

## Paradise Courses 2009

May Sat 16 – Sun 24	Singing	Rachel Hore
Jun 6 – 13	Yoga	Jane Hamilton
Jun 14- 21	Living Yoga: The Jivamukti Method	Bronnie Hixson
Jun 21 – 28	Kundalini Yoga	Madi Simmons
Jun 28- Jul 5	The Joy of Movement: Yoga and Nia	Deborah Shaw
Jul 5- 12	Living from the Heart: classical Yoga	Layla and Donna
July Sun 19 – Sun 26	Fantasy fiction	Kate Forsyth
Jul 19- 26	The art of Yoga: Flowing with Grace	Christine Dufresne
Jul 26- Aug 2	Shanti Rasa Yoga: Awakening the Spine	Lai Morris
Aug 9 - 16	Sunshine Yoga: the Power of Gentleness	Lyn Thomas
Aug Sun16 – Sun 23	Beading	Elissa Miller
Aug Sun 23 – Sun 30	Textile Art	Fiona Wright
Aug 23 – 30	Yoga	Pam Badman
Aug Sun 30 – Sep Sun 6	Textile Art	Caroline Sharkey
Aug 30 -Sep 6	Mentoring Yoga Teachers	Sylviane James
Sep Sun 6 – Sun 13	Quilting	Chris Timmins
Sep 6 – 13	Hatha Yoga	Karen Garner
Sep Sat12 – Sat 19	Figures in the Landscape	Kerrie Lester
Sep Sat 19 – Sat 26	Botanical Art	Leonie Norton
Sep Sat 26 – Oct Sat 3 Holiday	Sketching	Leonie Norton
Oct Sat 3 – Sun11	Singing	Rachel Hore
Oct Sun 11 – Sun18	Music Appreciation	Mike Smith
Oct Fri 30 – Sat 6	Birdwatching	Vili Masibalavu
Nov 6-13	Yoga and Creativity: SvaroopaaA yoga	Amanda Ahern
Nov 14-21	Iyengar Yoga	Tara Er
Nov 22 – 29	Gospel Singing	Tony Backhouse
Dec 6 – 13	Heart of Yoga	Mark Whitwell