

About Us and Suite4...

The Art of Change was created by Forest Row based couple, Barry and Winnie Durdant-Hollamby. Barry and Winnie have been guiding individuals through effective, sustainable change since 1996.



During that time they have written and published various books and cds and conducted talks, seminars and workshops throughout the country.

They have opened the intimate Suite4 venue both as a base for their own lectures and courses, and as a venue for visiting inspirational, consciousness-raising speakers. They also screen specially selected films.

Find us: The village hall is the big building in the centre of the village, opposite Tesco and the church. Find us on facebook (the art of change) or at:

www.artofchange.co.uk

Limited Spaces for most events —

Advance booking essential

Some events take place in other venues

ALL MAJOR CREDIT CARDS ACCEPTED

tel: 01342 823809 or

web:www.artofchange.co.uk

BOOKING: call or visit website where you can select your event and **choose to pay what you want** (guide prices given).

THANK YOU!

The CODEX ALIMENTARIUS talk with Dr Robert Verkerk, which was attended by 90 people in the main village hall last month, raised a wonderful £500 for the Alliance for Natural Health.

WATCH OUT FOR:

BOOK LAUNCH: "The Breaking of The Shell." Barry D-H's new spiritual novel will be launched in Forest Row at the end of June. We're told that small publishers and unknown writers don't stand a chance of being successful these days. Can we create an underground best-seller? Time will tell. Look out for the party...

"PAY WHAT YOU WANT" (PWYW)

Most of our Suite4 events operate on a 'Pay What You Want' basis. If you can't pay what you would like to pay, we'd ask you to pay what you can. As a guide, we would normally charge between £5-£10 for a talk and between £15-£100 for workshops or courses.

"The journey of a thousand miles begins with a single step"

Chinese proverb



Suite4, The Village Hall
Forest Row
RH18 5ES

Phone: 01342 823809

E-mail: artofchange@msn.com

Printed on 100% recycled paper



Suite4,
The Village Hall, Forest Row

Events May 2010

Talks, workshops and films featuring information and ideas to stimulate your mind in a rapidly changing world...

Looking at the bigger picture,
Starting with the smallest steps

NEW FILMS AND EVENTS BEING ADDED REGULARLY
JOIN OUR MAILING LIST OR FIND THE LATEST ON FACEBOOK (THE ART OF CHANGE) OR AT:
www.artofchange.co.uk

Something for everyone....

The Energy Medicine-Woman. Tuesday May 4th 7.30pm. In this inspirational talk, **Shelley Sishton** BSc hons Dip Vibrational Medicine, will share some of the secrets that have helped her to become the shamanic practitioner that she is today. Once a top level director in London advertising agencies, Shelley discovered the magic of energetic and vibrational medicine and will share some of the emerging science and research in this field. She explains what energy medicine is, why it is important at this time and for our future well-being. **PWYW (guide £7.50).**

FILM: Water—The Great Mystery. Friday 7th May 7.30pm. Does water have memory? Can water sense human emotions? Is water able to communicate from a distance? Can a prayer turn bad water into good? Are both tap & bottled water "dead"? A second opportunity to see the film, partly inspired by the work of Dr Emoto, which suggests that water contains the ability to do much more than just quench our thirst. **Donations.**

Guided Meditation. Wednesday 12th May 6.30pm. Come and chill out with a guided meditation/visualisation, created to induce a deep state of relaxation. **Donations.**

**To join our (e)mailing list simply
email: artofchange@msn.com
Or call 01342 823809.**

The Magic Wand - short workshop. Thursday 13th May 7.00-9.30pm. Free up the power of your intuition. One of our favourite and most useful coaching tools! Do you worry about making the right decision, or saying the right thing? In this workshop, Barry Durdant-Hollamby will provide you with your own magic wand which will give you the confidence to make the right decision always. Previous attendees welcome - 8.30pm if you just want a quick refresher! **PWYW (guide £20).**

VIDEO INTERVIEW: "The Science of Miracles with Gregg Braden" Monday May 17th 7.30pm. Approx 60 minutes. The Quantum language of healing, peace, feeling and belief. New York Times best-selling author Gregg Braden is internationally renowned as a pioneer in bridging science and spirituality.. In this interview Braden explains why we are not limited by the laws of physics and biology as we know them today, and why our DNA is a code that we can change and upgrade by choice! **Donations.**

An Introduction to "A Course in Miracles" with Winnie Durdant-Hollamby. Wednesday 19th May 7.30pm. A Course in Miracles is one of the most widely studied modern spiritual texts. *(continued over page)*

LIMITED SEATING AVAILABLE FOR Suite4 EVENTS. ADVANCE BOOKING ESSENTIAL IN SOME INSTANCES. JOIN OUR MAILING-LIST FOR REGULAR ADVANCE NOTICE.

In this shared discussion, Winnie will seek to explain her own relationship to the Course and what she has managed to gain from its teachings. Ideal for all of those who may have heard of the book but never read it, or those that have dipped their toes in the water, but not really got them wet yet! **Donations.**

Guided Meditation. Wednesday 26th May 6.30pm. An intuited guided meditation/visualisation, created to induce a deep state of relaxation. **Donations.**

"Dance Like No-one's Watching". Small Village Hall Thursday 27th May 7.30pm-9.30. Refreshments available. A chance to drop your inhibitions and to move as your feet take you. Come for part or all of the evening. There is no wrong way to dance! Featuring a fantastic playlist of great dance music, this 2 hour session is all about connecting with pure joy through physical movement. All welcome. **PWYW (guide £5— refreshments extra).**

The Intuitive Path to Wellness. Barry & Winnie D-H. Tuesday 1st June 7.30pm. If you couldn't get a seat in March, here's another chance to attend this introductory talk given by coaches and authors Winnie and Barry who haven't needed to seek help from any health professional, orthodox or holistic, for over 15 years. In this talk (seminar modules to follow) they'll explore how they've learnt to use their minds to create sustainable well-being. **PWYW (guide £7.50).**

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