



# THE PIERIAN CENTRE

## TIME SPACE AND CLARITY

**Deb Heberlet**  
MSc, LicAc, MBAC

### ACUPUNCTURE

- Stress, Anxiety, Depression
- Gynaecological problems
- Headaches, Migraines
- Digestion, IBS

**Tel: 0117 963 9813**

info@bristolacupuncturepractice.co.uk  
www.bristolacupuncturepractice.co.uk

### Homeopathy



Homeopathy is a safe & gentle system of medicine that can treat a wide range of illnesses from eczema to depression. Suitable for adults and children.

A free 15 minute consultation is available by appointment.

**CONTACT: ROHINI CLAPP** LBSh RSHom:  
0117 969 7813 or 07963 408322.  
rohiniclapp@btinternet.com

### Agama Yoga

International school of yoga and eastern philosophy

#### YOGA CLASSES

Thursdays 7 to 9pm  
Weekly lecture and hatha yoga practice.

For upcoming workshops and retreats visit:  
www.uk.agamayoga.com

bristol@agamayoga.com  
07523448562

We offer a comprehensive path to spirituality strongly rooted in the Tantric traditions of India and Tibet

### THE ALEXANDER TECHNIQUE

Simple steps for improvement. Exchange effort for ease.



Helena Sime  
Tel: 07796 901 660  
helena@wellmadeness.com  
www.wellmadeness.com

Thursdays & Fridays



### Valerie Hayes

Experienced Bodyworker and Journey Practitioner

**07969 860540**

freedom@valeriehayes.me.uk  
www.valeriehayes.me.uk

### Family Constellations

with Vivian Broughton

Demonstration and Introductory Day  
At The Pierian Centre

20th March 2009  
Cost: £55 (£75 for two)  
Please book prior to event

Cheques to V Broughton, PO Box 4215,  
Frome, Somerset, BA11 5WU

Info@vivianbroughton.co.uk • 01373 836694  
www.vivianbroughton.co.uk



### Facilitating Groups & Leading Teams A Gestalt Approach

Weekend 7 - 8 March 2009, 10am - 5pm Cost £200

Work in depth with conscious & unconscious group dynamics  
Experience group processes & profile your leadership style  
Explore a holistic model of group facilitation  
Experience Gestalt facilitation

Professor Paul Barber (PhD, MSc, BA, UKCP)

See www.gestaltinaction.com for more details about Gestalt, the content of this weekend & the facilitator. Contact gestaltinaction@msn.com to confirm a place.

*Renewal = Healing + Awareness + Attunement + Joy*

### TAO OF THE HEART

Fridays 7.30pm (times may change)

#### HEARTSONG CELEBRATION & MEDITATION

1st Fri of the month, 7.30pm

SESSIONS in  
SPIRITUAL REALITY COUNSELLING

More info:

www.freewebs.com/erikjensen1  
Erik Jensen 0117 908 8784,  
07849 50 8477

### Conversations led by Students of Rudolf Steiner

Friday 13th March: 7.30pm

Can Biodynamic Agriculture feed the world?  
Bernard Jarman: Director of the Biodynamic Agricultural Association

Friday 24th April: 7.30pm

Medicine: From the Material to the Spiritual  
Reading the Book of Nature  
Andrew Maendl: General Practitioner

Friday 15th May: 7.30pm

What can we do for the Bees?  
Matthew Barton: Poet and writer

ffi: Hermione Legg 0117 951 3392 or  
hhlegg@blueyonder.co.uk

### EXPLORING REALITY PRACTISING COMPASSION

With trainers Andy Wistreich,  
Lynne Knight and Martin Kerrigan  
Thursdays 6-8pm; 19th March-23rd April

'How can I make my life meaningful?'  
This introduction to Essential Education indicates how to develop your wisdom intelligence & warm heart.

Essential Education (<http://www.essential-education.org/>) supports enquiry into ourselves, our relationships and the world around us. New - for everyone - based on buddhism.

### NFESH

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 £6  
Ffi: 0117 942 9213 / 985 2258

### BOOK LAUNCH THE MYSTIC LABYRINTH DR. NIAMH CLUNE

Discover Three Gifts of Spiritual Authenticity:  
Prophecy, A Secret Name, A Sacred Task

The Mystic Labyrinth is a true account of the journey from the personal to the transpersonal into the ancient psychic core of mythic Grail imagery to encounter the authentic Self. Always there is a message to the future...

Pierian Centre, 5th March 2009 @ 7pm



A one day workshop at the Pierian Centre  
Learn how to sweeten your relationship with your personal finances - or your money back.

10.00am - 4.00pm Sat 30th May 2009  
£60.00 (lunch provided)

FFI: contact Mandy 0781 1101 740  
mandyparry@blueyonder.co.uk

### Keys to Love & Intimacy

Weekly drop-in workshops, 8 Mondays  
starting March 9th  
(not bank holidays). £10 per week

Love and intimacy are miracles which you can invite into your life. These workshops will show you how. Safe, positive and non-confrontational. For singles or couples.

Andrew White Bristol 0845-3510604  
Details and free download:  
www.themagicofyou.co.uk/pierian1

### THE WEDNESDAY ZEN MEETING

Every Wednesday at 7.15pm, including insight dialogue, chanting, sitting & walking meditation. Beginners welcome. Suggested donation £5.

A Weekend of Enquiry with Zen Master Dae Gak in May.  
www.furnacemountain.org

Public talk at the Pierian Centre,  
Friday 29th May 7-9pm: £5

Meditation Retreat, including vegetarian lunch, Dharma talks and private interviews. Saturday 30th & Sunday 31st May 9.30am-4.30pm: cost £110

FFI: 0117 963 2505 or info@wednesdayzen.org.uk



### The Nutritional Healing Foundation

#### Free seminars - phone for details

We are pleased and proud to announce our residency at The Pierian Centre, offering a range of courses running from 1 to 3 years, ideal for everyone and anyone who would love to explore the field of Nutrition from a truly healing perspective.

Contact us for a chat about our courses and a copy of our prospectus  
01749 671555 or nutriheal@aol.com

### Counselling

Humanistic, integrative & down-to-earth approach, that relates to you and your needs, enabling you to explore your issues and make the changes that you want.

Sue Jenner  
07940 826732

Rachel Allen  
07833 961068  
www.rachelallencounselling.co.uk

### Homœopathy



Liz Anderson and Paul Hudson  
Classical Homœopaths based at the Pierian Centre every Thursday morning.

Liz: 0117 377 4409 Paul: 0117 958 4092  
www.theleaffoundation.org



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## Transforming Cancer

**FREE TALK 9th April 7-8.30pm**  
"How I transformed my cancer without conventional medicine"

**6 week course "Transforming Cancer"**  
Thursday evenings  
starts 30th April 7pm (£95)

With medical Herbalist Fiona Burns MNIMH who healed her childhood leukaemia and 31 years later, metastasised cervical cancer.

[www.cancerucan.co.uk](http://www.cancerucan.co.uk)  
email: [info@natureworx.com](mailto:info@natureworx.com)

## Hummingbird Therapy

Change your world by changing your thinking

Psychotherapy,  
Hypnotherapy & Healing

I offer support and insight in all areas of personal difficulty & relationship concern.

**Bernice Birleson**  
0117 9214123 or 07738302966  
[bernicebirleson@yahoo.com](mailto:bernicebirleson@yahoo.com)

## Emotional Freedom Technique (EFT)

a meridian energy therapy, easily learnt and taking only a few minutes to perform.

### Bowen Therapy

a gentle, relaxing yet dynamic hands-on-treatment successfully treating many conditions:

Neck/back pain; sciatica; frozen shoulder; Sports injuries; stress and tension.

**YANA NILSSON** (BTER, MISPA, ITEC, DIP TP)  
07804 868916  
[bowen2day@googlemail.com](mailto:bowen2day@googlemail.com)

## Unique Conference Centre!

Discover this gem of a venue – and you'll come back again & again!

"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."

All the facilities needed for successful meetings – from a sense of space and light, to the luxury of great coffee and scrumptious biscuits. Located at the bottom of the M32, within easy reach of Temple Meads and Cabot Circus, there is ample pay-and-display parking right in the Square. "A really calm and relaxed place to meet and work!"

The Pierian Centre offers rooms for all sizes of meetings. From 50-strong Conferences to intimate one-to-ones. A well-equipped Grade 1 listed Training Centre right in the heart of Bristol!

**THE PIERIAN CENTRE**  
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The UK's longest running  
laughter workshops

## Laughter workshops

With Joe Hoare

[www.bristollaughterclub.com](http://www.bristollaughterclub.com) 07812159943  
3rd Tuesdays monthly: 17/3, 21/4, 19/5.  
7.30-9, group prices from £5pp

## Life Scripts - April 5th

**Roger Stennett**  
Creative Writing & Personal Growth

Learn how to write Drama scripts, and start to look at the "Life Scripts" you create in everyday life and personal relationships

**Script writing as metaphor for personal development**

Roger Stennett is a professional dramatist, creative writing tutor & Hypno-Psychotherapist

[web.mac.com/roger.stennett](http://web.mac.com/roger.stennett)



Sound relaxation & meditation sessions  
with gongs & singing bowls

Monday 16 March, Monday 20 April, Monday 18 May,  
7.30pm, £10. Also at the Pierian Centre's  
Mind Body Spirit day – Saturday 4 April

A chance to rest & deeply relax while listening to these resonant instruments, releasing tensions & quietening the mind. Please bring a blanket & cushion for comfort if you wish.

For bookings and more information contact:  
Celia Beeson - tel 0117 924 1023, [celia@soundscape.org.uk](mailto:celia@soundscape.org.uk)



## 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](http://www.pieriancentre.com) or call us on 0117 924 4512

## Spring Awakening! Saturday 4th April

### ONE DAY FESTIVAL OF MIND BODY SPIRIT



Dozens of practitioners and therapists will be at the Pierian Centre to introduce you to a whole world of holistic health.

From Alexander Technique and Massage to Yoga and Zen.

**ALL FREE, AND ALL GOOD FOR YOU!**

0117 924 4512 or [info@pieriancentre.com](mailto:info@pieriancentre.com)  
[www.pieriancentre.com](http://www.pieriancentre.com)

## Refugee Week! 12th - 21st June

### EVENTS ACROSS BRISTOL!



9 days of art, music, poetry, film & talks at the Pierian Centre from Anne Frank to Zimbabwe Day.

#### HIGHLIGHTS INCLUDE

Philip Gross poetry reading, Tibetan sand mandala, Hungary 1956, Somali story-telling, Trafficking Day, the Forgiveness Project, and the Celebrating Sanctuary art exhibition.



Thanks to Transparency Research & Cotham Parish Church.

0117 924 4512 or [info@pieriancentre.com](mailto:info@pieriancentre.com)  
[www.pieriancentre.com](http://www.pieriancentre.com)

## 2009 Need Fresh Ideas?

How do you rediscover your creativity and apply it in/any situation?

The Appreciative Creativity group - Experience yourself as a creative person.

Discover a wealth of creative techniques and support.

Meeting once a month and starting Monday 30th March 6-9pm

0117 924 4512 or [info@pieriancentre.co.uk](mailto:info@pieriancentre.co.uk)

## Film Night!

Last Sunday evening of every month

Get off the beaten track with regular screenings at the Pierian Centre.

Provocative films you can't see elsewhere and wish you could. With speakers and discussion – and a world of engagement!

Forthcoming films will include Jan Kadar's **The Shop on Main Street** to coincide with the **Anne Frank and You** exhibition at Bristol Cathedral.

Bar opens at 7pm – screenings at 7.30pm.

0117 924 4512 or [info@pieriancentre.com](mailto:info@pieriancentre.com)