



THE PIERIAN CENTRE

TIME SPACE AND CLARITY

Pierian Practitioners



Conference & Meeting Venue



Music & Arts



Health & Well-being

“ It's been a pleasure working with you at the Pierian Centre - a very special place! ”

The UK's longest running laughter workshops

Laughter workshops

With Joe Hoare

www.bristollaughterclub.com 0781 215 9943
3rd Tuesdays monthly: 16/03, 20/04, 18/05.
7.30-9pm, group prices from £6pp



Learn to Meditate effortlessly!

Just a few minutes sitting quietly each day brings profound rest to refresh & revitalise mind & body.

Learn the simple, effortless Transcendental Meditation (TM) technique in a fascinating 4-step course coming soon.

For a free info pack, call The Meditation Trust on

01843 841010
www.meditationtrust.com
registered charity no. 1081218

Special Offers

Some of the Pierian Centre's finest practitioners have a wealth of tempting offers for you!

Go to the Health & Wellbeing page of our website for details of the offers and the range of practitioners working here:

www.pierian-centre.com/health

Ready to change your life?

Solution Focused

Hypnotherapy can help



Please contact me to find out more

www.clementine-hypnotherapy.co.uk
Tel: 0117 966 4318 / 07742 170 820



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THE SHADOW EFFECT

A ONE DAY WORKSHOP BASED ON DEBBIE FORD'S SHADOW PROCESS

Who are you really? Now is the time to find out and journey from the darkness of your smallest through into the brilliance of your greatest dream.

Join Liz Foster for a day that promises to open up unforeseen possibilities as you uncover the mystery and the power of your dark side. If you're interested in knowing what robs you of your self-respect, courage, creativity, and dreams, come to this life-altering event. Join Liz and cross the threshold that will lead you steadily back to yourself... to where you can reclaim your power, your brilliance and your purpose.

Sat 1st May 10am-5pm: cost £85 (£65 if booked before March 20th)
Contact 07974 202731 or
info@lizfostercoaching.com or go to
www.lizfostercoaching.com

the Men's TRUST

increase self-awareness
explore relationships
improve intimacy
express yourself effectively

Weekly men's group

www.menstrust.org.uk

info@menstrust.org.uk

0560 277 2319

Next retreat booking now:
5-7 March

Integrative Body Psychotherapy

A holistic approach to facilitating the journey back to physical, emotional & spiritual wellness.

- Core Alignment and Relationship Cord Healing
- Colour and Energy Healing
- Bio-feedback Massage
- Spiritual Counseling
- Aromatherapy
- Chakra Work

Lynn Hunt DipSEH; IHHHT
07778 932516 / llt1002000@yahoo.co.uk
web.me.com/lynnhunt



soundscape

Sound relaxation & meditation sessions with gongs & singing bowls

A chance to relax deeply while listening to these resonant instruments, releasing tensions and quietening the mind.

Thursday 18 March, Thursday 22 April,
Thursday 27 May
7.30pm, £10
Please bring a blanket & cushion for comfort if you wish.

Celia Beeson - tel 0117 924 1023,
celia@soundscape.org.uk

AWAKENING CHAKRA ENERGIES THROUGH SOUND

with James D'Angelo,
author of *The Healing Power of the Human Voice*.

A workshop designed to stimulate and re-tune the energy centres through toning, breathwork, mantras, natural sounds and tuning forks complemented by simple movements. No previous experience necessary, only the deep intent for self-transformation.

SUNDAY 21st MARCH, 10am-5pm.

Info/Booking:
Tel: 01452 413220 / info@soundspirit.co.uk
www.soundspirit.co.uk



beyond pain and conflict find HARMONY

MONIQUE BRASSEUR (UKCP)

Psychotherapy and Counselling
(Psychosynthesis, NLP, EFT)

English and French speaking
Tel: 0117 970 6914 or 0779 416 8010
monique.brasseur@talktalk.net

THE WHOLE TREATMENT FOR THE WHOLE YOU AN ALTERNATIVE AND COMPLEMENTARY APPROACH TO HEALTH FOR MEN AND WOMEN

- Psychotherapy
- NLP
- Psychovisual Therapy
- Sexual & Marital Psychotherapy
- Sexual Marital Therapy and many more.....
- Clinical Hypnotherapy
- Acupressure
- Clinical Psychology
- PTSD

CONTACT THE CLINIC FOR ALTERNATIVE AND COMPLEMENTARY MEDICINE AT THE PIERIAN CENTRE
0117 230 2831 - WWW.BCACM.COM

WRITING FOR WELLBEING

Finding your way with words

New fortnightly creative writing sessions!
Tuesdays 6.30-8pm, starting 23rd March

Join a regular writing group to nurture your creativity & wellbeing.

Writing for Wellbeing sessions, facilitated by Clare Benjamin, offer you a chance to:

- explore your creativity in a supportive environment
- find fresh inspiration, experiment and gain confidence
- relax and support your wellbeing

Please book early to secure your place.

A course of six sessions costs £72 (£60 concessions).
Early bird discount for payment before 2nd March!

For further information please contact Clare Benjamin on 07800 634309 or clarebenjaminpr@googlemail.com

Classical Homoeopathy



Liz Anderson ACH
0117 377 4409



Paul Hudson ACH
0117 958 4092

www.theleaffoundation.org

We also facilitate Understanding Health - a talk & discussion on the first Tuesday of every month 7.30-9.30pm. All welcome!



Emotional Freedom

Feel more love for yourself and Shine in your life!

Miriam Stenning,

advanced PSYCH-K and Matrix Reimprinting Practitioner

Call me for more information:

Tel. 0117 9244271 / 07980 463 771

NFSH

NATIONAL FEDERATION OF SPIRITUAL HEALERS

Stressed Out? Need some relaxation?
Get the weekend off to a good start and give yourself a helping hand!

Drop-in healing sessions at the Pierian Centre, 27 Portland Square St Pauls, Bristol BS2 8SA
With national federation spiritual healers

Fridays from 5-6.40pm Suggested donation £7
Ffi: 0117 942 9213 / 985 2258

PSYCH-K®

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Liz Artingstall BSc(Hons)
Advanced PSYCH-K® Facilitation

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Public speaking courses with a difference with John Dawson

01934 830512

www.speaking-infront.co.uk

imagine being at ease when you are the centre of attention

WARM THANKS FOR THEIR ONGOING SUPPORT TO:



Company No: 6275797

The Pierian Centre Community Interest Company
27 Portland Square, St Pauls, Bristol BS2 8SA. Tel: 0117 924 4512
Email: info@pieriancentre.com Web: www.pieriancentre.com



Weddings & Celebrations



Education & Learning



Community Events



THE PIERIAN CENTRE

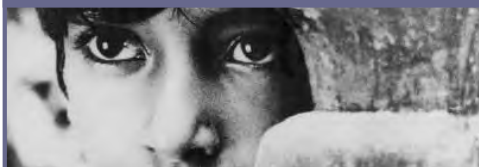
TIME SPACE AND CLARITY

Spring Events 2010

“ I can never imagine quite how many people benefit from your great work. Bristol needs you! ”

Film Nights

Get closer to film!



Enjoy films you can't see elsewhere. Discuss them with film-makers and others. **Sundays 7.30pm:** March 28th; April 25th; May 30th. Bar from 7pm. 0117 924 4512 or info@pieriancentre.com

Dr Manjir Samanta-Laughton

The Genius Groove & the Law of Attraction Talk: Weds 3rd March 7.30pm



Dr Manjir is a GP, holistic therapist – and inspiring speaker on the links between science & spirituality. She was interviewed by Richard Dawkins in his TV series *The God Delusion*. A must for those who want insights into how the subtle world works!

Tickets: £10. Book now on 0117 924 4512 or info@pieriancentre.com

Learning Forum

A space to learn new skills & try fresh approaches!

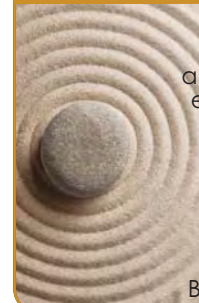
A regular forum for professionals to extend their competence and exchange ideas. Structured group work and feed-back make the sessions valuable for both the group and presenter!

Spring 2010 Learning Forum: Weds 12th May 10am-4pm

For details contact 0117 924 4512 or info@pieriancentre.com



Conferences & Symposiums



The Pierian Centre hosts Conferences for others – and also organizes its own events. After the success of our conferences on Community Interest Companies and Indigenous People, 2010 will see us stage major events on Restorative Justice, Young People in Bristol, and Human Rights.

Meditation



Pierian Peace Meditation every Tuesday 7.30–8.30pm. Donations towards the Pierian Peace Garden.

www.ebbandflowltd.co.uk
Ebb & Flow sponsored The Harmony water feature in the Pierian Peace Garden.

Science Café!

1st Weds of every month 8pm

Hear & discuss the latest ideas in science and technology in a relaxed and informal setting! A series of expert speakers introduces fundamental topics of pure & applied science – and gives you a chance to have your say! The price is £3.50 – and booking is recommended.



For details contact Bob Foster on 0117 956 1162 / 0798 941 2319 bobfostertuition@googlemail.com.

Pierian Appeal!

Join our new **Friends Scheme** and help us help the community we serve. The income we earn as a Community Interest Company doesn't cover the full cost of our work with the vulnerable communities around us.

We need your help!



We need new income streams to build on the achievements of the last 8 years. We give voice to the unheard through the events of Refugee Week. We drive city-wide partnerships like the Anne Frank [+ you] exhibition. The contribution we make to Bristol's development must go on!



The Friends Scheme offers you:

- **Friends Evenings** twice a year with music, film, talks & food.
- **Discounts & Offers** from many of our wonderful suppliers.
- Invitations to our **AGM**.
- And our **First 100 Evening** – a gourmet Wine Tasting sponsored by Avey's!

All for only £50 per year or £5 per month!

For details contact 0117 924 4512 or info@pieriancentre.com



The Pierian Centre is the lead project partner for Bristol's response to EY2010: Working Together for Positive Change.

David R Hamilton

How Your Mind Can Heal Your Body!
Talk: Weds 14th April 7.30pm



How do our thoughts & emotions affect our brain & body? How can this connection – at a cellular & genetic level – be used to heal illness & disease?

David is a celebrated speaker and the author of 4 books – "an expert on how our thoughts and minds can physically change our bodies" (Daily Express).

Tickets: £10. Book now on 0117 924 4512 or info@pieriancentre.com

Health & Wellbeing Day!



Saturday 24th April
10am–5pm

A one-day Mind Body Spirit Festival with dozens of practitioners & therapists.

Treat yourself to a fabulous range of stalls, talks and tasters. Pampering, healing, learning and growing!

All for only £1 – and just 2 minutes from Cabot Circus!

Full details from 0117 924 4512 or info@pieriancentre.com

Unique Conference Centre!

From 50-strong Conferences to small meetings, this Grade 1 listed Georgian building offers you a warm, professional welcome!

The corporate world says: "All my delegates commented on the lovely atmosphere that you have created. As far as I'm concerned there is only one place to run seminars in Bristol."



Once a city of slavery, Bristol is growing into a city of sanctuary. For years the city has offered a welcome to people whose lives were in danger. The Bristol City of Sanctuary Group is spearheading efforts to see this culture of hospitality extended to people seeking sanctuary (asylum seekers and refugees) among us here.

Your pledge is needed now! For info go to www.cityofsanctuary.com/bristol



Weddings



For your Wedding, Celebration or Civil Partnership

The Pierian Centre offers Grade 1 listed splendour – a special location for your special event!

"What a blessing to have celebrated our Wedding in the beautiful & inspiring setting of the Pierian Centre!"

So visit www.pieriancentre.com or call us on 0117 924 4512

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