

# HAWKWOOD

centre for future thinking

## COURSES & EVENTS

- Culture & Creativity
- Ecology & Regenerative Futures
- Wellbeing
- Transformative Leadership



**JANUARY – DECEMBER 2025**

hawkwoodcollege.co.uk  
01453 759 034  
Cotswolds – Gloucestershire  
Charity number: 311767

## Hawkwood, The Centre for Future Thinking – inspiring creativity, leadership, wellbeing, and sustainability for a better future.

We offer a curated programme and inspirational space for education and residencies in the areas of arts and creativity, wellbeing, sustainability & transformational leadership.

We believe creativity, personal development, wellbeing and a connection to the natural world has the power to inspire individuals and society to shape a sustainable and equitable future.

Located in an area of outstanding beauty in Stroud, Hawkwood is a Grade II listed building, biodynamically run estate and community farm. Since 1948, Hawkwood has been a registered arts and education charity, welcoming over 20,000 participants a year through our doors and onto our programmes.

We aim to provide an inspirational setting for our local, national and international community. A much needed place for growth, creativity, conversation and exploration.

## Welcome to Hawkwood!

**“You’ve got a place and I’ve got an idea”** was the moment in a conversation between our founder and a friend that inspired the creation of Hawkwood over 75 years ago. Today we have a broad programme of onsite as well as digital courses, supporting people to fulfil their potential and create a flourishing community. We are also proud to host some of the foremost artists of their time to come and create work through our renowned Artist Residency Programme, supported by The Francis W Reckitt Arts Trust. Our talks, workshops and events aim to present thought-provoking ideas addressing some of the pressing issues of our time.

We are committed to caring for the environment. The Hawkwood estate has been managed sustainably throughout its history and is home to Stroud Community Agriculture – a community supported agriculture collective which ensures a sustainable organic approach to land management.

Hospitality and care for our guests are at the heart of our work. We provide delicious, organic, home cooked food and comfortable accommodation. However you come to be at Hawkwood, you can be guaranteed a warm welcome and a relaxed and informal learning environment.

**We look forward to seeing you in 2025.**



A handwritten signature in dark ink, reading 'Alicia Carey'.

**Alicia Carey**  
Chief Executive

# OUR PROGRAMME

Hawkwood's programmes reflect an interconnected approach to personal and societal development, inviting participants to explore the intersections of creativity, environment, leadership and wellbeing for a more connected future. With a commitment to addressing contemporary challenges, our programmes are designed to inspire creative thinking and encourage collaboration.

Ecological awareness is at the heart of our work. We promote practices that contribute to a harmonious relationship between humanity and the environment. Our Ecology and Regenerative Futures programme offers space to build capabilities to respond to climate change and the societal impact that it has.

Our Wellbeing programme involves mindfulness, positive psychology and nature connection, recognising the importance of mental and emotional health in navigating an ever-evolving world. Through workshops, retreats, and events, Hawkwood provides tools and practices for individuals to cultivate resilience and inner balance.

In line with our commitment to social impact, our Transformative Leadership programme encompasses themes such as social justice, inclusivity, and ethical leadership. By engaging participants in thought-provoking discussions and experiential learning, we aim to empower individuals to become catalysts for positive change within their communities.

Culture and Creativity are indispensable for nurturing a vibrant, connected and forward-thinking community. They celebrate the richness of human expression and empower individuals to become catalysts for positive change in their personal and collective journeys. Through our Creativity programme, we invite participants to develop their skills and bring together the community through concerts, film screenings and performances.

# SPECIAL EVENTS

## Writing Courses & Retreats

Various dates throughout the year  
See our website for pricing

We're excited to announce our new collection of writing courses taking place across the year. Whether you need time away to consolidate or develop your ideas in a peaceful environment with delicious and nutritious meals, or perhaps you're looking for guidance from established authors on techniques to help you flourish; we have a variety of options available.

### Course themes include:

- Writing your novel – from starting out to finishing and preparing for submission
- Memoir & Life Writing
- Travel & Nature Writing
- Writing the Body
- Song Writing

### Facilitators and speakers include:

Ally Wilkes, Cat Camacho, Emilia Hart, Ali Millar, Joanna Pocock, Nick Hunt, Michael Malay, Dan Richards, Ruth Allen and Dan Whitehouse

## Climate Action Lab V: Food, Farming and Nature

Food Farming and Countryside Commission, Tom Herbert from The Long Table, Eric Walters from Good Small Farms

Thursday 20th - Friday 21st February  
See our website for pricing

Hawkwood Centre for Future Thinking's Climate Action Lab is a dynamic initiative focused on fostering innovative solutions to the climate crisis. By bringing together diverse voices, the Lab encourages creative, interdisciplinary approaches to sustainability, empowering participants to drive meaningful change and influence policies for a resilient, low-carbon future. This event will be an onsite conference on the future of food, farming and land from a climate and nature perspective to encourage people to "Love Your Land". The two-day intensive conference will be aimed at farmers, food producers & retailers from the Cotswolds as well as wider attendees from across the UK and digital audiences. It will explore practical tips from leaders on food systems and farming.

Supported by Farming in Protected Landscapes (FiPL).

## SPECIAL EVENTS

### Experience Weekends

Friday 28th - Sunday 30th March  
Friday 4th - Sunday 6th July  
Friday 29th - Sunday 31st August  
See our website for pricing

These weekends are a perfect opportunity to get a taste of Hawkwood. The weekends will be based around a central theme: wellbeing, land and nature, and creativity. They are the perfect opportunity to have taster workshops, unwind in beautiful surroundings with exceptional food, and to meet new people.

### Emergence Academy: Futures Literacy

Loes Damhof & Alex Lambie  
Monday 9th - Thursday 12th June  
£1,035/£1,155/£1,230

As times feel more uncertain, we often respond too fast to urgency, regularly resulting in yet more of the same. To uncover and discover new genuine pathways we need new regenerative leadership. In this three-day course, inspired by the beautiful Cotswolds and guided by experts, you will use Futures Literacy to disrupt the influence of urgency, and experience the power and potential of different ways of responding to uncertainty and complexity.



### Just Imagine If...

Sarah Cowley and facilitators  
Friday 19th September  
See our website for pricing

Our groundbreaking conference returns in 2025! Just imagine if people in England have the best healthcare system in the world. How do we make this dream a reality? Join a group of cross-sector experts for an all-day workshop to re-imagine healthcare and what we need to develop the best health and health care system in the world. Come away with new thinking and ways forward. Using imagination, creativity and drawing on the latest thinking in systems leadership, we will work together to create new futures and radical change.

## SPECIAL EVENTS

### The Art of Invitation

Ruth Ben-Tovim  
Monday 23rd - Thursday 26th June  
See our website for pricing

How can we bring people together to engage with the challenges facing our communities? How can we ask questions creatively to encourage meaningful dialogue? What skills, resources and capacities do people already have that can be built upon? The Art of Invitation training offers new creative tools for change to equip artists, groups, communities and organisations to engage in the ecological, cultural and social challenges of our time.

### How To Fall In Love With The Future

Rob Hopkins  
Friday 30th May - Sunday 1st June  
£310/£390/£440

Inspire and unleash your radical imagination. Rob Hopkins, founder of the Transition movement and author of 'From What If to What Next', will lead you on a deep dive into the radical imagination, guiding you on how to harness its power to transform your work and meet the challenges of today.

### Climate Action Lab VI

Theme and Speakers to be announced  
Monday 7th - Wednesday 9th July  
See our website for pricing

Hawkwood's Climate Action Labs are dynamic, collaborative spaces designed to inspire and accelerate meaningful action on climate change. Located within the beautiful surroundings of Hawkwood's estate, these labs bring together a diverse community of changemakers, including environmental leaders, innovators, businesses, and local communities, to co-create sustainable solutions for the planet. Through workshops, discussions, and hands-on activities, participants engage in exploring new ideas, learning about best practices, and developing actionable plans to tackle the pressing environmental challenges of our time. The labs provide a nurturing environment for creativity, collaboration, and learning, all while fostering a deep connection to nature.



## SPECIAL EVENTS

### Ecological Skills Summer Camp

Monday 11th - Friday 15th August

See our website for pricing and various accommodation options in the house and on the land

The Ecological Skills Summer Camp at Hawkwood is an immersive, hands-on programme designed to equip participants with the practical knowledge and tools needed to live more sustainably and harmoniously with nature.

Set within the stunning landscape of Hawkwood's eco-friendly estate, this summer camp offers a unique opportunity to learn essential ecological skills through engaging workshops, outdoor activities, and community collaboration. Participants will explore a wide range of topics, including permaculture design, natural building, renewable energy systems, foraging, and wildlife conservation.

With a focus on experiential learning, the camp provides an interactive environment where individuals of all ages can connect with nature, deepen their understanding of ecosystems, and gain confidence in their ability to implement sustainable practices in their daily lives.

Guided by expert facilitators, the programme emphasises both individual empowerment and collective action, encouraging participants to cultivate resilience, creativity, and a deeper connection to the Earth. Whether you're an aspiring environmentalist, a hands-on learner, or simply seeking a deeper connection to nature, Hawkwood's Ecological Skills Summer Camp offers a transformative experience that equips participants with the skills and knowledge to make a positive impact on the planet.



## Climate Kitchen Tasting Change

Miche Fabre Lewin, Flora Gathorne-Hardy and Daphne Lambert  
Sunday 14th - Sunday 21st September

How we farm, fish and eat impacts on our ecosystems and all life on planet Earth. Everyday food decisions can be a powerful force for positive change. This pioneering ecological arts and culinary Research Residency between Living Justice and Greencuisine Trust explores how, as food citizens, we co-create just, restorative and whole-health nature cultures.

Long-term collaborators Miche Fabre Lewin, liberatory arts and ritual practitioner, and artist-geographer Flora Gathorne-Hardy join with eco-nutritionist, chef and educator

Daphne Lambert to co-host experiential skills sharing events, enlivening food rituals and forums of inspiration – all for a convivial taste of change. This residency is dedicated to Marina O'Connell, visionary farmer and food systems change-maker.

During the week there will be opportunities for the public to engage with this Research Residency. Please see Hawkwood's website for announcements of these events.

SPECIAL EVENTS

Beyond A Story of Separation

Sophie Docker  
Tuesday 30th September -  
Thursday 2nd October  
£440/£520/£570

A foundation in nonviolent communication with a systemic lens. Join Sophie for this 2-day course where we will explore an approach based in Restorative Practice and Nonviolent Communication that builds the muscles for us to walk each other towards a new paradigm of living and relating. It offers a pathway to recovering power and agency and being in a compassionate relationship with ourselves, each other and life. Together we will build the muscles to walk ourselves into this emerging paradigm of living and relating. Where we can meet what arises with care, hold it collaboratively, and engage with it as an invitation to restore connection with the flow of energy in our interdependent living system.



The Art of Good Ancestry

Roman Krznaric  
Saturday 20th September  
£115

How to find hope across the landscape of time. How can we become good ancestors? How can reinventing our relationship with time be a source of hope and inspiration for personal and social change? These are the questions you will be exploring in this one-day course with social philosopher and internationally bestselling author Roman Krznaric. You'll be taking journeys into both the past and future to open your imagination to new ways of organising our politics, economies and community life, revealing possibilities for hope in our turbulent times.

Connect, share ideas and develop business and community links.

Hawkwood Huddle

*“Your value will be not what you know; it will be what you share.”*

— Ginni Rometty, CEO, IBM

Bookings must be made three days prior to the event date

If you're looking to join a networking group with fellow business people then we'd love to welcome you to join us for a monthly Hawkwood Huddle.

For more information visit [hawkwoodcollege.co.uk/our-programmes](http://hawkwoodcollege.co.uk/our-programmes)



2025 DATES

- Monday 20th January
- Monday 17th February
- Monday 17th March
- Monday 28th April
- Monday 19th May
- Monday 16th June
- Monday 21st July
- Monday 18th August
- Monday 15th September
- Monday 20th October
- Monday 17th November
- Monday 15th December

**RSA Fellows Co-working Day**

**Kate Monkhouse**  
Friday 10th January  
£30

You are invited to join us for a day's co-working hosted by the RSA. Hawkwood is an ideal location for some quality thinking, strategic planning, or in-depth reflection. Arrive from 10am for morning coffee, lunch and afternoon tea before heading home around 4pm. Lunch with other Fellows will be provided in our dining room. You will also have access to the Sitting Room as well as freedom to wander our extensive, peaceful grounds, gardens and woodland. Kate Monkhouse, Fellowship Area & Engagement Manager will be around all day if you want to book in for a chat.

**Spoon Carving**

**Anna Casserley**  
Saturday 11th January  
£115

This one-day course will introduce you to using an axe and carving knife to have a gentle and creative conversation with a piece of wood, turning it into a beautiful and functional spoon for cooking, serving or eating food. Maintenance and care of your tools, safety, selecting your wood, and how to bring your creation to life will all be covered throughout the day.

**Rest & Restore Day Retreat**

**Mel Skinner**  
Saturday 11th January  
£110

Recover from the strains of Christmas, and surrender to the need for deep rest on this winter's retreat day. The day will include nourishing and gentle yoga techniques including restorative yoga and yoga nidra, as well as time to contemplate the rhythm of winter, and connect with a quieter, intuitive heart-felt part of ourselves. All are welcome.

**From Inspiration to First Chapter**

**Ally Wilkes, Catriona Camacho and Guest Speaker Emilia Hart**  
Monday 13th – Friday 17th January  
£950

This five-day course allows you time and tuition to get to grips with beginning your book. The week includes masterclasses, such as book structure guidance, how to nail your opening, and industry-specific insights including how the publishing process works in both traditional and self-publishing. There will be one-to-ones and group feedback, as well as plenty of independent writing time. Our mid-week guest speaker is **Emilia Hart**, award-winning author of *Weyward*.

**Exploring Living Museums for Climate Regeneration**

**Mamerto Tindongan & Sarah Queblatin**  
Tuesday 14th January  
See our website for pricing

How might we work with climate memory and imagination to restore and restore our narratives of place and belonging in our bioregions to address climate loss and damage? Join us in an interactive workshop and ritual in remembering our story of place and ways to apply them in addressing resilience and regeneration in climate vulnerable ecosystems.

**Contemporary Embroidery**

**Elnaz Yazdani**  
Friday 17th – Sunday 19th January  
£310/£390/£440

This two-day course will be a combination of supported tutor time and guidance by Leeds based Embroidery Artist and Educator Elnaz Yazdani. Elnaz will guide you through a variety of hand embroidery techniques, applications and creative methods to get you started on your own creative path for embroidery design and making.

**The How of Happiness**

**Miriam Akhtar**  
Friday 17th – Sunday 19th January  
£340/£420/£470

An uplifting and inspiring journey into positive psychology and what it takes to feel good and function well. The retreat will equip you with a range of practical tools to grow your wellbeing. You will come away with your own toolbox of happiness boosters, which open the gateway to a flourishing life.

**Hawkwood Huddle**

**Jo Weatherall & Hawkwood Team**  
Monday 20th January  
10am – 11:30am  
£9 (includes coffee & cake)

A monthly networking group held at Hawkwood. Connect, share ideas and develop business and community links. Sessions will be held every third Monday of the month.

## Finding Quiet Strength

**Judith Kleinman**

Friday 24th – Sunday 26th January

£340/£420/£470

Finding Quiet Strength is a course designed to restoring our daily lives to an ideal balance of work, rest and play. We shall be working on finding our emotional intelligence and embodied awareness by revisiting old strengths of mind and body and discovering new strengths we didn't know we had.

## Forest Bathing

**Dee Aebischer**

Sunday 26th January

£50

Come and join Dee Aebischer, a qualified guide with the UK Forest Bathing Institute, who holds a Masters & PhD in Forest Science, as she leads you on a journey of discovery through the art of Forest Bathing (also known as Shinrin Yoku). This gentle, nature-based therapeutic practice was developed in Japan during the 1980s, with the purpose of reducing stress and enhancing mental and physical wellbeing.

## Adventures in Art Journaling

**Jo Beal**

Friday 31st January –

Sunday 2nd February

£310/£390/£440

Kick start or boost your creative habit with Jo's Adventures in Art Journaling weekend retreat. The focus will be on drawing, enjoyment and using drawing to creatively reflect on and capture your life and the world about you. Gain new skills and have fun along the way!

## Deep Ecology: Imbolc

**Jennifer Horsfall & Mark Graham**

Sunday 2nd February

£75

Integrating ecological principles, ritual, and myth, participants will develop a deeper awareness of the significance of time and place. We will engage with the land as an integral part of the ecosystem as we experience, through our physiological and psychological responses, the unfolding season.

## Life Drawing

**Emma Leyfield**

Saturday 8th February

£130

Life drawing remains the best training an artist can undertake to improve their drawing. This session is perfect for beginners or as a refresher, but is also suitable for advanced students who can set their own goals for the day while enjoying the beauty and hospitality at Hawkwood.

## Round Willow Basket Making

**Amy Cox**

Saturday 8th February

£120

Come and learn the ancient craft of basket weaving! During this one-day workshop you'll learn to weave your own small round basket suitable as a fruit bowl/ bread basket with locally grown willow in a range of colours. If there's time you will be able to add a simple handle to your basket. You will leave with a basket and the skills to know how to make another one at home.



## Hawkwood Huddle

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Monday 17th February

10am – 11:30am

£9 (includes coffee & cake)

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## Climate Action Lab V:

**Food, Farming & Nature**

Food Farming and Countryside

Commission, Tom Herbert from

The Long Table, Eric Walters from

Good Small Farms

Thursday 20th –

Friday 21st February

See our website for pricing

Hawkwood Centre for Future Thinking's Climate Action Lab is a dynamic initiative focused on fostering innovative solutions to the climate crisis. By bringing together diverse voices, the Lab encourages creative, interdisciplinary approaches to sustainability, empowering participants to drive meaningful change and influence policies for a resilient, low-carbon future. This event will be an onsite conference on the future of food, farming and land from a climate and nature perspective to encourage people to "Love Your Land". The two-day intensive conference will be aimed at farmers, food producers & retailers from the Cotswolds as well as wider attendees from across the UK and digital audiences. It will explore practical tips from leaders on food systems and farming.

Full programme to be announced.

**Supported by Farming in Protected Landscapes (FiPL)**



**Farming in Protected Landscapes programme**



### Gong Initiation Course

**Aidan McIntyre & Tim Byford**  
Monday 24th – Friday 28th February  
£825/£985/£1,085

This course is facilitated by renowned Gong Master Trainers Aidan McIntyre and Tim Byford. It is their firm intention to share their wealth of experience gained over the years playing for themselves, for individuals and for groups. Participants will gain the foundational knowledge and experience to begin their gong journey with confidence.

### Rush Basketry

**Amy Cox**  
Saturday 8th March  
£115

On this course you will work with English rush, a beautifully soft material to weave with as well as some locally foraged fibres such as dandelion. You will learn some ancient techniques of cordage and plaiting and how to make a small rush foraging bag or handbag with a strap. You will leave with a finished bag and the skills to make another.

### Recorder Weekend with Palisander

Friday 14th – Sunday 16th March  
£355/£435/£485

Join internationally award-winning quartet for a curated weekend of ensemble playing. Celebrate the diversity of the recorder with a range of different consort settings and enjoy repertoire that spans from medieval to the present day, which includes unique Palisander repertoire tailored to this weekend.

### Mushroom Growing

**Slad Valley Mushrooms**  
Sunday 16th March  
See our website for pricing

Learn from expert mushroom growers, Slad Valley Mushrooms, how to grow your own fungi at home. Full of practical advice, insights into the health benefits, and other marvels of mycelium.

### Hawkwood Huddle

**Jo Weatherall & Hawkwood Team**  
Monday 17th March  
10am – 11:30am  
£9 (includes coffee & cake)

A monthly networking group held at Hawkwood. Connect, share ideas and develop business and community links. Sessions will be held every third Monday of the month.

### Forest Bathing

**Dee Aebischer**  
Sunday 23rd March  
£50

Join Dee Aebischer, a qualified guide with the UK Forest Bathing Institute, who holds a Masters & PhD in Forest Science, as she leads you on a journey of discovery through the art of Forest Bathing (also known as Shinrin Yoku). This gentle, nature-based therapeutic practice was developed in Japan during the 1980s, with the purpose of reducing stress and enhancing mental and physical wellbeing.

### Travel & Nature Writing

**Nick Hunt, Joanna Pocock and Guest Speaker, Michael Malay**  
Monday 24th – Friday 28th March  
£950

On this residential course, tutors Nick Hunt (*Outlandish* and *Where the Wild Winds Are*) and Joanna Pocock (*Surrender* and *Greyhound*) will introduce you to travel and nature writing. Learn how to develop your experiences and observations of journeying in the world into engaging pieces of prose. The tutors will use practical exercises, focused writing assignments and workshoping as they help you develop and structure your writing. Our mid-week guest speaker is the 2024 Wainwright Prize Winner, Michael Malay.

### Experience Weekend

Friday 28th – Sunday 30th March  
See our website for pricing

Hawkwood's Wellbeing Experience Weekend offers a rejuvenating retreat focused on restoring balance and inner harmony. Set in the tranquil surroundings of Hawkwood's estate, this weekend includes guided mindfulness practices, yoga sessions, nature walks, and nourishing meals. Participants are invited to unwind, reconnect with themselves, and find peace through holistic activities that nurture both body and mind. Ideal for anyone seeking relaxation, personal growth, and a deeper connection to nature.

### Weaving The Line

**Gizella Warburton**  
Friday 4th – Sunday 6th April  
£370/£450/£500

During this three day workshop participants will be working towards developing simple three-dimensional vessel forms and woven structures. Participants will be encouraged to consider 'drawing' with different materials, and to explore linear and spatial relationships by introducing content and detail with fibre and yarns. We will also work with collage, layering and weaving processes in relation to two- and three-dimensional compositions.

**Radical Love**

**Satish Kumar & June Mitchell, in Partnership with Schumacher Wild**  
Monday 7th – Thursday 10th April  
£473/£573/£635

As Gravity holds the physical world together, love holds the metaphysical relationships together. In this 3-day course Satish Kumar, together with the participants, will explain and explore the meaning and practice of love in everyday life. Love is the ground of all virtues. Truth, goodness and beauty emerge out of love. Love of oneself, love of all people and love of Nature can liberate us from all the problems of life. In this course we will seek to answer this all important question: How can politics, business, science and all the other activities of life be grounded in love?



Satish Kumar

**Rest & Restore Day Retreat**

**Mel Skinner**  
Saturday 12th April  
£110

You are invited to this restful, nourishing retreat day with experienced yoga teacher and retreat leader Mel Skinner. Give yourself the gift of deep rest and restoration with yoga and outdoor creative meditations.

**The Middle Section: Sowing Seeds for Your Endgame**

**Ally Wilkes & Catriona Camacho**  
Monday 14th – Friday 18th April  
£950

In this course you will explore solutions to common dilemmas facing authors at this stage of writing their novel. You will build a toolkit of problem-solving solutions including practical research skills, the best use of mid-point structure, using characters to drive the plot forward, and learn industry tips on professional working practices. You will benefit from exclusive one-to-one sessions with the course tutors, along with targeted writing exercises on which you will receive feedback from your fellow course writers.

**Deep Ecology: Beltane**

**Jennifer Horsfall & Mark Graham**  
Sunday 27th April  
£75

Integrating ecological principles, ritual, and myth, participants will develop a deeper awareness of the significance of time and place. We will engage with the land as an integral part of the ecosystem as we experience, through our physiological and psychological responses, the unfolding season.

**Hawkwood Huddle**

**Jo Weatherall & Hawkwood Team**  
Monday 28th April  
10am – 11:30am  
£9 (includes coffee & cake)

A monthly networking group held at Hawkwood. Connect, share ideas and develop business and community links. Sessions will be held every third Monday of the month.

**Introduction to Leatherwork**

**Ruth Pullan**  
Saturday 10th May  
£145

Learn how to dye, finish and hand stitch leather using the traditional two needle saddle stitch to make a coin purse and a belt on this Introduction to Leatherwork. Ruth will guide you through the techniques needed to produce professionally finished leather goods as well as repair and restore leather items.

**Relaxing Through Abstracts**

**Christina Sadler**  
Saturday 17th May  
£120

The act of making art is therapeutic, it can quiet the mind and allow you to focus on the present. When this happens and you are truly immersed in the moment of creating you can relax and allow the flow and freedom of painting to begin. This workshop is suitable for all abilities, even those who have not picked up a paintbrush before. We will use the beautiful surroundings of Hawkwood to inspire us and have an enjoyable day of painting abstracts

**Hawkwood Huddle**

**Jo Weatherall & Hawkwood Team**  
Monday 19th May  
10am – 11:30am  
£9 (includes coffee & cake)

A monthly networking group held at Hawkwood. Connect, share ideas and develop business and community links. Sessions will be held every third Monday of the month.

**Sketchbooking Your Environment**

**Emma Leyfield**  
Sunday 25th May  
£120

A day dedicated to the art of looking, you'll take in the beautiful grounds at Hawkwood and spend the day painting. Participants will start off sketching under birdsong, in the kitchen-gardens, before some detailed experiments in mixing colours in watercolour and a spectacular two course lunch. One-to-one guidance will take away fear of the blank page; this class is the perfect launch to start a regular journal or sketchbook practice.





### Forest Bathing

**Dee Aebischer**  
Sunday 18th May  
£50

Come and join Dee Aebischer, a qualified guide with the UK Forest Bathing Institute, who holds a Masters & PhD in Forest Science, as she leads you on a journey of discovery through the art of Forest Bathing (also known as Shinrin Yoku). This gentle, nature-based therapeutic practice was developed in Japan during the 1980s, with the purpose of reducing stress and enhancing mental and physical wellbeing.

### Sound Wisdom

**Chloe Goodchild**  
Sunday 25th – Thursday 29th May  
See our website for pricing

Your authentic voice is the muscle and messenger of your soul, your most intimate friend. In this in-depth residential retreat you will learn to listen and to express yourself effortlessly, naturally and spontaneously in ways you never imagined possible.

### Painting and Alchemy

**Marius Von Brasch**  
Thursday 29th May –  
Sunday 1st June  
See our website for pricing

This course introduces you to both the intriguing symbolism of Renaissance alchemical imagery and how to make paintings or drawings in response to what the pictures, motifs and colours trigger in us as individuals. It invites the participants to actively engage with these ancient pictures and develop their own contemporary visuals.

### How to Fall in Love with the Future

**Rob Hopkins**  
Friday 30th May – Sunday 1st June  
£310/£390/£440

Join Rob Hopkins, founder of the Transition movement, for a two-day workshop to ignite your radical imagination. Through interactive activities, "What If" journeys, and playful exercises, you'll expand your vision, foster collaborative thinking, and generate impactful, actionable ideas to meet the world's urgent challenges.

### Japanese Embroidery

**Jackie Hall**  
Sunday 1st – Thursday 5th June  
£568/£728/£828

This unique art form originated in Buddhist temples and is used for the elaborate decoration of Kimonos. This rarely taught skill has been based at Hawkwood for over twenty years. Using traditional methods and techniques you will produce truly stunning works of art and learn about Japanese culture.

### The Emergence Academy: Futures Literacy

**Loes Damhof & Alex Lambie**  
Monday 9th – Thursday 12th June  
£1,035/£1,155/£1,230

As times feel more uncertain, we often respond too fast to urgency, regularly resulting in yet more of the same. To uncover and discover new genuine pathways we need new regenerative leadership. In this three-day course, inspired by the beautiful Cotswolds and guided by experts, you will use Futures Literacy to disrupt the influence of urgency, and experience the power and potential of different ways of responding to uncertainty and complexity.



### Hawkwood Huddle

**Jo Weatherall & Hawkwood Team**  
Monday 16th June  
10am – 11:30am  
£9 (includes coffee & cake)

A monthly networking group held at Hawkwood. Connect, share ideas and develop business and community links. Sessions will be held every third Monday of the month.

### Summer Solstice Restorative Retreat

**Mel Skinner**  
Friday 20th – Sunday 22nd June  
£340/£420/£470

The summer solstice is a pausing place in the turning of the wheel of time, and this retreat invites you into a contemplative and peaceful state of mind. Bringing mind, body and soul together through deeply restful yoga practices and philosophy, as well as journaling techniques and nature based meditations, we will take time to enjoy the longest day, and prepare for the very gradual descent towards darkness.

### Positive Ageing

**Miriam Akhtar**  
Friday 20th – Sunday 22nd June  
£340/£420/£470

Ageing gets a bad press, portrayed as being downhill all the way. However, contrary to expectations, happiness goes up after fifty rather than down and there are other gains of age like wisdom, emotional mastery and multiple forms of intelligence. This retreat shows you how to use positive psychology to make the most of the third act and sow the seeds of a happy and meaningful later life.

### The Art of Invitation

Ruth Ben-Tovim

Monday 23rd – Thursday 26th June

See our website for pricing

How can we bring people together to engage with the challenges facing our communities? How can we ask questions creatively to encourage meaningful dialogue? What skills, resources and capacities do people already have that can be built upon? The Art of Invitation training offers new creative tools for change to equip artists, groups, communities and organisations to engage in the ecological, cultural and social challenges of our time.

### Shrine in The Darkness

Caitlín Matthews & Cait Branigan

Thursday 26th – Sunday 29th June

£480/£600/£675

How can we find our way when certainties are swept away? By seeking the constant thread interweaving all traditions, we find the path leading back to our true nature, our true home. Through shamanic journey, song, and movement, we will find the healing resources of our wise ancestors which guide us home, supporting us in challenging times.



### Experience Weekend

Friday 4th – Sunday 6th July

See our website for pricing

This experience weekend invites participants to deepen their connection with the earth through hands-on, nature-based activities and ecological learning. Set in the scenic landscape of Hawkwood's estate, this immersive retreat explores sustainable land practices, regenerative agriculture, and environmental stewardship. Through guided workshops, nature walks, and practical sessions, participants gain insights into nurturing both the land and their relationship with it, leaving them inspired to take meaningful steps toward ecological care and sustainability.

### Climate Action Lab VI

Facilitators to be announced

Monday 30th June –

Wednesday 2nd July

See our website for pricing

Hawkwood's Climate Action Labs are dynamic, collaborative spaces designed to inspire and accelerate meaningful action on climate change. Located within the beautiful surroundings of Hawkwood's estate, these labs bring together a diverse community of changemakers, including environmental leaders, innovators, businesses, and local communities, to co-create sustainable solutions for the planet. Through workshops, discussions, and hands-on activities, participants engage in exploring new ideas, learning about best practices, and developing actionable plans to tackle the pressing environmental challenges of our time. The labs provide a nurturing environment for creativity, collaboration, and learning, all while fostering a deep connection to nature. Theme and Speakers to be announced.

### Self-Guided Writing Retreat

Monday 14th – Friday 18th July

£765

Unlock your creativity at Hawkwood. Escape the distractions of everyday life and immerse yourself in a peaceful, inspiring environment designed to ignite your creativity. Join us at Hawkwood for a transformative four-day self-guided writers' retreat, where you'll find the space, time, and support to focus fully on your writing. Whether you're a seasoned author or working on your first draft, this untutored retreat offers the perfect balance of solitude, creativity, and community.

### Forest Bathing

Dee Aebischer

Sunday 20th July

£50

Come and join Dee Aebischer, a qualified guide with the UK Forest Bathing Institute, who holds a Masters & PhD in Forest Science, as she leads you on a journey of discovery through the art of Forest Bathing (also known as Shinrin Yoku). This gentle, nature-based therapeutic practice was developed in Japan during the 1980s, with the purpose of reducing stress and enhancing mental and physical wellbeing.

### Hawkwood Huddle

Jo Weatherall & Hawkwood Team

Monday 21st July

10am – 11:30am

£9 (includes coffee & cake)

A monthly networking group held at Hawkwood. Connect, share ideas and develop business and community links. Sessions will be held every third Monday of the month.



# AMBITION LABS

Most responses to climate and nature breakdown focus on doing the wrong things better rather than taking actions that regenerate wellbeing. Resilience and long-term profit will only come to those who focus on the questions that need answering, not those that are easy.

Hawkwood Centre for Future Thinking is helping responsible leaders explore what it is they'd set out to do if they took scientific evidence at face value and knew that they couldn't fail, rather than measure performance against the benchmark of poorly designed regulations. Equipped with insight, courage, and radical collaboration, leaders can imagine the business transformations that rebuild the stable conditions for life.

Contact us to co-design a lab to make your strategy and governance fit for future generations: email [info@hawkwoodcollege.co.uk](mailto:info@hawkwoodcollege.co.uk)

Hawkwood's Ambition Labs, facilitated by Andy Middleton, create a safe space for senior teams to imagine the possibilities for investment and opportunity that emerge from becoming best for the world rather than a champion of broken standards and a nature-degenerated future.



HAWKWOOD  
centre for future thinking

+

Schumacher  
*WILD*

## SCHUMACHER WILD COLLABORATION:

At Hawkwood, we collaborate with select partners who share our vision in connecting and supporting changemakers, creatives, doers, and thinkers globally.

**Schumacher Wild** is a project born out of an internationally influential and progressive ecological institution, with over 30 years of transformative education.

In 2025, Schumacher Wild and Hawkwood Centre for Future Thinking, are forming a unique partnership that will offer immersive programmes, which integrate Schumacher Wild's deep ecological teachings and learning community with Hawkwood's focus on creativity and conscious living. By merging our unique strengths, this collaboration is designed to inspire change and to bring the relational and connected future we dream of into being. Through experiential pedagogy, our short courses will provide a deep dive into living systems, regenerative practices and the well-being of future generations. We hope you can join us!

# GONG MASTER TRAINING

Hawkwood is proud to work with experienced facilitators to offer accredited training in resonant sound. The courses are designed to help you on your journey to become a skilled and empathetic, resonant sound practitioner. Please see details of 2025 training below.

## Gong Initiation

Monday 24th – Friday 28th February | £825/£985/£1,085

This course is facilitated by renowned Gong Master Trainers Aidan McIntyre and Tim Byford. It is their firm intention to share their wealth of experience gained over the years playing for themselves, for individuals and for groups. Participants will gain the foundational knowledge and experience to begin their gong journey with confidence.

## Gong Master Training

Friday 1st – Sunday 10th August | £1,860/£2,040/£2,220/£2,445

A 10-day immersion in the art and science of resonant sound. You will be guided on a road to Mastery in the use of Sacred Sound as a transformational tool and in the service to Humanity. Each day we will be working with different sacred instruments; to learn how to use them in performance and healing for others as well as ourselves. 2025 marks 30 years of this world-renowned training, originally devised by Gong Masters, Don Conreux and Aidan McIntyre.

## Further Journeys in Gong Mastery

Monday 17th – Friday 21st November | £825/£985/£1,085

This is a fantastic opportunity to deepen your Gong technique and understanding. Exploring the uses of the gong in a therapeutic setting and group work, Master Trainers Aidan McIntyre and Tim Byford will guide you towards creating a deeper connection between the gong and your clients.

## TUTORED CREATIVE WRITING COURSES

Find your voice and unlock your creativity at Hawkwood with our new series of tutored creative writing courses.



### FROM INSPIRATION TO FIRST CHAPTER

With Ally Wilkes & Cat Camacho | 13th - 17th January  
Learn specific writing techniques to craft the perfect opening.

### TRAVEL AND NATURE WRITING

With Nick Hunt & Joanna Pocock | 24th - 28th March  
Develop your experiences of journeying the world into engaging prose.

### THE MIDDLE SECTION: SOWING SEEDS FOR YOUR ENDGAME

With Ally Wilkes & Cat Camacho | 14th - 18th April  
Explore solutions to dilemmas facing authors at this stage of their novel.

### WRITING THE BODY

With Ali Millar & Ruth Allen | 18th - 22nd August  
Become equipped with the skills needed to explore writing the body.

### FINISHING YOUR NOVEL: HOW TO WRAP THINGS UP

With Ally Wilkes & Cat Camacho | 1st - 5th September  
Learn specific writing techniques to help craft your finale.

### WRITING FROM LIFE

With Ali Millar & Dan Richards | 20th - 24th October  
Explore life writing and the many areas it spans, from memoir to biography.

### PREPARING YOUR NOVEL FOR SUBMISSION

With Ally Wilkes & Cat Camacho | 3rd - 7th November  
Learn how to prepare your novel for submission to industry professionals.

**Gong Master Training**

Aidan McIntyre, Tim Byford,  
Kevin Goulding, Corinne Cael-Ameura  
and other guest facilitators

Friday 1st – Sunday 10th August  
£1,860/£2,040/£2,220/£2,445

A 10-day immersion in the art and science of resonant sound. You will be guided on a road to Mastery in the use of Sacred Sound as a transformational tool and in the service to Humanity. Each day we will be working with different sacred instruments; to learn how to use them in performance and healing for others as well as ourselves. 2025 marks 30 years of this world-renowned training, originally devised by Gong Masters, Don Conreux and Aidan McIntyre.

**Deep Ecology: Lughnasadh**

Jennifer Horsfall & Mark Graham  
Sunday 3rd August  
£75

Integrating ecological principles, ritual, and myth, participants will develop a deeper awareness of the significance of time and place. We will engage with the land as an integral part of the ecosystem as we experience, through our physiological and psychological responses, the unfolding season.

**Ecological Skills  
Summer Camp**

Full programme of facilitators  
to be announced  
Monday 11th – Friday 15th August  
See our website for pricing and  
various accommodation options  
in the house and on the land

The Ecological Skills Summer Camp at Hawkwood is an immersive, hands-on programme designed to equip participants with the practical knowledge and tools needed to live more sustainably and harmoniously with nature. Set within the stunning landscape of Hawkwood's eco-friendly estate, this summer camp offers a unique opportunity to learn essential ecological skills through engaging workshops, outdoor activities, and community collaboration. Participants will explore a wide range of topics, including permaculture design, natural building, renewable energy systems, foraging, and wildlife conservation.

**Dance The Circle Round**

Stephanie Rose  
Friday 15th – Sunday 17th August  
£300/£380/£430

Come and join this residential weekend, Stephanie's eleventh at Hawkwood, where you will explore in dance the universal desire of human beings to identify a place as "home". Stephanie will teach both traditional folk and modern choreographed circle dances that expand on this theme; some previous dance experience is necessary to join the group.

**Hawkwood Huddle**

Jo Weatherall & Hawkwood Team  
Monday 18th August  
10am – 11:30am  
£9 (includes coffee & cake)

A monthly networking group held at Hawkwood. Connect, share ideas and develop business and community links. Sessions will be held every third Monday of the month.

**Writing The Body**

Ali Millar & Ruth Allen  
Monday 18th – Friday 22nd August  
£950

A recurring question writers face is how the body can be convincingly articulated and communicated. In this innovative and immersive week, Ruth Allen (*Grounded and Weathering*) and Ali Millar (*The Last Days* and *Ava Anna Ada*) will explore how to write and protect the body, creating an embodied practice that responds to the body and the many environments it finds itself in. This is a particularly vital component when writing about nature, place, sickness, parenthood, sexuality and gender. Over the week you'll become equipped with the skills and confidence needed to explore writing the body in various settings.

**The Way of Council**

Caitlín Matthews & Pippa Bondy  
Friday 22nd – Sunday 24th August  
£365/£445/£495

Council is a practice of speaking and listening from the heart. We come together in a circle that creates a container for empathy and honesty. The ancient form of Council is a practice that moves us to a deeper, more compassionate level of communicating and being.



**Experience Weekend**

Full programme of facilitators  
to be announced  
Friday 29th – Sunday 31st August  
See our website for pricing

Hawkwood's Creative Experience Weekend offers a rejuvenating retreat focused on restoring balance and inner harmony. Set in the tranquil surroundings of Hawkwood's estate, participants are invited to unwind, reconnect with themselves, and find peace through holistic activities that nurture their creative side and leave feeling inspired.

**Craig Ogden  
Classical Guitar Concert**

Craig Ogden  
Friday 29th August 8pm – 9pm  
£10/£12

An engaging summer concert with chart-topping guitarist, Craig Ogden. This Friday night recital will have a varied programme of key works from the guitar repertoire.



Craig Ogden

**Classical Guitar Masterclass**

Craig Ogden  
Friday 29th – Sunday 31st August  
£390/£470/£520

Craig Ogden will give expert insight on effective practice strategies. There will be ensemble work, concerts, and tutorials.

**Songwriting Retreat**

Dan Whitehouse &  
Katie Whitehouse  
Monday 1st –  
Thursday 4th September  
£485/£605/£680

Gather around the "songwriting campfire" with award winning singer-songwriter, composer and talented storyteller Dan Whitehouse and artist mentor Katie Whitehouse. Experience a playful approach that will help free your mind, connect you with your inner child and light new pathways into your songwriting.

**Finishing Your Novel:  
How to Wrap Things Up**

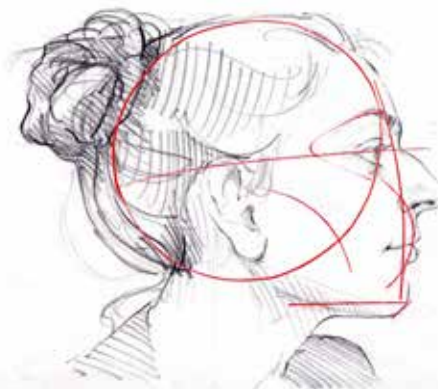
Ally Wilkes & Catriona Camacho  
Monday 1st – Friday 5th September  
£950

In this course you will learn how to draw together the threads of your novel. You will learn specific writing techniques, including in-depth guidance on crafting your finale, learning when and where to finish the story, and ensuring plot points are satisfactorily concluded. You will benefit from exclusive one-to-one sessions with the course tutors, along with targeted writing exercises on which you will receive feedback from your fellow course writers.

**Japanese Woodblock Printing**

Hiroko Imada  
Friday 5th – Sunday 7th September  
£330/£400/£450

This course is the ideal introduction to the art of Japanese woodblock printing. The traditional Japanese prints, such as Hokusai or Hiroshige's works, were created in the same way. Participants will design their own block, carve and finally print. During the course you will learn how to create the registration mark, how to use traditional tools, and how to use a Baren (printing tool) to make your own artwork.

**Rest and Restore Retreat**

Mel Skinner  
Friday 5th – Sunday 7th September  
£340/£420/£470

Prepare to move from summer to autumn with deeply restful yoga and nature-based meditations and activities to help you connect with your surroundings, as well as your body. From restorative yoga to remove the effects of high stress, and gentle movement to create space for the breath, plus the relaxing meditative yoga nidra, this retreat promises to boost your physical, mental, emotional and spiritual wellbeing, and help you to prepare for the darker months ahead.

**Portraiture**

Emma Leyfield  
Saturday 13th September  
£125

This workshop is a tutorial designed to teach you all you need to learn portraiture. From quick people sketching to traditional poses, noses, hands, and all, you will go away with the confidence to draw the figure and continue your practice.



## Japanese Embroidery

**Jackie Hall**  
Sunday 14th –  
Thursday 18th September  
£568/£728/£828

This unique art form originated in Buddhist temples and is used for the elaborate decoration of Kimonos. This rarely taught skill has been based at Hawkwood for over twenty years. Using traditional methods and techniques you will produce truly stunning works of art and learn about Japanese culture.

## Hawkwood Huddle

**Jo Weatherall & Hawkwood Team**  
Monday 15th September  
10am – 11:30am  
£9 (includes coffee & cake)

A monthly networking group held at Hawkwood. Connect, share ideas and develop business and community links. Sessions will be held every third Monday of the month.

## Climate Kitchen Tasting Change

**Miche Fabre Lewin,  
Flora Gathorne-Hardy and  
Daphne Lambert**  
Sunday 14th –  
Sunday 21st September

How we farm, fish and eat impacts on our ecosystems and all life on planet Earth. Everyday food decisions can be a powerful force for positive change. This pioneering ecological arts and culinary Research Residency between Living Justice and Greencuisine Trust explores how, as food citizens, we co-create just, restorative and whole-health nature cultures. Long-term collaborators Miche Fabre Lewin, liberatory arts and ritual practitioner, and artist-geographer Flora Gathorne-Hardy join with eco-nutritionist, chef and educator Daphne Lambert to co-host experiential skills sharing events, enlivening food rituals and forums of inspiration – all for a convivial taste of change. This residency is dedicated to Marina O'Connell, visionary farmer and food systems change-maker.

During the week there will be opportunities for the public to engage with this Research Residency. Please see Hawkwood's website for announcements of these events.

## Just Imagine If...

**Sarah Cowley and facilitators**  
Friday 19th September  
See our website for pricing

Join a group of cross-sector experts for an all-day workshop to re-imagine healthcare and what we need to develop the best health and health care system in the world. Come away with new thinking and ways forward.

## The Art of Good Ancestry

**Roman Krznaric**  
Saturday 20th September  
£115

How to find hope across the landscape of time. How can we become good ancestors? How can reinventing our relationship with time be a source of hope and inspiration for personal and social change? These are the questions you will be exploring in this one-day course with social philosopher and internationally bestselling author Roman Krznaric. You'll be taking journeys into both the past and future to open your imagination to new ways of organising our politics, economies and community life, revealing possibilities for hope in our turbulent times.



Gavin Carr

## Forest Bathing

**Dee Aebischer**  
Sunday 21st September  
£50

Come and join Dee Aebischer, a qualified guide with the UK Forest Bathing Institute, who holds a Masters & PhD in Forest Science, as she leads you on a journey of discovery through the art of Forest Bathing (also known as Shinrin Yoku). This gentle, nature-based therapeutic practice was developed in Japan during the 1980s, with the purpose of reducing stress and enhancing mental and physical wellbeing.

## Gavin Carr Choral Weekend

**Gavin Carr**  
Friday 26th – Sunday 28th September  
£360/£440/£490

This weekend will give you the opportunity to deepen your knowledge with like-minded singers in an inspiring setting. In Gavin Carr's expert hands, there will be a strong emphasis on delights and fun – i.e. no stress.

## Beyond a Story of Separation

**Sophie Docker**  
Tuesday 30th September –  
Thursday 2nd October  
£440/£520/£570

A foundation in nonviolent communication with a systemic lens. Join Sophie for this 2-day course where we will explore an approach based in Restorative Practice and Nonviolent Communication that builds the muscles for us to walk each other towards a new paradigm of living and relating.



### Ruth White Yoga Retreat

**Ruth White**

Friday 3rd – Sunday 5th October  
£320/£400/£450

Through the practice of asana, pranayama, and meditation we will move further into the peace and quiet of the mind. Let us work together and release any anxiety and stress. This way we can come back to our natural state of harmony.

### Future Generations

**Jane Davidson, in partnership with Schumacher Wild**  
Monday 6th – Friday 10th October  
See our website for pricing

This unique course invites decision-makers, lawmakers and leaders from across the globe to ensure future generations are at the heart of all that we do. Join Jane Davidson and special guests in a co-exploration of planning for a better future and the long-term wellbeing of current generations and those yet to come.

### Finding Quiet Strength

**Judith Kleinman**

Friday 10th – Sunday 12th October  
£340/£420/£470

Finding Quiet Strength is a course designed to restore our daily lives to an ideal balance of work, rest and play. We shall be working on finding our emotional intelligence and embodied awareness by revisiting old strengths of mind and body and discovering new strengths we didn't know we had.

### Hawkwood Huddle

**Jo Weatherall & Hawkwood Team**

Monday 20th October  
10am – 11:30am  
£9 (includes coffee & cake)

A monthly networking group held at Hawkwood. Connect, share ideas and develop business and community links. Sessions will be held every third Monday of the month.

### Writing From Life

**Ali Millar & Dan Richards**

Monday 20th – Friday 24th October  
£950

Over the course of this immersive week, Ali Millar (*The Last Days*) and Dan Richards (*Holloway* and *Overnight*) will explore life writing and the many areas it spans, from the personal essay, to memoir, to biography. This deep dive into life writing is suitable for a range of levels and abilities. Through a combination of masterclasses and one to one tutorials, Ali and Dan will equip you with everything you need to develop your life writing.

### Deep Ecology: Samhain

**Jennifer Horsfall & Mark Graham**

Sunday 26th October  
£75

Integrating ecological principles, ritual, and myth, participants will develop a deeper awareness of the significance of time and place. We will engage with the land as an integral part of the ecosystem as we experience, through our physiological and psychological responses, the unfolding season.

### A Weekend with Fretwork

**Richard Boothby, Joanna Levine,**

**Emilia Benjamin, Sam Stadlen,**

**Jonathan Rees, Emily Ashton**

Friday 31st October –  
Sunday 2nd November  
See our website for pricing

This course offers viol players the chance to explore consort repertoire from the viol's Golden Age and to improve their technique along the way. Composers studied will include Jenkins, Purcell, Holborne, Lawes and Coperario.



### Preparing Your Novel for Submission

**Ally Wilkes & Catriona Camacho**

Monday 3rd – Friday 7th November  
£950

In this course you will learn how to prepare your novel for submission to industry professionals and the wider public. You will be guided by award-nominated novelist Ally Wilkes and Catriona Camacho, an editor with over 10 years' industry experience. You will learn the mechanics of the publishing industry including what editors are looking for, and hone your skills in selling your novel, whether through writing pitch letters and synopses or online copy. You will benefit from exclusive one-to-one sessions with the course tutors, along with targeted writing exercises on which you will receive feedback from your fellow course writers.



## Introduction to Leatherwork

Ruth Pullan

Saturday 8th November

£145

Learn how to dye, finish and hand stitch leather using the traditional two needle saddle stitch to make a coin purse and a belt on this Introduction to Leatherwork. Ruth will guide you through the techniques needed to produce professionally finished leather goods as well as repair and restore leather items.



## Hawkwood Huddle

Jo Weatherall & Hawkwood Team

Monday 17th November

10am – 11:30am

£9 (includes coffee & cake)

A monthly networking group held at Hawkwood. Connect, share ideas and develop business and community links. Sessions will be held every third Monday of the month.

## Further Journeys in Gong Mastery

Aidan McIntyre & Tim Byford

Monday 17th –

Friday 21st November

£825/£985/£1,085

This is a fantastic opportunity to deepen your Gong technique and understanding. Exploring the uses of the gong in a therapeutic setting and group work, Master Trainers Aidan McIntyre and Tim Byford will guide you towards creating a deeper connection between the gong and your clients.

## Winter Rest and Restore Retreat

Mel Skinner

Friday 21st – Sunday 23rd November

£340/£420/£470

As we move towards darker days, it is the perfect time for us to drift and dream our way into the season of winter, and to accept all that we must let go of. Drawing on the yogic philosophical concept of abhinivesha (the fear of death and the will to live), and with an emphasis on restorative yoga and yoga nidra, we will explore the time of surrender, and the peace that comes from doing so.

## Forest Bathing

Dee Aebischer

Sunday 23rd November

£50

Come and join Dee Aebischer, a qualified guide with the UK Forest Bathing Institute, who holds a Masters & PhD in Forest Science, as she leads you on a journey of discovery through the art of Forest Bathing (also known as Shinrin Yoku). This gentle, nature-based therapeutic practice was developed in Japan during the 1980s, with the purpose of reducing stress and enhancing mental and physical wellbeing.

## Celtic Myth & Vedic Tradition

Ian Rees, Caitlín Matthews & John Matthews

Friday 28th – Sunday 30th November

£345/£425/£475

Coming together again as questers old and new, go once more in search of inspiration through ritual, meditation and deep conversation, gathering with celebration and gratitude.

## Hawkwood Huddle

Jo Weatherall & Hawkwood Team

Monday 15th December

10am – 11:30am

£9 (includes coffee & cake)

A monthly networking group held at Hawkwood. Connect, share ideas and develop business and community links. Sessions will be held every third Monday of the month.

## Preparing Your Christmas Pantry

Friday 12th –

Sunday 14th December

See our website for pricing

Discover how to craft seasonal delights like chutneys, preserves, and spiced treats. Guided by our incredible chefs, you'll create gifts or pantry staples to enrich your holiday celebrations. Enjoy hands-on learning in a welcoming, creative environment amidst beautiful surroundings.



## Christmas Choral Weekend

Friday 19th –

Sunday 21st December

See our website for pricing

Experience the magic of a Christmas choral weekend at Hawkwood, nestled in serene countryside. Join fellow enthusiasts to sing festive carols and harmonies under expert guidance. Enjoy cosy accommodation, delicious meals, and heartwarming camaraderie.

## JANUARY

10	RSA Fellows Co-working Day	Co-working & Networking Day
11	Spoon Carving	One Day Workshop
11	Rest & Restore Retreat Day	One Day Workshop
13–17	From Inspiration to First Chapter	Residential Course
14	Exploring Living Museums for Climate Regeneration	Evening Event
17–19	Contemporary Embroidery	Residential Course
17–19	The How of Happiness	Residential Course
20	Hawkwood Huddle	Morning Networking Event
24–26	Finding Quiet Strength	Residential Course
26	Forest Bathing	Half Day Workshop
31–2 Feb	Art Journaling	Residential Course

## FEBRUARY

2	Deep Ecology: Imbolc	One Day Workshop
8	Round Willow Basket Weaving	One Day Workshop
8	Life Drawing	One Day Workshop
17	Hawkwood Huddle	Morning Networking Event
20 – 21	Climate Action Lab V	Residential Conference
24 – 28	Gong Initiation	Residential Course

## MARCH

8	Rush Basketry	One Day Workshop
14 – 16	Recorder Weekend with Palisander	Residential Course
16	Mushroom Growing	One Day Workshop
17	Hawkwood Huddle	Morning Networking Event
23	Forest Bathing	Half Day Workshop
24 – 28	Nature and Travel Writing	Residential Course
28 – 30	Hawkwood Experience Weekend	Residential Retreat

## APRIL

4 – 6	Weaving The Line	Residential Course
7 – 10	Radical Love with Satish Kumar	Residential Course
12	Rest & Restore Retreat Day	One Day Workshop
14 – 18	Writing The Middle Section of Your Book	Residential Course
27	Deep Ecology: Beltane	One Day Workshop
28	Hawkwood Huddle	Morning Networking Event

## MAY

10	Introduction to Leatherwork	One Day Workshop
17	Relaxing Through Abstracts	One Day Workshop
18	Forest Bathing	Half Day Workshop
19	Hawkwood Huddle	Morning Networking Event
25	Sketchbooking Your Environment	One Day Workshop
25 – 29	Sound Wisdom Retreat	Residential Course
29 – 1 Jun	Painting and Alchemy	Residential Course
30 – 1 Jun	How to Fall in Love with the Future	Residential Course

## JUNE

1 – 5	Japanese Embroidery	Residential Course
9 – 12	The Emergence Academy: Futures Literacy	Residential Course
16	Hawkwood Huddle	Morning Networking Event
20 – 22	Summer Solstice Restorative Retreat	Residential Course
20 – 22	Positive Ageing	Residential Course
23 – 26	The Art of Invitation	Residential Course
26 – 29	Shrine In The Darkness	Residential Course
30 – 2 July	Climate Action Lab VI	Residential Conference

## JULY

4 – 6	Hawkwood Experience Weekend	Residential Retreat
14 – 18	Writing Retreat	Self Guided Writing Retreat
20	Forest Bathing	Half Day Workshop
21	Hawkwood Huddle	Morning Networking Event

## AUGUST

1 – 10	Gong Master Training	Residential Course
3	Deep Ecology: Lughnasadh	One Day Workshop
11 – 15	Ecological Skills Summer Camp	Residential Course
15 – 17	Dance The Circle Round	Residential Course
18	Hawkwood Huddle	Morning Networking Event
18 – 22	Writing The Body	Residential Course
22 – 24	The Way of Council	Residential Course
29	Classical Guitar Concert with Craig Ogden	Evening Event
29 – 31	Classical Guitar Masterclass	Residential Course
29 – 31	Hawkwood Experience Weekend	Residential Retreat

## SEPTEMBER

1 – 4	Songwriting Retreat	Residential Course
1 – 5	Finishing Your Novel	Residential Course
5 – 7	Japanese Woodblock Printing	Residential Course
5 – 7	Rest and Restore Yoga Retreat	Residential Course
13	Portraiture	One Day Workshop
14 – 18	Japanese Embroidery	Residential Course
15	Hawkwood Huddle	Morning Networking Event
19	Just Imagine If...	One Day Conference
20	The Art of Good Ancestry	One Day Workshop
21	Forest Bathing	Half Day Workshop
26 – 28	Gavin Carr Choral Weekend	Residential Course
30 – 2 Oct	Beyond A Story Of Separation	Residential Course

## OCTOBER

3 – 5	Ruth White Yoga Retreat	Residential Course
6 – 10	Future Generations with Jane Davidson	Residential Course
10 – 12	Finding Quiet Strength	Residential Course
20	Hawkwood Huddle	Morning Networking Event
20 – 24	Writing from Life	Residential Course
26	Deep Ecology: Samhain	One Day Workshop
31 – 2 Nov	A Weekend with Fretwork	Residential Course

## NOVEMBER

3 – 7	Preparing Your Novel for Submission	Residential Course
8	Introduction to Leatherwork	One Day Workshop
17	Hawkwood Huddle	Morning Networking Event
17 – 21	Further Journeys in Gong Mastery	Residential Course
21 – 23	Winter Rest and Restore Retreat	Residential Course
23	Forest Bathing	Half Day Course
28 – 30	Celtic Myth & Vedic Tradition	Residential Course

## DECEMBER

12 – 14	Preparing Your Christmas Pantry	Residential Course
15	Hawkwood Huddle	Morning Networking Event
19 – 21	Choral Weekend	Residential Course

Feed your curiosity and stay inspired

# Digital Programme and On-Demand Learning

 Online course

## Living Waters

A collaboration with Schumacher Wild featuring: Peter Reason, Freya Mathews, Anne Poelina, Andreas Weber, Sandra Wooltorton, Jacqueline Kurio, Ezekiel Fugate.

8 week online course

See our website for pricing

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We are part of a world that has depth as well as structure, meaning as well as form. During this 8 week online course, we will explore this perspective through a co-operative inquiry with Rivers in the vicinity of participants: if we invoke their living presence, address them as subjective persons, what manner of response might we receive?

 Online course

## The Art of Interconnection

Drew Dellinger

3 week online course

See our website for pricing

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Over this three-week course explore the power of creativity and poetry to connect with ecology and activism.

 Online course

## How to use AI to Match Your Values

Tim Davies

Online action learning group  
See our website for pricing

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Explore how to adopt AI in an ethical way. As part of this action learning group you are invited to talk, share and reflect with others about your successes and learnings over several months.

**Voices That Inspire:** Hawkwood's Digital Series & Learning Hub

- **Conversations that Matter** series on YouTube
- **Stories that Matter** Podcast series
- **Hawkwood-on-Demand;** our online learning platform featuring big ideas and extraordinary guest speakers, Otto Scharmer, Nora Bateson, Daniel Christian Wahl, Rob Hopkins, Manda Scott and many more.

*“Hawkwood is a forward-thinking collaborative organisation embedded in the local community with a growing national & international significance. As a Centre for Future Thinking, it is dynamic, ambitious, collaborative, inclusive and relevant with an environmental ethos at its core.”*

– Simon McBurney, Founder Complicité Theatre

## A Place to Grow

### Onsite and Online Education Programme

Our rich programme of residential courses, one-day workshops and events, as well as our digital courses, covers a wide range of interests and is delivered by experienced tutors. The course content ranges from heritage crafts such as willow basket making, leatherwork, textiles, painting and music-making to personal development, philosophy, communication and life skills. Our work around leadership includes courses on regenerative leadership, change management, futures literacy and systemic practice. Whatever takes your interest, we look forward to welcoming you to Hawkwood.



## A Place to Create

### Residency Programme

We are a cultural hub supporting artistic professionals in partnership with local, regional and national organisations. Since 2016 we have welcomed hundreds of artists to create new work. This programme has national impact across a range of art forms, from visual artists to musicians, writers to theatre practitioners, and composers to puppeteers. This exciting programme is generously supported by The Francis W Reckitt Arts Trust. Regular partners include Strike a Light Gloucester, The Roundhouse, Bristol Old Vic and The Royal Court Theatre. We also have residency programmes for social entrepreneurs and changemakers who are working to transform the world into a more beautiful and sustainable place. As our funded residency programme is oversubscribed, we also offer opportunities for people to book our place as a paying resident, for which we give preferential rates (please enquire).

FOR MORE INFO  
AND HOW TO  
APPLY PLEASE VISIT  
OUR WEBSITE

# A Place to Explore

Our grounds and gardens offer a serene and characterful rural setting which is open to the public all year round. Our sustainably managed land includes an ancient woodland, gardens and a natural spring which provide a perfectly calm environment for rest, learning and connecting with nature. Stroud Community Agriculture has been based at Hawkwood for over 20 years and has pioneered the way for CSAs across the country.

Our outdoor community classroom, built in 2019, is widely used by local community groups. If you'd like to explore the grounds at Hawkwood, then you can pick up a walking map from our office. We welcome on-lead dogs to the grounds.



*Hawkwood has been generously supported by the European Agricultural Fund for Rural Development and DEFRA as well as Cotswolds National Landscape.*



# A Place for Conversation

We provide a place for people to come together to question and debate the future of our rapidly changing world. We showcase topics ranging from sustainable food models to climate change; from new forms of organisational leadership to health and wellbeing. We are associated with innovative thinkers and organisations such as the RSA.

Catch up on our digital series "Stories that Matter" and "Conversations that Matter" in which changemakers, thinkers and innovators discuss the stories that have influenced them, their visions for the future and the actions they are taking to change the world.



# Did you know you can stay with us?

Why not extend your course stay, book a family holiday or bring a friend and introduce them to the tranquillity of our house and grounds? We have a total of 27 bedrooms in the main house, accommodating up to 48 guests with stunning views across the grounds and valley as well as our self contained lodge.



## B&B

**Stay in our Grade II listed estate** and enjoy our simple, comfortable and affordable rooms.

**Stay in our self-contained idyllic 19th Century refurbished cottage** comprising of 2 bedrooms, living room with a wood-burning stove, a quaint kitchen, bathroom and private, sizeable garden. A perfect family getaway.

There is so much to experience during your visit; explore our grounds from our giant sycamore tree to the Woodland Sanctuary for meditation. We offer a fully catered residential stay and are known for our sustainably sourced, biodynamically grown produce, expertly prepared by our chefs to create nourishing meals.

## Venue Hire

**Are you looking for a place for grounding and focus for you and your team in a unique setting?** Hold a work conference, meeting or team building day with us! With 7 conference rooms and outdoor classrooms, rewild yourself and your team and take a breather in an inspiring setting. We can tailor your day delegate package to suit your requirements.

[hawkwoodcollege.co.uk/venue-hire](http://hawkwoodcollege.co.uk/venue-hire)

For venue hire enquiries contact [venue@hawkwoodcollege.co.uk](mailto:venue@hawkwoodcollege.co.uk)  
for B&B enquires contact Cathy [info@hawkwoodcollege.co.uk](mailto:info@hawkwoodcollege.co.uk)  
or visit [hawkwoodcollege.co.uk/venue-hire](http://hawkwoodcollege.co.uk/venue-hire)



# SUPPORT HAWKWOOD

*As we reflect on our journey – our history, evolution, challenges and accomplishments, we are looking forward to what we must do to ensure that this special place that so many people love, remains open to all for the foreseeable future.*

However, we can't do it alone; we need your help to raise funds to support our development plans. We're working hard in our efforts to reduce our carbon footprint and maintain and refresh our place. We are building our engagement with changemakers and creatives from across our network - locally, nationally, and beyond. More than ever, we want to be here to help people realise their full potential, grow creatively, and work together to ensure the future of our planet.

If you have enjoyed your time at Hawkwood, your contribution could help others benefit from this nurturing, vibrant place. There are three ways you can make a difference;

1. Make a Monthly Donation and become a "Friend of Hawkwood"
2. Make a Single Donation each time you visit, book a course or attend an event
3. Volunteer, get involved, spread the word and contribute to building our programme
4. Make a lasting legacy: leave a gift in your will to Hawkwood

Stay up to date with our fundraising campaigns through our website or subscribe to our mailing list to get information on how you can support our work throughout the year.

Your support matters. Each and every contribution makes a difference. To discuss your support please get in touch with Alicia Carey: [supportus@hawkwoodcollege.co.uk](mailto:supportus@hawkwoodcollege.co.uk)

[hawkwoodcollege.co.uk](http://hawkwoodcollege.co.uk) | 01453 759034

\*If you are a UK taxpayer, you can make all of your donations go even further with Gift Aid.  
Charity number: 311767



# HAWKWOOD

centre for future thinking

Inspiring creativity, leadership, wellbeing,  
and sustainability for a better future.

*Hawkwood is an arts and education charity set in a sustainably run estate. We bring together people and organisations from many backgrounds in support of creative endeavour, a flourishing community and a sustainable environment.*

**OUR PLACE** Hawkwood is a stunning Grade II listed 19th Century country house, surrounded by 42 acres of sustainably managed woodland, farmland and gardens. We offer packages to suit any group from 6 to 100 people, tailored to meet your needs. Our venue provides a beautiful setting to relax, explore, and learn.

**OUR PROGRAMME** We provide a rich and varied programme that welcomes high profile, exceptional leaders and tutors to run courses in the arts, music, wellbeing, future thinking, as well as day courses and talks, films and concerts.

## CONTACT US

Hawkwood  
Painswick Old Road  
Stroud  
GL6 7QW

**GET INVOLVED** You can also get involved in our renowned artist and changemaker residency programme, volunteer or simply come and stay in our welcoming surroundings and enjoy our home cooked delicious organic food.

**FOLLOW US** To keep up to date with what's happening at Hawkwood you can find us online, sign up to our newsletter or search for Hawkwood CFT on the platforms below:.



01453 759034

info@hawkwoodcollege.co.uk  
hawkwoodcollege.co.uk

**What3Words:** stretch.cycles.motoring

- Visit our website or call to book your place on a course or event.
- Prices i.e £230/£450/£560 refer to non-residential/shared/single occupancy options.
- You can add donations to our charity with your bookings.