

The Bristol Freeconomy Community presents

MARCH-APRIL

Bristol's FREE weekly skill-sharing evening...

2011

Zero Balancing

1st March, The Better Food Company, Sevier St @ 7pm

Learn the origins and principles of Zero Balancing, a gentle and powerful method of using touch to balance body energy. A practical session this will include some hands on demonstrations so you can practise on your friends at home. With Nick Shipton

Awakening Your Intuition

8th March, The Better Food Company, Sevier St @ 7pm

Intuition is knowing something instantly without reasoning. In our daily lives we can use it to solve personal and professional problems, make wise decisions, and build open trusting relationships. Intuition is a valuable life skill that can be expanded upon for all aspects of life. With Becky Walsh

Tofutastic! – Beyond The Stir-Fry....

15th March, The Better Food Company, Sevier St @ 7pm

Learn how to make some simple tofu based dishes including chocolate mousse, raspberry syllabub, mayonnaise, and quiche. You get to sample them and take home recipe handouts! Plus further inspiration from local vegans through a buddying scheme www.veganbuddy.org.uk. With Jane Easton

Reiki – Connecting to the Universe

22nd March, The Better Food Company, Sevier St @ 7pm

We are surrounded by energy - light, colour, sound, heat - in fact everything in the entire universe is energy, including us! Learn some ways to start feeling and using that energy! With Andrew Heritage

Dialogue with Nature

29th March, The Better Food Company, Sevier St @ 7pm

Explore the creative process of inquiry that is designed to help us connect with and communicate from our own authentic being. Construct a mandala, connecting us with the common ground we share with nature. Please bring up to 6 natural fallen objects - leaves, seeds, feathers, twigs, small stones. With Andi St.Clare

British Sign Language

5th April, The Better Food Company, Sevier St @ 7pm

Find out more about BSL, its history and grammatical structure as well as learning some signs yourself. No need to bring anything but be prepared to pull a few faces!! With Sarah Petherbridge

An Evening of Singing Plainsong

12th April, The Better Food Company, Sevier St @ 7pm

Plainsong has been sung in Christian churches for over 1,500 years. Its 'golden age' was the 6th - 8th centuries, way before sophisticated notation was developed. Learn simple ways to develop a beautiful tone for singing plainsong. No musical experience required, just bring your voice and an open heart!

Japanese Organic & Community Farming Systems

19th April, The Better Food Company, Sevier St @ 7pm

Japan produces only 40% of its own food, has 3m farmers on tiny 1 hectare plots, and is self-sufficient in rice. A slide show and discussion about Japanese food, farming and community enterprises, and what we in the UK can learn from them. With Better Food Company's MD and founder Phil Haughton.

Buddhist Meditation

26th April, The Better Food Company, Sevier St @ 7pm

We experience happiness, suffering and everything with our mind. A pure mind experiences a pure, blissful world. Buddhist meditation transforms our mind. Find out how and sample some inner peace. Bring an open mind and a good heart. With Mandy Wright



freeskilling

The evenings are absolutely **FREE** and **EVERYONE** is welcome.

Any ingredients required to learn with on the night will be sold at cost price.

To share your skill, please email the Freeskilling team at freeskilling@gmail.com

For more info join your local Freeconomy Community at
www.justforthe loveofit.org