

NEW DIRECTIONS



New Directions first started in 1994, and the Group celebrated its 20th Anniversary last September.

We are proud to say that we are probably the most successful and longest-established Mind/Body/Spirit Group in the West Yorkshire area.

Our Group has a warm and friendly atmosphere and we are always very pleased to welcome open-minded people of all ages who wish to join us and explore a variety of alternative viewpoints.

For further details about our Group, or to download a copy of our next programme which will be available in July - see our website www.newdirectionsgroup.co.uk
Alternatively, contact:
Maureen Thomas on 01282 870581 or
Jean Casson on 01484 715804

Please Note: In the event of adverse Winter weather conditions, please ring to confirm that the meeting will still be taking place.

MAURICE JAGGER CENTRE



LOCATION

Off Winding Road
Opposite Halifax Bus Station

NEW DIRECTIONS



LIKE MINDS, SHARING IDEAS
ON
BRINGING HARMONY
TO MIND, BODY AND SPIRIT

TUESDAY EVENINGS

Monthly from 7.30 to 9.30 pm

NEW VENUE

Maurice Jagger Centre
Lister Street,
Halifax HX1 1UZ

Contribution (including refreshments):

£5.00 at the door

Website: www.newdirectionsgroup.co.uk

PROGRAMME SPRING/SUMMER 2016

19th January -

THE ASTROLOGY OF 2016 - MANIFESTING YOUR VISION

with Donna Taylor

The main astrological event of 2016 is a foggy alignment between Saturn and Neptune. This is likely to have a variety of influences, the most important of which is the opportunity to cut through the confusion and manifest your vision. Do you have a hope or a dream that you would like to turn into reality? Or would you love to have greater clarity about where things are going? During tonight's talk, professional astrologer, Donna Taylor will guide you through the potential quagmire of the Saturn-Neptune energies and out into a meadow of colourful manifestation. With guided meditation and discussion we will discover how to make 2016 a year of fruition.

16th February -

PILLS TO PAINTBRUSHES

with Debs Taylor

Follow my journey through the maze of the mental health system. My life is unrecognisable from the bed bound person I used to be. I used to be an invisible service user who was recognised only by a number. How, by using creative approaches, my life changed beyond recognition. From being heavily medicated to medication free, art has not only given me a love of life, it inspires me to fight for better mental health services to those who are still suffering through the system. I have just existed for most of my life, now I LIVE it to the full.

15th March -

THE NUMBERS, ENERGY & MAGIC OF GREAT BRITAIN

with Richard Abbot

Every organisation, place and person in Britain has a name. These names are energies which can be understood through numerology.

Combine this with the visible presence of the Elements and the long traditions of magic and mysticism and we are able to read the past, present and future of the country we all inhabit.

Some of the ideas and possibilities might surprise you, yet they all add up to a fascinating picture of the nation during these turbulent times.

Richard's accompanying book *Great Britain? The Secret Destiny of the British & Their Isles*, will be published around this time.

19th April -

FACE READING

with Anna-Louise Haigh

Did you know that the shape and size of every feature on your face is like a chapter tells the story of you....the real, inner you? Face Reading is all about discovering the hidden messages that awaken your deeper character, natural talents, life enjoyment, and health and even your soul path. Face Reading is not about facial expressions or giving a psychic reading. It is something that everyone can learn and every therapist should at least know the basics. Join veteran Face Reading pioneer, Anna-Louise Haigh for a hugely informative and insightful discovery into the world of Face Reading. You will walk away with new awareness of yourself, and be able to use your new knowledge to enhance your understanding and treatment of your clients. You will gain this by having had the chance to experience the practical aspect of face reading basics. www.anna-louisehaigh.com

17th May -

OPENING TO THE ENERGY: USING PSYCHIC SENSES TO CONNECT

with Annie Conboy

Intuitive Medium Annie Conboy believes that everyone is able to use their psychic senses for guidance and inspiration from Energy Beings. Join her in a discussion about what these senses are; how to open and close to the information these senses access; and ways to develop, strengthen and create your own connections with Energy Beings. Bring your paper and pen for an interactive and fun session.

21st June -

EXPLORING SPIRITUALITY

with Janette Ward

In this friendly, non-judgemental workshop you are offered the opportunity to consider what spirituality means to you and to share the kinds of things that have influenced your life, i.e. experiences, books, people, nature, the arts etc. We will reflect on what we are currently doing to nurture our spirituality and what we might like to consider doing to enable us to deepen our spiritual connection.

July
SUMMER DINNER
Date & Venue to be advised