

Loving Men at New Year Programme – 2021/22



**Wednesday 29<sup>th</sup> December**  
**Arrivals from 15.00**

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

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**Thursday 30<sup>th</sup> December**      *Please see Page 2*

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**Friday 31<sup>st</sup> December**      *Please see Page 3*

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**Saturday 1<sup>st</sup> January**      *Please see Page 4*

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**Sunday 2<sup>nd</sup> January**

**08.00 – 09.00**

Morning Yoga	<i>Grand Hall</i>	Andy Butterfield
Morning Meditation Space	<i>Dovedale Room</i>	Tim Frost

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

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

**Departures by 14.30**

## Thursday 30<sup>th</sup> December

### 08.00 – 09.00

Morning Yoga	<i>Grand Hall</i>	Andy Butterfield
Morning Meditation Space	<i>Dovedale Room</i>	Tim Frost

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

### 11.30 - 13.30 Workshop 1

A walk in the countryside	<i>Meet in the Entrance Hall</i>	David Harborne
Exploring Gabrielle Roth's 5Rhythms© with live music	<i>Grand Hall</i>	James Hodgson & Tim Foskett
Desert Island Adventure	<i>Ilam Lounge</i>	Malcolm Salamon
O Partner O Circle O Meditation O	<i>Dovedale Room</i>	Love Dragon
Hangout, Chat and Board Games	<i>Upper Lounge</i>	

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

### 15.00 – 17.00 Workshop 2

Drag Playshop	<i>Dovedale Room</i>	Manrutt Wongkaew
Sing Your Heart Out	<i>Grand Hall</i>	Tim Foskett & Martin Weightman
Connecting More with others	<i>Ilam Lounge</i>	Dan Weintrob
Talking Cock	<i>Manifold Room</i>	Tim Frost
Hangout, Chat and Board Games	<i>Upper Lounge</i>	

17.00	Break - Tea/Coffee	<i>Dining Rooms</i>
17.30 - 18.45	Small Groups – Meet in	<i>Grand Hall</i>
19.00	Dinner	<i>Dining Rooms</i>
20.30 - 22.00	Whole Group Session	<i>Grand Hall</i>

## Friday 31<sup>st</sup> December

### 08.30-09.30

Morning Yoga	<i>Grand Hall</i>	Tom Cowan
Morning Meditation Space	<i>Dovedale Room</i>	Tim Frost

09.00 – 10.15                      Breakfast                      *Dining Room*

### 10.30 – 12.30 Workshop 3

Waking Up with Mindful Walking	<i>Meet in the Entrance Hall</i>	Tom Cowan
Playfight Ritual	<i>Dovedale Room</i>	Love Dragon
Race Review	<i>Ilam Lounge</i>	Mark Banfield
Party Games	<i>Grand Hall</i>	Willow (Alfred) Hurst
Hangout, Chat and Board Games	<i>Upper Lounge</i>	

13.00                                  Lunch                                  *Dining Rooms*

### 14.15 – 16.15 Workshop 4

Tantric Connections	<i>Dovedale Room</i>	Andy Butterfield
Grief-Tending Ritual	<i>Grand Hall</i>	Tim Foskett
Your Best Life – in 2022	<i>Ilam Lounge</i>	David Harborne
Cooking Club	<i>Basement Kitchen</i>	Mark Banfield
Hangout, Chat and Board Games	<i>Upper Lounge</i>	

16.15                                  Break                                  *Dining Rooms*

16.45 – 17.45                      Whole Group                      *Grand Hall*

18.30                                  Dinner                                  *Dining Rooms*

20.45 – 21.45                      Small Groups  
21.45 – 22.15                      Break – and Canapés!  
22.15 – 24.00                      Whole Group Session                      *Grand Hall*  
24.00 – 2.00                      Party, Chill Out & Bar

## Saturday 1<sup>st</sup> January

### 09.15 -10.15

Morning Yoga	<i>Grand Hall</i>	Unfacilitated
Morning Meditation Space	<i>Dovedale Room</i>	Tim Frost

10.00 – 11.15                      Breakfast                      *Dining Rooms*

### 11.00 – 13.00 Workshop 5

Baking Bread (starts at 10.30)	<i>Basement Kitchen</i>	Mark Banfield
A Walk on the Wild Side	<i>Meet in the Entrance Hall</i>	Mawaan Rizwan
Rope ∞ Ritual	<i>Dovedale Room</i>	Love Dragon
How to own difficult words and be true to yourself: Fragility, Privilege and Power	<i>Ilam Lounge</i>	Tim Frost
TBC	<i>Grand Hall</i>	
Hangout, Chat and Board Games	<i>Upper Lounge</i>	

13.00                                      Lunch                                      *Dining Rooms*

### 14.30– 16.00 Workshop 6

Holding Our Inner Child	<i>Grand Hall</i>	Manrutt Wongkaew
Massage Exchange	<i>Dovedale Room</i>	Peter Facey
Heart Circle	<i>Ilam Lounge</i>	Wayne Mertins-Brown
Energy Healing	<i>Basement Dining Room</i>	Willow (Alfred) Hurst
Hangout, Chat and Board Games	<i>Upper Lounge</i>	

16.00                                      Break - Tea/Coffee

The Silent Auction Closes at 16.15

16.30 - 18.30                      Whole & Small Groups                      *Grand Hall*

18.30                                      Dinner                                      *Dining Rooms*

19.30                                      Auction Special                      *Grand Hall*

21.00                                      Share Your Love Cabaret                      *Grand Hall*

*Continued on Page 1*