



Kilbride Newsletter - February 2012

A Letter from the Director

Once again, our lively Kilbride community centre begins another year of diverse and enriching opportunities for expanding our understanding of our relating selves and our embodied selves. The wide range of reflection, communication and meditation activities combine with a variety of physical activities, so our programs range from the spiritual deepening of the Enneagram to the healing of Shiatsu Massage. Integration of the inner and outer self is a fundamental aspect of health and well-being in Kilbride Centre.

All activities and initiatives at Kilbride are respectful of the personal and communal aspects of people's search for meaning and purpose in their lives and relationships. We all bring a unique dimension to the human journey as we open ourselves to what is of Ultimate importance in Life. Whatever one's religious beliefs or values may be, or whether we are agnostics (searching to know) or atheists, all are welcome to join in our activities as we move together towards a deeper and more committed concern to work for the Common Good of all people and of our planet.

So, as your New year opens up once again, we hope you will find a program, workshop, personal or communal craft activity or conversation that will enable you to live an enriched and meaningful life, for yourself and for our Common Good!

Maryanne Confoy RSC,
Director

What's on this Month?

- **New Enneagram Classes**
Level 1 beginning Feb 14th
Level 2 beginning Feb 7th
- **Men's Dinner** - Feb 22nd
- **Reading Club** - Feb 15th
- **Centering Prayer** - Beginning Feb 13th
- **Craft Morning** - Thursdays Morning
- **Open Heart Meditation** -
Mondays evening
Thursdays morning
- **Yoga** - Tuesdays and Fridays
- **Feldenkrais** - Tuesdays afternoon
- **Laughter Yoga** - Mondays Evening
- **Ethiopian Fundraising Dinner** -
March 3rd - Book Early

Don't forget to collect a copy of our new half-yearly booklet, either from us directly, or at www.kilbridecentre.com.au/full-program-listing.html

Kilbride Centre for Spirituality & Personal Development

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Phone: 9690 1076

contact@kilbridecentre.com.au

www.kilbridecentre.com.au



Enneagram

New Level 1 & 2 Courses Beginning February

The Enneagram System of Personality is a fundamental and powerful way to understand yourself and others. It heightens awareness and acceptance of yourself and others through an understanding of what motivates us to act the way we do in the world. The Enneagram fosters healthy development in yourself, your relationships and your work.

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| Level 1 | Tuesday Daytime | 5 weeks from 14 th February |
| | 10.00 am – 3.15 pm | \$200 (inc. book) |
| Level 2 | Tuesday Evening | 9 weeks from 7 th February |
| | 7.15 pm – 9.30 pm | \$200 |
| Enquiries: | Mary on 0413 716 983 | |
| | Or contact@kilbridecentre.com.au | |

Enneagram Discussion Group

On the **4th Thursday** of the Month, **7:30 – 9:30 pm**, February to November

Enneagram Reading Group

On the **1st & 3rd Thursdays** of the Month, **2:00 -3:30 pm**, February to November

Centering Prayer

With Margaret Carroll

The practice of surrendering thoughts and emotions to encounter the deeper regions of your being where life is constantly flowing out of and back into the divine life.

cf. Cynthia Bourgeault

Centering Prayer Course

Dates: Mondays 13th, 20th, 27th February; 5th, 19th, 26th March

Time: 9:30-10:45 am

Cost: \$60

RSVP: By phone or email before 11th February

Open Heart Meditation

*Led by the Reiki Tummo Group - **Open your Heart to Love***

Monday Evening Meditation Time: 8pm Cost: \$5

Thursday Morning Meditation Time: 9.30 am Cost: by Donation

Yoga

Mums, Dads & Bubs Yoga

At this class you are encouraged to bring along your young ones with you while participating in a class designed to recondition your body, gently relieve stress, promote deep relaxation within a supportive environment. Each class finishes with a 15 minute relaxation and all props and mats are supplied.

Enjoy morning tea after the class and meet other Mums and Dads .

Time: Fridays 10:15 - 11:30 am

Cost: \$10; Concessions and Seniors \$5 **Enquiries:** 9690 1076

Gentle Yoga

Gentle Yoga class is led by an experienced teacher who has been practicing and teaching for over 10 years. This is a gentle form of yoga that is open to people of all ages and all degrees of ability and flexibility. All props and mats are supplied

Time: Tuesdays 1:30 - 3:00 pm; Fridays 1:00 - 2:30 pm

Cost: \$10; Concessions and Seniors \$5 **Enquiries:** 9690 1076

Feldenkrais

Feldenkrais: Awareness through movement Every Tuesday

The Feldenkrais Method is a sophisticated form of body-centred learning. It uses gentle movements performed with awareness to stimulate the brain to reorganize and improve the functioning of the whole human system resulting in a more efficient and pleasurable use of the body.

Benefits include: *Improved posture, and balance, mental and physical relaxation, reduction of chronic pain, enhanced mental functioning*

Cost: \$10 (concession \$5) **Time:** Tuesdays 1pm to 2.15pm

Enquiries: 9690 1076

Laughter Yoga

Laughter is the Best Medicine. Laughter boosts your immune system, stimulates blood circulation, and increases oxygen to all of the cells in the body. **Who can go...** anyone who wants more laughter in

their life **What age...** from 9 to 90 **Cost:** \$5 **Time:** Mondays 6pm to 6.45pm

Enquiries: 9690 1076 or Merv on 9696 5884



Men's Dinner

On the 4th Wednesday of the month we host a Dinner for Men at Kilbride. This is an opportunity to gather together and share stories in a relaxed and welcoming atmosphere over a delicious meal. Each month there will be an interesting guest speaker who will share his story, experience and journey.

Next Date: 22nd February

Time: 6.45 pm — 9.30 pm

Cost: \$30

RSVP: Call or email by 15th February

Reading Club

A chance to meet, once a month, in the Kilbride library, to discuss a chosen book or article.

15th February: **Unbowed: A Memoir** by *Wangari Maathai (2006)*

Time: 7.00 –9:00 pm, on the third Wednesday of each month

RSVP: by phone or email; New members welcome

Thursday Craft Morning

Beginning 2nd February

Thursdays, 10:00 - 12:30

Enjoy craft, company and morning tea in a relaxed atmosphere.

Ethiopian Fundraiser Dinner

Join us on a journey of discovery into the culture and flavours of Ethiopia

Saturday, 3rd March at 7pm

Bookings essential, limited places

All proceeds to the Brigidine Asylum Seekers' Project

Next month at Kilbride

- Lectio Divina - With Margaret Carroll - Beginning Tuesday 6th March
- Silk Painting - with Patricia Daniels - Beginning Monday 5th March
- Mindfulness and the Spiritual Journey - with Maryanne Confoy

Beginning Wednesday 14th March



Conference Centre for Hire

The Kilbride Centre offers facilities for meetings, seminars, retreats and conferences at reasonable rates in pleasant, peaceful surroundings

Conference Centre

2 conference rooms
Kitchen facilities & dining room
Catering upon request
Full day \$300
Hourly rate \$50

Workshop Room

Large workshop area
Kitchen facilities with dining area
Catering upon request
Full day \$300
Hourly rate \$50

Whiteboard, Tea/coffee provided

Meeting Rooms

Kilbride has a number of rooms available for smaller groups (fewer than 10).
Full day \$80
Half day \$50
Hourly rate \$20

Therapy Room

Available for counsellors, massage therapists, and healing practitioners
Full day \$80
Half day \$50
Hourly rate \$20

For all bookings or enquiries, please call

(03) 9690 1076, or email to

contact@kilbridecentre.com.au

Visit www.kilbridecentre.com.au for more details