co.uk/yoga
Yma Yoga Llanberis. Find out more: FB: Yma Yoga

ZUMBA
Zumba Dance Fitness After lockdown: Every Monday and Wednesday, 5.30 - 6.30pm, £6 per class - all welcome at the Telford Centre, (opposite Waitrose) Menai Bridge. Helen McGreary, www.dance-classes-north-wales.co.uk, 07751 017157.

* If you would like your group listed here, contact us at info@network-news.org or text 07777 688440 *

FB = Facebook   YT = YouTube
Two Free Webinars with CAT, Machynlleth
Renewable Energy: community and commercial
Wednesday 5th May. Expert Bethan Edwards and community energy expert Rod Edwards will join forces to offer insights from the ground on how we can power a Zero Carbon Britain.
Sustainable Housing: past, present & future.
Wednesday 13th May. Principal Lecturer on CAT’s Masters in Sustainable Architecture course Dr Alison Pooley will explore the challenges and opportunities around housing, including the potential environmental benefits of retrofitting our current housing stock.
Webinars start at 7.30pm, please book.

Zero Carbon Britain - local energy solutions
Friday 21st May. Through expert presentations and case studies from community projects, we’ll cover why renewable and local energy models are important, which options to go for, what you need to consider and how to get the community on board. 9.30am - 5pm, with breaks; £65 waged / £45 low waged, concs, 16 yrs +, materials included.
ALL Webinar bookings: 01654 705950, cat.org.uk

Talk: Celtic Rainforests of Snowdonia
The Celtic Rainforests Wales Project seeks to protect and enhance the unique oak woodlands found in western areas of Wales.
Thursday 13th May, via Zoom, 7pm, free to members of Snowdonia Society; guests £5. Book through link on website: snowdonia-society.org.uk

Find out about the Partneriaeth Tirwedd y Carneddau Landscape Partnership. Its vision is to help conserve the Carneddau by increasing understanding and enjoyment of the cultural and natural heritage of the area across a wide range of communities, individuals and organisations.
More: snowdonia.gov.wales

Earth Festival: Beltane Meditation, Nature-Connection & Seasonal Reflection
Tuesday 4th May | 7 - 8pm, free
Book a space via resurgenceevents.org

Wales Nature Week Saturday 29th May - Sunday 6th June.
An annual celebration of nature featuring the fantastic habitats and species of Wales. Our virtual set of events commence with a welcome return of the Garden BioBlitz - you can take part across Wales by spotting and sharing nature visitors and residents in your garden. Helpful tips and support from our community of experts will ensure your participation is fun and informative. More info: biodiversitywales.org.uk

Botanic Gardens Wales We might not be open to visitors right now but we’ve devised a wonderfully fun programme of things you can do in your garden to learn about and enjoy nature. Visit the website for ideas about: wildlife recording, daily nature discovery walk, wildflowers, a wildlife-friendly lawn, gardening for pollinators, being peat-free, urban gardening and make an edible rainbow garden.
More from: botanicgarden.wales
Resurgence Talks:
George Monbiot: Dying from Consumption
Monday 17th May | 7 - 9.30pm, £10 - £25. George will unpack some of the complex problems behind the catastrophic effect of consumption of people on the planet. (See Back Cover)

Gail Bradbrook - Effective Methods for Overcoming Domination Paradigm
Wednesday 26th May | 7.30 - 9pm, £6.50. Gail’s talk on the science of the ecological crisis, the psychology of active participation and the need for civil disobedience has gone viral and been part of the inspiration for many to join XR.

Carbon Ambassadors Course
Friday 28th May - 9th July.
A comprehensive overview of carbon footprinting and reductions.
Course cost: £79
Book via link from: resurgenceevents.org

***

Keystone Species Series - Ecosystem Builders
Wednesdays 5th - Beavers - The Battle to Bring Them Back to Britain
12th - Water Voles: Saving Our Riverbank Gardeners
19th - Pine Martens: Ecosystem Restoration
All start @ 8pm. £4 per talk or £10 for three.
Book a place via resurgenceevents.org

Our Picturesque Landscape Project
The project aims to restore and preserve key views both from and into the World Heritage Site including views from Pontcysyllte, Chirk and Llantysilio. Volunteering activity will be promoted through the restoration of the Dell at Plas Newydd. The project will also seek innovative solutions to reducing congestion, access and erosion issues. Interested?
Find out more from: pontcysyllte-aqueduct.co.uk

Jonathan Drori, Sarah Raven and Tim Smit on the Stories of Plants
Thursday 6th May / 6.30 - 7.30pm, £16.76. Often beautiful, sometimes deadly, but constantly ingenious, plants are the source of life and delight, myth and mayhem.
Register: eventbrite.co.uk

The Earliest Botanic Gardens in the Middle East with Shahina Ghazanfar Thursday 13th May | 6.30 - 7.30pm | free.
This talk will look at the earliest botanic gardens and their role in the conservation of plants of historical and cultural importance. Further development included physic gardens and botanic gardens where fruit plants were sought out and brought from long distances to be cultivated.
Register: eventbrite.co.uk

Everything You Want to Know about Solitary Bees
Thursday 13th May 7.30 - 9pm, free.
Learn about Solitary bees, their habitat, behaviours & life cycle, and helping them by providing bee hotels. Register: eventbrite.co.uk

Plant & Seed Swap Donate seeds or plants to swap for something new! Saturday 22nd May 12 – 4pm, Llanfairfechan Community Hall. Call 01248 681697, jayne@llanfairfechan.net

RiverLife Chit-chats: Are OTTERS utterly brilliant animals? Saturday 29th May 7.30pm. free. All about one of our favourite animals, their ecology, threats and what we need to do to protect them.
Register: eventbrite.co.uk

Your Wild Food Year: May Workshop Monthly workshops; finding, harvesting and cooking with wild food. Plus seasonal foraging tips.
Thurs 20th May, 7 - 8.15pm, £7.
Book: woodlandclassroom.com

TREE ID for Beginners
Tuesday 11th May, 7 - 8pm, free.
This talk with wildlife expert Dave Winnard is sure to help you unlock the world of trees
Register: eventbrite.co.uk
Nonviolent Communication
“If someone is being angry, offensive, defensive, passive-aggressive or aggressive, remember, this is a strategy in trying to get their needs heard. And it’s the only way they know how to speak out.”

An example of understanding Nonviolent Communication by Marshall Rosenberg

You can listen to 5 hours on how to create your life, your relationships and your world in harmony with your values; it’s free for 30 days from when you sign up with audible.co.uk

Wake Up - Just Sit Retreat
On this retreat we’ll be exploring some direct and very effective ways to let wakeful, spacious awareness open up. This fresh wakefulness is what just sitting and receptivity is really about. There will be breaks in between sessions. This is a ‘dana’ event – please give whatever you can afford via the donation button.
Saturday 1st - Friday 7th May begins 9.30am.
Book: vajaraloka.org

Kalpa Bhadra Kadampa Buddhist Centre, Llandudno
Led by resident teacher Kelsang Jangchub
Saturday 8th May Introduction to Tara
Prayers Tara Prayers, are known as “Liberation from Sorrow”, which includes a special prayer Praise.
Saturday 15th May Just Breathe Day Retreat 10am - 3.30pm, £15. Learn a special breathing meditation which comes from Buddha’s tantric teachings which is known as the ‘OM AH HUM’ meditation.
Saturday 22nd May Becoming a Friend of the World 10am - 11 talk & meditation; 12 - 1pm Refuge & Bodhisattva Vow Ceremony. £15. By paying attention to our thoughts and our actions and holding the determination to benefit every living being, we can profoundly shift our identity.
Register: meditatenorthwales.com

Jain Veganism - Ancient Wisdom, New Opportunities Weds 19th May, 7 - 8.15pm, free. This presentation considers the growing global phenomenon of Jain veganism as a contemporary expression of non-violence (ahiṃsā).
Register: eventbrite.co.uk

A Jewel of Indian Spirituality: Reflections on the Yoga Sutras of Patanjali
According to its Indian origins yoga is not just a physical practice but a sacred science of right living and higher awareness aimed at coming to realise the inner truth of the universe - the Divine.
Sunday 16th May 3 - 4.30pm, free.
Register: eventbrite.co.uk

Growing Into Mindfulness ~ Online course / Zoom
Wednesdays 5th May - 14th July 11 weeks, 6.30 - 8.30pm. £200 includes book “Mindful Way”. This experiential course introduces us to the wisdom of mindfulness in a very practical way.
Bookings: gwyneddmindfulness.co.uk

An Evening of Mantra and Meditation
with Siri Akal Friday 7th May / 7.30 - 9pm, free. Join international recording artist Siri for an evening to celebrate the relaunch of Wellbeing Radio.
Web: wellbeingradio.com
Practising Existential Therapy: Prof Ernesto Spinelli
Monday 10th May, 3 - 5pm, £20, donation.
Existential therapy places pivotal significance upon the inter-relational aspects of human experience. From this perspective, the presenting symptoms and disorders brought to therapy are disclosed as direct expressions and outcomes of the client’s overall ‘way of being’ rather than as isolated and disruptive impediments.
Book: eventbrite.co.uk

Mental Health Awareness Week 10th - 16th May
This year’s theme is “Nature”: Take Action, Get Active; have half an hour exercise a day, outdoors and be as creative as you like. The important thing is to switch on your senses and really connect – whether that’s noticing nature on your daily jog, or listening to the birds on your woodland walk. You can fundraise for mental health
Useful websites: mentalhealth.org.uk / mind.org.uk

Tuesday 11th May
1 - 1.45pm, free. Open conversations about mental health are more important than ever. We need your help to start the conversation – together we can end mental health stigma.

Olivia Laing with Susie Orbach
On Bodies, Protest, Gender and Freedom
Wednesday 19th May / 7 - 8pm, £22.15.
Olivia Laing discusses her new book, Everybody and will be joined in conversation by the therapist and social critic Susie Orbach, author of the classic, groundbreaking work, Fat is a Feminist Issue.
Tickets: eventbrite.co.uk

Zoom Gong Bath with Steph Healy
plus Recording to keep.
Sunday 2nd May, 7 - 8.15pm, £16.50.
Tickets: bookwhen.com/omyoganorthwales
FB: Zoom Gong Bath
Blog on Sound Healing: Everything you need to know about Sound Healing - blog.mindvalley.com

Empathy Circle
An ongoing Series of Empathy Circle Facilitator Trainings. Book/More info:
FB: Free Empathy Circle Facilitator training

Acknowledging Anxiety Workshop / online
Tapping / Yoga ~ Saturday 8th May, 10am - 12.30pm, £28.
Julianne Downham and Kate Hamilton-Kapur warmly invite you to join them for a unique healing experience, which will leave you in a more steady, grounded and centred space.
Book: bookwhen.com/omyoganorthwales
Marxism Festival - A weekend of online debates, talks and culture  
**Sat 8th - Sun 9th May**  
from 12noon, £10, donation.  
Speakers from anti-racism, anti-apartheid, Marxist Economy, the Capitalisation of Food, BBC’s Small Axe & NHS: Trevor Ngwane, Paul Mason, Ilan Pappé, Christine Buchholz, Leila Hassan, Karen Reissmann, Weyman Bennett.  
Join us for Marxism Festival online to discuss how we can fight back against a system in crisis - and build a radical alternative.  
Register: eventbrite.co.uk

Dressing Dykes: A History of Lesbian Fashion  
Monday 10th May / 6.30 - 8.30pm / donation  
A lecture about lesbian fashion over the last 200 years, approached in a non-chronological way.  
Tickets: eventbrite.co.uk

The Dark Side of the Universe  
Talk by Catherine Heymans, Prof of Astrophysics at University of Edinburgh  
Thursday 20th May, 7.30 - 9pm - Free.  
Heymans has used the world’s best telescopes to map out the invisible dark matter in our Universe and confront different theories on the dark Universe.  
Register: eventbrite.co.uk

The Geology of Mars  
Wednesday 12th May  
5 - 6pm, £11.37  
Explore the landscapes and rocks of Mars with planetary geologist, Dr Matt Balme.  
Register: eventbrite.co.uk

Amphibian & Reptile Conservation’s Adder Guide  
Narrated by Chris Packham and Iolo Williams.  
Adder facts, when you might see them and how to keep pets safe.  
YT: ARC’s Adder Guide / 4 mins

**Word Puzzle**  
For each puzzle convert the word at the top of the line into the word at the bottom. At each stage you must put a valid four-letter word that is identical to the word above except for one-letter change. There may be more than one way of achieving this. **Answers on page 42.**

<table>
<thead>
<tr>
<th>SEAT</th>
<th>FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
<td>3.</td>
</tr>
<tr>
<td>4.</td>
<td>4.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CARD</th>
<th>BEAN</th>
</tr>
</thead>
</table>

Astronomy Talk: Light and Dark - a Story of the Cosmos  
Monday 10th May  
7 - 8pm, free talk.  
Light is the main factor in cosmology, but most of what we "see" with this light is how the dark universe behaves, with Marika Asgari.  
Register: eventbrite.co.uk

Feel Good Film Festival  
Short feel-good films; inspirational stories about the depth of the human spirit.  
Click on Programme 2  
7th - 10th May, £10 for viewing pass.  
feelgoodfilmfestival.com

Snowdon Rocks ...  
Take some volcanoes and a warm, shallow sea and add millions of years of vigorous mountain-building. Once the mountains of Snowdonia were immense - a match for the Alps as they are today.  
Over time erosion by wind, rain and glaciers ground down those mighty peaks to make dust that eventually formed the soils of the lowlands. The result is Snowdon as we see it today. Its foundations are the rocks that seem unchanging yet have always changed - a geological timeline of fossil, slate, quartz and more.  
snowdonia-society.org.uk
Art and Exhibitions

Please check with the Galleries about opening times.

Parc Gallery, Betws Road, Llanrwst, Conwy.
LL26 0PT, 01492 642070, welsh.art


The Cherish Project Until 26th June. The project is a team of archaeologists, geographers and geologists studying the effects of climate change on coastal and maritime heritage in Wales and Ireland. This exhibition at STORIEL showcases a range of work done at coastal sites in Wales from Pembrokeshire to Anglesey. Of local interest are studies at the hillfort and wider landscape of Dinas Dinlle, places of pilgrimage on Gwynedd and Anglesey’s remote islands, shipwrecks at Abersoch and sand dunes at Aberffraw. Storiel, Bangor. storiel.cymru

Howard Coles, Lisa Eurgain Taylor, & Paul Emmanuel & Caroline Atkinson Exhibitions until 23rd May. Oriel Plas Glyn y Weddow, Llanbedrog, Pwllheli LL53 7TT. 01758 740763, enquiry@oriel.org.uk ~ FB: Oriel Plas Glyn y Weddow

Reveal Printmakers Until 2nd May. Their work varies from imaginative figurative works – including views of rural and industrial landscapes, still life and portraiture – through to vivid abstracts. Open 11am - 4pm.
MOSTYN, Llandudno LL30 1AB, 01492 879201, mostyn.org

Parc Cybi: A Landscape Through Time: Archaeological Excavations near Holyhead. The archaeological excavations at Parc Cybi, Holyhead, revealed the history of a whole landscape from before 6000 years ago to the present day. The exhibition presents the findings of the excavations alongside the actual artefacts, with contributions from the pupils of Ysgol Cybi. Until 13 June. Oriel Ynys Mon, Llangefni, Ynys Mon LL77 7TQ. 01248 724444, orielmon.org

Bodnant Art Gallery A constant display of the best of Welsh artistic talent. Colwyn Bay LL28 5RE, bodnant-gallery.co.uk

RNLI Coastal & Maritime Mixed Show Exhibition Mixed exhibition celebrating the coastal and maritime landscape. Raising funds for RNLI.
Oriel Ty Meirion, Y Brief Heol, Dyffryn Ardudwy LL44 2DH. 01341 247541, mima@tymeirion.co.uk ~ tymeirion.co.uk

Trigonos presents:
A Special Exhibition of Weaving
by Eta Ingham-Lawrie
2nd - 5th June
Trigonos, Nantlle
info@trigonos.org ~ trigonos.org
Finding The Mother Tree with author Suzanne Simard. Celebrating the publication of her new book Finding the Mother Tree, Suzanne reveals the complex life cycle of the forest and its profound lessons on resilience, kinship and the interdependence of human and plant life. Tuesday 4th May, 7.30 - 8.30pm, £5.

Digital Nature This project forms the jumping-off point for a discussion on the intersection of nature and the digital, in a time when the importance of both online connectivity and access to open space has been brought into sharp focus. Monday 10th May, 7.30 - 8.30pm, free.

Book both events through the British Library 01937 546546, boxoffice@bl.uk ~ bl.uk

Finding The Mother Tree

HowTheLightGetsIn Virtual Festival
100+ speakers, artists, 80+ events, 10 virtual stages at this philosophy & music festival.
Music, comedy, cinema, Circles, social spaces, debates, talks, dance tent.
Saturday 29th May
Tickets: howthelightgetsin.org

Glastonbury Festival
5 hour global livestream at Worthy Farm on 22nd May and encore screenings on 23rd May.
Coldplay ~ Damon Albarn ~ Wolf Alice ~ Michael Kiwanuka ~ Kano, and much more!
Tickets: glastonburylivestream.seetickets.com

Philip Pullman in Conversation with Michael Rosen
Friday 21st May
5.30 - 7pm, free.
Philip Pullman will be talking about his writing and some of the stories and ideas behind his influential and much loved books.
Register: eventbrite.co.uk

Book Club 11th May: Rhiannon Marks in discussion with Mihangel Morgan, in Welsh, 7.30pm, Zoom. pontio.co.uk

CAPTURE US! We aim to inspire you to creatively "capture" photographic impressions of the Royal Cambrian Academy, either from the outside of our building or inside the gallery spaces. Send a picture to our email rca@rcaconwy.org / More details from: rcaconwy.org

“Attention is the rarest and purest form of generosity” author Simone Weil

Time to Fold: Origami for Wellbeing Thursday 13th May, 5 - 6pm, free. discover origami for relaxation and wellbeing with Dr Lizzie Burns. Register: eventbrite.co.uk

Online Talk : The Turner Prize Explained Tuesday 4th May / free, 2 - 3pm. This lecture looks at great winners (and losers) from the past and clarifies the ideas behind the annual competition. Join Arts Society Lecturer Frank Woodgate to learn more.
Register: eventbrite.co.uk

Bauhaus Women: Gender Trouble in Utopia
Monday 24th May / 6.30 - 8.30pm, donation.
Discover how women of the Bauhaus navigated their way within a liberal system which did not always offer them equal opportunities.
Tickets: eventbrite.co.uk
**Listen**

**Wellbeing Radio** – everything from positive psychology to mindful parenting, Zen practices, ageing gracefully, personal empowerment, nutrition & so much more. Web: wellbeingradio.com

**Zombiemum Podcast** Laura Dockrill talks about her post-partum psychosis and what it’s like to be a mum; plus interviews with others on motherhood. Available: podcasts.apple.com / spotidy.com / uk-podcasts.co.uk

‘Birdcast’ Podcast about birds with storyteller Malcolm Green. Web: open.spotify.com

**Future Woods** What would a truly regenerative relationship between woodlands and humans look like. Podcast with the Land Workers’ Alliance landworkersalliance.org.uk / spotify.com / 55 mins

---

**Watch**

**The Camino Voyage** A Camino by the sea; a 2500 modern day Celtic odyssey from Northern Ireland to Northern Spain / 1hr 34 mins / Amazon Prime

**The Journey of Understanding** (mental health) A two day walk across 3 counties in Wales, to promote positive mental wellbeing and create a shared understanding between people about mental health. on YT: Reconnect in Nature / 15 mins

Connect with similar folk: connect@reconnectnature

**A Simpler Way: Crisis as Opportunity** Free full documentary / 1hr 20 mins

YT: A Simpler Way: Crisis as Opportunity (2016)

**Karma** Full Nepali Movie. What is more important, inner development or outward social action? With English subtitles 1hr 45 mins

YT: Karma || Full Nepali Movie (Mila Productions)

**Welcome to the Dark Ages** In 2017 Bill Drummond & Jimmy Cauty, formerly The KLF returned after 23 years of silence but they were no longer a pop group. They were now undertakers, planning to build a monument, the People’s Pyramid, out of bricks made from the remains of dead people. The process was dubbed MuMufication (referencing the KLF creation The Justified Ancients of MuMu). A film was made; you can buy or rent the movie from: burning-bridges.vhx.tv / visit: mumufication.com

**A Year & A Day** A 15 minute film of the transformation of a caterpillar into a moth. Free to watch, as are many other interesting short/archived films. British Film Institute: bfi.org.uk

**Beluga Catch** Watch a couple of minutes when Chris Vaughan-Jones played catch with a Beluga Whale near the North Pole! FB: SSI

---

**Investigative Journalism and Independent Media**

**Byline Times** - “Show us what is happening”. Fact, Argument, Reportage & Culture. More: bylinetimes.com

**Democracy Now!** An independent news programme led by Amy Goodman and Juan Gonzalez. democracynow.com

**Glenn Greenwald** Independent, unencumbered analysis and investigative reporting, captive to no dogma or faction. greenwald.substack.com

**The Canary** - Campaigning journalism that informs and empowers people to change their world. thecanary.co

**The Intercept** - Fearless, adversarial journalism that holds the powerful accountable : theintercept.com

**Jonathan Cook** - Journalist based in Palestinian section of Israel. More: jonathan-cook.net

**Declassified UK** in-depth analysis and exclusive news on British foreign policy, investigating the UK military, intelligence agencies and its most powerful corporations. dailymaverick.co.za

**Double Down News** Alternative voices & progressive media - patreon.com/ doubledownnews

**The Conversation** Academic rigour, journalistic flair : theconversation.com

**Factchecking** for more than 180 years. factcheck.afp.com

**Tax Research UK** Tax, accounting & political economy: taxresearch.org.uk
Educate Yourself ~ Find Like-minded People ~ Have Fun ~ Never Give Up!

**Goodwill** is one of the most basic spiritual qualities of the human being and the great untapped resource at the heart of every human community. Recognition of the sheer abundance of goodwill action as it exists today and the countless movements drawing on the energy of goodwill changes the way we see what is happening in the world. It is empowering and it gives us grounds upon which hope and faith in the future can grow. Truly, goodwill has the potential to become the keynote of a new civilisation of wholeness. [lucistrust.org](http://lucistrust.org)

---

**Cyd Ynni** ~ a network of community energy groups that build micro-hydro projects in North West Wales. They reinvest their profits in various local benefit schemes, from energy efficiency advice to solar panels on community buildings. Any surplus is then donated to community-led charities. FB: Cyd Ynni

**AONB ~ Welsh Government Paper Consultation.**
Key issues contained include: supporting good and safe access to the countryside; rights of way in agricultural environments are open, accessible and properly waymarked; for kissing gates to replace stiles improving access; common land - the removal of all internal fencing, organic agricultural farming, carbon storage and natural flood management and tree protection.


---

**Community Miles - the AONB’s network of community miles to walk in the Vale of Clwyd.**

Find their booklet: Llwbyr Tyrnog Llandyrnog Walk

---

**Carbon Savvy**
A guide to improving your quality of life while reducing your carbon footprint. [carbonsavvy.uk](http://carbonsavvy.uk)

**Walking and Cycling in Conwy - Have Your Say - Add your voice and help improve cycling/walking routes in your neighbourhood.** Web: conwy.commonplace.is

---

**Developing A Dementia Friendly Community**

**Friday 14th May / 12.15 - 3pm, free.** Speakers offer insights into their experiences of supporting people living with Dementia during the last year and will share key learning. Plus short film: ‘Grandma Remember Me’.

Register: eventbrite.co.uk

**Lobby your MP to help scrap the warhead increase.** Over 50 MPs have already signed EDM 1667, to scrap the increase in nuclear warheads and uphold Britain’s obligations under international law. Find the CND tool to write to your MP asking them to sign: cnd.eaction.org.uk/EDM1667 ~ FB: CND Cymru

---

**Slow Ways - Get Involved!** Walk, test, record and review all of the walking routes that have been drafted More: slowways.uk

---

**A Practivist:** a person who practices activism through their daily lifestyle choices, purchasing decisions, and practical actions at home.

Read more: [thepractivist.com](http://thepractivist.com)

---

**Japanese Larch Disease**
The slopes of Moel Famau have been affected by Phytophthora Ramorum and Natural Resources Wales plans to remove large sections of the affected woodland. “If you are visiting please: clear any loose mud off your clothing, shoes and bike tyres and thoroughly clean all of your equipment and gear before your next visit”.

You can get in touch by phoning NRW on 0300 065 3000
Moorland Management by John Roberts

Views (the Newsletter of The Friends of Clwydian Range and Dee Valley AONB) has previously reported the appointment of Graham Berry as the AONB’s Moorland Field Officer. We hope to have the chance to find a little more about Graham in a future issue. Meanwhile, it’s good to report that he is already having a strong impact on the area, with a number of important initiatives underway to bolster the AONB’s resilience to possible climate extremes later this year.

Jointly funded by Denbighshire County Council and Natural Resources Wales, Graham’s principal function is to liaise with landowners and graziers, together with the relevant statutory agencies, both to protect the moorland environment and maintain its economic productivity. Initially funded to late 2023, the goal is to reduce the incidence of wildfires through effective land management and careful risk assessment.

Graham has been working closely with the officers from the North Wales Fire and Rescue Service to develop a good working relationship between the Service and the AONB’s own Ranger Team. A shared communications plan is being developed about the dangers of wildfires and joint training in controlled burning and firefighting on Moel Famau took place in March. The NWFRS have increased their capacity to fight wildfires by setting up three dedicated wildfire response teams across North Wales with specialist vehicles and equipment. Graham is responsible for advising and overseeing carefully planned controlled burning together with appropriate on-site training with North Wales Fire and Rescue Service. Wildfire Risk Assessment of the AONB’s moorlands is based on up to the minute upland management guidance which identifies areas that are particularly susceptible to fire.

Graham’s initial focus, inevitably, is the Llantysilio Hills which suffered so badly in the 2018 wildfire. The area has a complex land ownership, much of it protected by specific environmental designation, and engagement and co-ordination presents a real challenge. Running alongside this is the vital task of restoring those areas seriously damaged and that is being prioritised as I write. The first phase of a restoration scheme, funded by NRW will utilise heather cut from neighbouring moorland to stabilise the soils and promote recolonisation. A helicopter will be used to assist the transportation of heather cuttings to the badly affected areas where an upland grass seed mix will also be sown.

So, a very busy schedule ahead! We wish Graham and the AONB Ranger Team every success with this vital work. It’s clear that a very good start has been made and we look forward to keeping an eye on things as the year progresses.

John Roberts is the Editor of ‘Views’ ~ clwydianrangeanddeevalleyaonb.org.uk

Frogfun - fact or fiction?
Which of the following statements about adult frogs is correct?

Q1
* They can only see shades of grey, not colour.
* They breathe through their nostrils, not their mouths.
* They have five toes on their front feet.
* They eat a mainly plant-based diet.

Q2
"Frog" has many meanings, aside from the familiar amphibian. Which of these is NOT a correct use of the word "frog"?
* The central indentation on the top surface of a brick.
* The end part of a violin bow.
* An early prototype of the laminator.
* A device for holding flowers in place in a vase.

Answers page 42.
**JUNE**

**Mountain Flowers of Snowdonia - Environmental Workshop** 2nd, 10am - 4pm, £45. Siabod Cafe, Betws y Coed. Book: eventbrite.co.uk

**Greenwood Knife, Fork & Spoon** 3rd - 4th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**Compost Toilets** 5th. CAT, Machynlleth 01654 705950, cat.org.uk

**Blacksmithing: Hanger for flower basket or bird feeder** 5th & 6th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**Reed-beds & Waste Water Management** 6th. CAT, Machynlleth 01654 705950, cat.org.uk

**Sound and Stillness Weekend Retreat** 11th - 13th June. Held at Trigonos, Nantlle. Book: pursound.org.uk

**Renewables for Households: Wind Turbines** 19th. CAT, Machynlleth 01654 705950, cat.org.uk

**Glass Fusing Introduction** 19th & 20th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**Build an Edible Garden** 19th & 20th. CAT, Machynlleth 01654 705950, cat.org.uk

**Timber Frame Build** 21st & 25th. Wernog Woods, 07765 251531, wernogwood.co.uk

**Zero Carbon Britain** 23rd & 24th CAT, Machynlleth 01654 705950, cat.org.uk

**This Mountain, That Mountain Weekend** 5th & 6th. Kalpa Bhadra Buddhist Centre, Llandudno. meditatenorthwales.com

**Making Pallet Furniture** 26th. CAT, Machynlleth 01654 705950, cat.org.uk

**Build A Lapsteel Guitar** 26th. CAT, Machynlleth 01654 705950, cat.org.uk

**Fixing Your Damp House** 26th & 27th. CAT, Machynlleth 01654 705950, cat.org.uk

**Introduction to Renewables for Households** 26th & 27th. CAT, Machynlleth 01654 705950, cat.org.uk

**Blacksmithing - Fire poker & hooks** 26th & 27th. Wernog Woods, 07765 251531, wernogwood.co.uk

**Dive into Yoga / Yoga & Wild Swimming** 28th June - 2nd July. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk

**JULY**

**Dive into Yoga / Yoga & Wild Swimming** 2nd - 4th. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk ALSO: 5th - 9th, 16th - 19th, 19th - 23rd.

**Spoon Carving** 3rd, CAT, Machynlleth 01654 705950, cat.org.uk

**Carve a Knife, Fork and Spoon** 3rd & 4th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**Introduction to Basket Making** 3rd & 4th; Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillcentre.uk

**Spoon Carving** 3rd, CAT, Machynlleth 01654 705950, cat.org.uk

**Carve a Knife, Fork and Spoon** 3rd & 4th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**Dive into Yoga / Yoga & Wild Swimming** 2nd - 4th. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk ALSO: 5th - 9th, 16th - 19th, 19th - 23rd.

**Spoon Carving** 3rd, CAT, Machynlleth 01654 705950, cat.org.uk

**Carve a Knife, Fork and Spoon** 3rd & 4th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**Spoon Carving** 3rd, CAT, Machynlleth 01654 705950, cat.org.uk

**Carve a Knife, Fork and Spoon** 3rd & 4th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**Insight into Emptiness** 10th - 17th. Awakened Heart Sangha, Ynys Graianoog, Criccieth. Web: ahs.org.uk ~ hermitage@ahs.org.uk

**Mindfulness in the Clwydians** 17th, Capel y Waen, Waen LL16 4BY. Book: wayofmindfulness.co.uk or phone 07851 218014.

**Renewables for Households:** Solar Hot Water, 17th, CAT, Machynlleth 01654 705950, cat.org.uk

**Make a Cleft Oak Garden Gate** 16th - 18th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

**Mindfulness in the Clwydians** 17th, Capel y Waen, Waen LL16 4BT. Book: wayofmindfulness.co.uk or phone 07851 218014.

**Renewables for Households:** Solar Hot Water, 17th, CAT, Machynlleth 01654 705950, cat.org.uk

**Making Frame Baskets** 17th, CAT, Machynlleth 01654 705950, cat.org.uk

**Mindfulness in the Clwydians** with Way of Mindfulness 17th. Waen, Denbigh LL16 4BY

**Build A Dry Garden** 17th & 18th, CAT, Machynlleth 01654 705950, cat.org.uk

**Mindfulness in the Clwydians** 17th, Capel y Waen, Waen LL16 4BT. Book: wayofmindfulness.co.uk or phone 07851 218014.

**A Way of Building:** using locally sourced materials 23rd - 26th, CAT, Machynlleth 01654 705950, cat.org.uk

---

Always check first!

The Mountain Environment of Snowdonia
25th. Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk / eventbrite.co.uk

Glaciation in Snowdonia 26th, Siabod Cafe, Capel Curig, Nature’s Work; natureswork.co.uk / eventbrite.co.uk

SUMMER

Summer Vision Quest Snowdonia, 24th July - 4th August, with Pippa Bondy, ancienthealingways.co.uk


AUGUST

Summer Wreaths & Garlands 5th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Yoga & Meditation Retreat 9th - 13th. Held at Trigonos, Nantlle. Book with Tru Dru Yoga: trudruyoga.co.uk

Dive into Yoga / Yoga & Wild Swimming 13th - 15th. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk


Making Pallet Furniture 14th, CAT, Machynlleth 01654 705950, cat.org.uk

Meditation on Emptiness 12th - 17th. Awakened Heart Sangha, Ynys Graianog, Criccieth. ahs.org.uk ~ hermitage@ahs.org.uk (Online participation available)

Greenwood Side Chair Makers 14th - 18th or Arm Chair Makers / Two Stool Makers 14th - 19th. Held in Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Introduction to Solar P.V. & Off-Grid Solar 14th & 15th, CAT, Machynlleth 01654 705950, cat.org.uk

Pit-Fired Ceramics 21st - 25th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

Build A Lapsteel Guitar 28th, CAT, Machynlleth 01654 705950, cat.org.uk

Renewables for Households: Heat Pumps, 28th, CAT, Machynlleth 01654 705950, cat.org.uk

Make a Cleft Oak Garden Gate 16th - 18th. Wernog Woods, Ruthin LL15 1YE. Bookings: 07765 251531, wernogwood.co.uk

SEPTEMBER

Timber Framing Course 6th - 10th. Arfon Timber Cooperative Ltd, Caernarfon. FB: Timber Framing Course

Dive into Yoga / Yoga & Wild Swimming 10th - 12th. Info / Bookings: Laura Bell 07989 512859, info@thezestlife.co.uk ALSO: 13th-17th, 17th-20th, 20th-24th

Bushcraft Through the Seasons 11th & 12th; Woodland Skills Centre, Bodfari, 01745 710626, woodlandskillscentre.uk

Biodynamic Association Online Workshops:

Book Early – Limited Places

Sun 6th June

No Dig Organic Gardening Summer Master Class with Charles Dowding
2-5pm. A return visit to Charles Dowding’s garden – much to learn and see, lots of practical advice guaranteed!

Sat 10th July

Vitality in the Garden and Kitchen
Be inspired by the vitality and biodiversity in this haven of biodynamics, then join Living Nutrition expert, and founder of Greencuisine Trust, Daphne Lambert in the kitchen. 10am – 4pm.

Sun 15th Aug

Discover the wonderful world of Biodynamic Wine with BDA
Certification licensee and owner Robin Snowdon. Includes a wine tasting. 2 – 5pm.

biodynamic.org.uk

FB = Facebook   YT = YouTube
**artists across north wales**

Oriel Môn has been fortunate enough to receive artworks kindly donated through the ‘Travelling Stories Project’, managed by the Buxton Museum and Art Gallery team for Derbyshire County Council. **As part of the project, Oriel Môn would now like to invite two artists to creatively explore the stories our new artworks tell, and find ways of sharing stories that will inspire, intrigue or draw visitors into a deeper understanding of our collection.**

**Web:** orielmon.org

---

**Women Take The Floor** *(Article in The Guardian)*

At the Museum of Fine Arts in Boston, female artists throughout history are being given their due in a vital new exhibition. Includes painting, ceramics, furniture & prints among others. This exhibition runs until 28th November 2021. You can see a virtual tour and hear podcasts at: mfa.org
Are you feeling stuck in your life? Can’t make or sustain positive change? Want to change but don’t know how?

Whether emotional, physical or lifestyle issues, Josephine Airns facilitates powerful personal and spiritual growth processes.

Resonance Repatterning®
01691 773806
Llangollen Natural Health Clinic
www.resonancerepatterninguk.net

Are you an artist / craftsperson / maker / musician / creative and based in Gwynedd? Would you like to work with our communities? At Community Arts Gwynedd we facilitate, develop and connect creatives with local groups and are looking to expand the pool of artists that we work with.

If you’re interested please email corrinanataliezarah@gwynedd.llyw.cymru

Call for creatives

POEM: Porsha Olajiwola:
YT: What Is The Suffrage Movement to a blk womyn?: an anthem by the Boston Poet Laureate.