

network news

a guide to inspiring events in north wales



summit to sea rewilding ~ all money is local ~ selenite: a crystal for january
extinction rebellion: on a rap and a prayer ~ friday is a good day to strike
exhibitions ~ workshops ~ festivals ~ groups

Network News

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in North Wales

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January 2019

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www.femkevangent.nl

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Welcome to the January Network News. Fem's cover celebrates the stars of 2019 - who will they be? We don't mean "winners" - because that always implies "losers"; we just mean souls who are shining so brightly that those around are warmed and illuminated!

At COP24 there was Greta Thunberg, who has transformed her Asperger's syndrome diagnosis into a powerful tool to help release the inhabitants of this suffocating world from our addictions. "I see things in black and white", she explained. As a result of her "way of seeing", it felt as though Greta was simply telling the truth rather than preaching. That her family had travelled for 2 days to Poland in an electric car was not a lofty insult to flyers or SUV owners, just as her veganism was not an attack on meat-eaters. It was simply the necessary response to what she had learnt and observed. *See p.4*

Her approach was a lesson in nonviolence - which is so much more than avoiding physical aggression. It is also learning to avoid coercion of every kind. Exaggerating statistics, manipulating emotions and shaming others are all attempts to change people by force. It may be a quick fix, but it never works in the long term.

Whatever enlightened ideas we now happen to hold probably did not arise in us because someone shouted slogans at us, or chained themselves to our front door, or taunted us on social media. They probably arose in us slowly and quietly, through a wise, caring friend, or from a book, or from witnessing suffering. As Martin Luther King put it: "*Hate cannot drive out hate; only love can do that*".

It is calm truthfulness, consistency, good humour and, above all, our mindful *presence* - even in the face of desperate circumstances - that will heal the difficult and destructive divisions between us.

Blessings to all beings



Friday Is A Good Day To Strike

Extracts from **Democracy NOW!** interview with Greta Thunberg & her father Svante at COP24
Amy Goodman

AMY GOODMAN: *Greta, how long have you studied the issue?*

GRETA THUNBERG: I started reading about the climate crisis when I was maybe 9 years old. In school, my teachers, they told me about it. And I thought that it was very strange that humans, who are an animal species among others, could be capable of changing the Earth's climate, because if that was the case and if it was really happening, we wouldn't be talking about anything else, it would be our first priority. But no one ever even mentions it. So I started reading about it. And the more I read about it, the more I understood it. And once you fully understand what it means, you can never go back.

AMY: *So, it's interesting you are sitting in front of the Swedish parliament every day for three weeks, considering most people think of Sweden as one of the most progressive when it comes to climate change.*

GRETA: Yeah. We have a reputation of being very, very green, but Sweden is one of the top 10 countries in the world with the highest ecological footprint per capita. And we have very high emissions per capita. And so, we are not a role model.

AMY: *The emissions have actually gone up in the last year?*

GRETA: Yeah. We have just moved them overseas. Our emissions in the country may have reduced, but we have moved our emissions overseas. We let other countries produce the stuff we consume.

AMY: *Svante, how has your daughter changed you?*



SVANTE THUNBERG: Oh, in every possible way, I'd say. It started maybe four years ago. She was very sort of—she got herself in a position where she was learning a lot about the climate change. And she was finding out that everyone was saying one thing and doing the exact other thing. And that, she could not cope with. So, she fell into a depression. She stopped eating, stopped talking. And she fell out of school

and stayed at home for almost a year. And my wife and I sort of—we stayed at home with her, of course, and we did everything—I stopped working completely, and we spent, you know, all our time with her.

AMY: *So, Greta, can you talk about that time—it sounds extremely painful—a few years ago when you stopped talking and stopped eating?*

GRETA: Yes. I became very depressed. I didn't see any point of living, because everything was just so wrong. And I kind of saw - because I have Asperger's syndrome, so I work a bit different. I see things black and white. And so, I guess I saw the world from a different perspective. So I saw what was wrong with the world. And I—

AMY: *What does it mean to have Asperger's syndrome?*

GRETA: That my brain works a bit different. And I usually don't enjoy participating in the social game that the rest of you seem so fond of. And I don't like lying. And I see things black or white.

AMY: *Svante, what did this mean for you?*

SVANTE: She made us realise that we

were these parents standing up for human rights and refugees and right and wrong and all these things. And we were really fighting for that. And then she said, you know, “Whose human rights are you standing up for?” My wife, for instance, went to Japan to perform but when she got home Greta worked out how many tons of carbon dioxide she had spent on that, and how many people’s carbon budget - living in West Africa, for instance. So, she basically confronted us with that. You know, “Whose human rights are you standing up for, when you are draining the world’s resources, the functioning atmosphere, for instance?” And so we realised, in the end, after a couple of years of her going on about it, that we had to change. You know, we had to stop doing these things. And that had an enormous effect. It made Greta much more happy.

AMY: *So, what made you decide to start eating again and start talking, Greta?*

GRETA: I guess I thought that I could do so much with my life. What is the point of feeling like this when I could actually do something good?

AMY: *And how has it changed the way you parent, Svante?*

SVANTE: My wife gave up her international opera career. She’s working out of Sweden now instead. And that was a big change for us. And obviously it’s changed a great many other sort of things. I had to go vegan. First vegetarian, then I had to go vegan. And I do miss the cheese, I must confess.

AMY: *So what did it mean to you to give up meat? And then—*

SVANTE: Nothing.

AMY: *And then cheese and dairy?*

SVANTE: Nothing. It meant nothing. I mean, in the end, you know, we’re facing a dire catastrophe. But I just didn’t realise.

AMY: *What did it mean to you that your*

parents became vegan? Is your mother also a vegan, Greta?

GRETA: Yeah, she tries!

AMY: *So what did that mean to you, how you changed your parents?*

GRETA: It meant that they were actually listening to what I was saying. And that was good to feel that someone is listening.

AMY: *I’d like to ask you that question, this whole issue of climate equity.*

GRETA: Since we have higher emissions per capita, we must reduce emissions more. And since we already have all of the infrastructure and everything that we need, we need to reduce our emissions much more, so that the developing countries can have a chance to build some of that infrastructure and so that the people there can have a chance to heighten their standard of living.

AMY: *You are both the descendants of Svante Arrhenius, the Nobel Prize-winning scientist, who first calculated the greenhouse effect caused by carbon dioxide emissions in 1896, known to some as the “father of climate change science.” Svante, you were named after him?*

SVANTE: Yes, I was. My family named me after him because they thought that was very important. But the fact is, they didn’t have a clue why he got the Nobel Prize! You know, he was just a Nobel Prize winner.



GRETA: They just thought it was nice!

AMY: *Greta, you are protesting every Friday outside the Swedish parliament now, from every weekday to just Fridays. Why Fridays?*

GRETA: Why not? Fridays are good days. Friday is a good day to strike.

www.democracynow.org
@GretaThunberg

Extinction Rebellion: On A Rap And A Prayer

Eric Maddern

When he was recently arrested on the first Extinction Rebellion event in Parliament Square, Donnachadh McCarthy ended up giving an impromptu seminar on eco-building to his two arresting officers. For they were both, it so happened, interested in sustainable architecture and Donnachadh runs an eco-audit business and lives in a 'carbon negative retro eco-house'. Before leaving he gave them his card, winked and said: 'I won't charge you if you don't charge me!'

For ten years Donnachadh was in the thick of politics as vice-chair of the Lib Dems. He was so horrified to discover how politicians right across the board are so often under the sway of those who have money that he wrote a book about it, *The Prostitute State*. www.theprostitutestate.co.uk

In the book he reveals the corrupted political system, prostituted media, hijacked academia and criminal tax-haven system that he has seen first hand. It's highly recommended.

Donnachadh, an ex-ballet dancer and dedicated environmental activist, came to Cae Mabon a couple of times this year. Each time he helped on the work at Dinas Emrys and each time we did a simple ceremony there, tapping into the wave of rising dragon energy. First we sent out prayers to more than thirty named owners of the global mass media, that they awaken to the seriousness of climate change. Second we prayed that the coming launch of Extinction Rebellion (XR)

would be successful and that people would be unharmed.

Donnachadh invited Angharad and I to come to London the night before the XR launch event to meditate on those same



things at the foot of Gandhi's statue in Parliament Square. He wanted us to bring some mythic power from the mountains and the old gods and goddesses. So we went, and on the Friday night joined a group of thirty people

meeting on that hallowed spot both in pregnant silence and passionate speech. It seemed we were helping to provide a spiritual underpinning to what would be a significant non-violent direct action on climate change the following day.

About six thousand people turned out and blocked the five main bridges in central London – from Southwark to Lambeth – for several hours. It was the largest such action for many decades. We started off on Westminster Bridge. It seemed a good time to bring out my 'Climate Rap' song, written in 2007 but not performed for many years. So for the previous 24 hours I'd kept running through the lyrics in my head to make sure I didn't forget them. I got a turn up there with the microphone, not long after 'Seize the Day' had done a song. A big film camera was whirring away nearby.

Angharad was by now on Southwark Bridge. We decided to meet on Blackfriars. So after my spot under Big Ben I scooted off down river, cutting across Waterloo Bridge en route. There I ran into two good

friends, Justin and Eva. When I told them I'd just done Climate Rap and Justin said, 'that's what we need here'. In a few minutes I was up on the soapbox speaking into a megaphone. The second 'Climate Rap' of the Day. Then I was off to Blackfriars Bridge. George Monbiot was speaking as I arrived. Angharad and I met up then I joined the rather long queue of people waiting to speak or perform. After all, the best things do happen in threes! This time Angharad was on hand with her camera to record doing my thing for... Facebook! **(Now on YouTube: "IMG 0182")**

There's much more that could be said on Extinction Rebellion and Climate Change, but that will have to wait for another day.

Eric Maddern is an Australian-born storyteller, writer, singer-songwriter and founder of the beloved Cae Mabon Retreat in Snowdonia.

www.caemabon.co.uk

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07814 959613
pip@pipbondy.com

Healing For Wellbeing

2nd Wed/month 6 - 9.30pm

Hands on Healing provided by Christine and Larry. Healing is a relaxing form of complementary therapy which can be helpful for chronic pain, back pain, stress and much more.

Healing is used in the NHS. No fee, donations welcome, could travel.

Llaingoch Village Hall, South Stack Rd., Holyhead LL65 1NF. 07831 389904, mamahlaryea2003@yahoo.co.uk

New Year Yoga Days with Claire

Feeling sluggish and stagnant this Winter? Get your circulation going at these yoga days in Holyhead. Taught in a heated environment you can expect to sweat and get your blood moving. Perfect for setting your intentions in a good way at the start of 2019.

January Yoga Day: Find Your Inner Fire

Yoga workshops for beginners and improvers. Focus on lifting your energy and feeling great.

Saturday 19th January 10am-12.30 & 1.30-4pm
£25 for one workshop, £45 for both

Mini-retreat: Self-Care Saturday

Nurture yourself with yoga in the morning, healthy lunch and lots of self-care inspiration.

Saturday 9th February 10am-5pm
£70 (£60 earlybird before 1st Jan)

To book call Claire on **07970 409 724**
or visit www.inspiratrix.co.uk



Summit To Sea Rewilding

Rebecca Wrigley

Rewilding Britain's first project in mid-Wales aims to show there can be a different future for the land and sea, that works for both people and nature.

Summit to Sea ~ O'r Mynydd i'r Môr is an initiative to restore flourishing ecosystems and a resilient local economy, on a scale never before seen in Britain.

The project will bring together one continuous, nature-rich area, stretching from the

Pumlumon massif - the highest area in mid-Wales - down through wooded

valleys to the Dyfi estuary and out into Cardigan Bay. Within five years it will comprise at least 10,000 hectares of land and 28,400 hectares of sea.

Summit to Sea will involve:

- * restoring natural processes that provide the ecological functions on which we all depend
- * bringing communities together to create a shared vision for the future
- * supporting the local economy to diversify and establish new nature-based enterprises.

This will result in more opportunities for communities and visitors to mid-Wales to reconnect with the rich natural and cultural heritage of the area.

From shaping the founding principles of the NHS to inventing technologies that have spread across the world, Wales has a long history of leading the way with new ideas.

In the sixteenth century, mathematician Robert Recorde published a book

featuring the first use of the equals (=) sign. It's now the universal symbol of balance.

Summit to Sea is an opportunity for the communities of mid-Wales to find a new sense of balance, between human enterprise and the rest of nature. A

successful bid to the *Endangered Landscapes Programme* means that £3.4 million of funding is secured for **Summit to Sea** over five years. This is new money, from outside Wales. It will support a

significant, sustained effort to create new opportunities in the project area, and infrastructure to deliver change into the future.

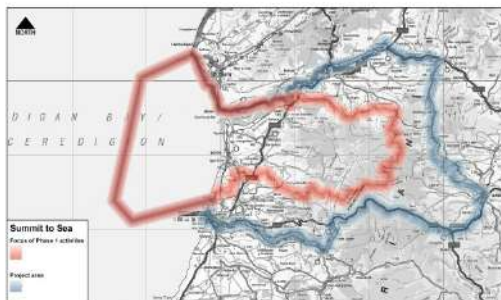
A vision of this scale requires a coordinated effort between landowners, communities, farmers, fishers, foresters, public bodies, NGOs, businesses and relevant experts.

A locally-led **Summit to Sea** partnership is being established to co-manage the project with a legal entity that allows for revenue and other benefits to be shared.

Local people - stewards of the land and sea, and the wider community - will play an integral part in shaping and co-designing the project. With funding secured, we are now hiring a project director and planning a series of studies and engagement activities across the project area.

Rebecca Wrigley is the Chief Executive of Rewilding Britain

www.summit2sea.wales



In This Section: Calendar ~ Workshops ~ Exhibitions ~ Groups

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DISABILITY ARTS CYMRU Annual Poetry Competition now open! DAC invite you to submit work that is in response to the theme of "On The Edge". We want to reflect the feelings of our DAC members about this broad theme which is open to their own interpretation. **CLOSING DATE FOR ENTRIES 21st JANUARY 2019.** More from: 02920 551 040, post@dacymru.com disabilityartscymru.co.uk

SAORIMOR WEAVING
Talks, demonstrations and workshops, with Mihoko. See Calendar on 11th, 12th, 14th & 15th, held in Bangor.



NARCOTICS ANONYMOUS 'Guiding Principles'
Meets Thursdays 5.30 - 6.30pm, Parlwr Bach room, side entrance, wheelchair accessible. Free to attend, and open to anyone who feels they may have a problem with drugs, is in recovery, or is interested in recovery. Held at Dragon Theatre, Jubilee Rd, Barmouth, LL42 1EF. For more information on NA, please see www.ukna.org, to speak to someone who's been there, free UK Helpline 0845 3733366. See Calendar.

TOUCHING SYRIA 'Creating a different vision of Syria through culture in Wales'. A day of films, music and discussions around art, culture and how war affects this. With Syrian and Welsh artists, held at Pontio, Bangor, 19th January - see Calendar and Exhibitions.



NATURALLY BOSS RETREATS
Music, Art, Drama and Photography Workshops. "We are committed to offering a series of retreats that provide a true learning experience led both by our dedicated tutors, and participants' own motivations and skills". Held in Penmaenmawr LL34. Find out dates on page 25

LIVING WELL EXPERIENCE Therapeutic bodywork, mindful activities, plant-based food and holistic retailers. Spyce Community Hub, Rhiw Rd., Colwyn Bay. Facebook: of same name

BEGINNERS RUNNING PROGRAMME From 13th January - 2nd March, come join this group to run every week in Penrhyn Castle, Bangor. Contact Run Leader 01248 353084.

CRAFTY RHINO Run a large choice of textile, art and craft workshops throughout January, based in Colwyn Bay. Visit Facebook for workshop info.

JANUARY NOTICEBOARD

WARU 8 Māori women film directors contributed a

short film each to create a narrative about the death of a boy in their community. See 10th

6 PART PERMACULTURE COURSE Starts on 30th January in Llanrhaeadr. Contact Sector39 for more details: sector39.co.uk

CHESTER CND Now meet bi-monthly; and hold a "Silent Vigil Against Arms Sales to Saudi" every month - see Calendar 20th.

HOPE OVER FEAR IN INTERNATIONAL POLITICS A talk and discussion on what can be done to build a just world, with UNA. Held in Bangor University. See 29th - Calendar.

THE BUDDHA WITHIN In this workshop, Kelsang Drima offers a way of seeing the world through the eyes of Buddha. Held in Llandudno. See 19th January in Calendar.

NWWT: PLAST-OFF Remove and recycle plastic from Aberffraw, Ynys Mon. 19th.

FINDING YOUR FEET A Feldenkrais Method Workshop in Llangollen on how to move effectively and efficiently. See 27th.

BIRD WATCH WEEKEND 26th - 28th January. Visit RSPB.org.uk



Whilst putting NN together, over Solstice and Christmas time, we listened to songs and music for hours. One that truly struck a cord was from Peia Luzzi, a songkeeper who draws inspiration from her ancestral roots of Celtic and Old World European folk music: peiasong.com

You can also hear Peia on YouTube -



Blessed we are
to dance on this ground,
The rhythm of saints to carry the sound.
We hold a prayer for the earth,
for the ones yet to come,
'May you walk in beauty and remember your song.'

Remember why you came here,
Remember your life is sacred.

Helena Hawley

Intuitive Vocal Sound Healer,
Channel, Speaker & Authoress



"Helena gives talks on Sound Healing with demonstrations, and audience participation, as well as covering the other kingdoms, such as the animals, angels, trees, fairies etc. illustrated by stories from her own life and experiences."

Published works include *The Other Kingdoms Speak*, *My Inner Life*, *My Spiritual Journal*, *Maria Callas and I* (& sequel), *Helena's Book of Healing*, *Fairies* & *Sasquatch*. Contact:

info@helenahawley.co.uk

www.helenahawley.co.uk

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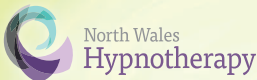
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January Calendar

1st TUESDAY

HAPPY NEW YEAR!

New Year's Day Bird Walk Come birdwatching with a wildlife guide. 1.30 - 3.30pm, RSPB members £4, non-members £6. RSPB Conwy nature reserve, LL31 9XZ. Contact 01492 581025, conwy@rspb.org.uk

RNLI New Year's Sea Dip - Abersoch It's the perfect way to clear your head! All proceeds to RNLI, 12 - 4pm. Abersoch LL53 7AP.

Women's Gathering: Leftovers and New

Beginnings A monthly gathering where women can come together and spend time with each other. Come and be, sit, talk, share, bring your crafts or books or poems, or just chill with others. 12 - 3pm. Follow Your Bliss Café, 307 - 309 High St., Bangor LL57 1UL. Facebook: of same name

Miv & Kev & Dave Live Acoustic trio play music for New Year, 3 - 5.30pm. Bull's Head Hotel, Beaumaris, Anglesey LL58. 01248 810329, bullsheadinn.co.uk

2nd WEDNESDAY

SAORI Weaving Taster Session 1st Weds/month. Half an hour introduction to SAORI freestyle hand weaving, using a SAORI loom and take your weaving home. No experience is necessary and all abilities are catered for. £10 per class including materials. Please book/maximum of six. 6 Swifts Buildings, Bangor LL57 1DQ (opposite Domino's Pizza below the train station). Rosie Green 01248 345325, www.saorimor.co.uk

Vintage Matinee 1st Weds/month. £4 per film or £20 for 10 films. Denbigh Film Club, Theatr Twm o'r Nant, Station Square, Denbigh LL16 3DA. Contact Lillian Jones 01745 813426, denbighfilmclub.co.uk

Birding in Wellies ~ An Autumn Week in Shetland

A presentation by Chris Jones, local birder. 7.30pm, non-members £2, Brambell Building, Bangor University. Visit: birdsin.wales

Premiere: Deian A Loli Two mischievous twins who have superpowers. 12pm, Neuadd Ogwen, Bethesda LL57 3AN. Contact: neuaddogwen.com

St Asaph Reading Group 1st Weds/month, 7.30pm, St. Asaph Library, The Roe, 01745 582253.

Conscious Dance 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspairs@hotmail.com

2nd WEDNESDAY & 3rd THURSDAY

Theatre of War A documentary that reveals the personal stories of British and Argentinean veterans from the Falklands war. Spanish, subtitled. 7pm, £6. Theatr Clwyd, Mold 01352 701521, theatrclwyd.com

3rd THURSDAY

Random Readers 1st Thurs/month. A friendly and relaxed reading group enjoying a good chat about their chosen books. 6-8pm, Rhyl Library, Museum and Art Centre 01745 353814.

Express Lunchtime Yoga Class This class is designed to enable you to practice yoga in the midst of your busy week. 45 minutes that don't take too much time out of the day. 12.30pm - 1.15pm. Source Yoga, 294 Conwy Road, Mochdre, Colwyn Bay LL28 5DS. 07704 437415, cathy-i@hotmail.co.uk

Hiraeth: Transforming through Grief, Loss and Longing A series of talks examining our relationship to place, space and belonging and how that affects our health and wellbeing. Rev Alexandra Wilson is an interfaith minister, end of life doula and griefkeeper, honorary lecturer in Spiritual Care at Bangor University and a specialist in griefwork and ritual including ancestral healing. Today's discussion: *Sorrows of The World: how to find our peace in a turbulent world.* 7 - 8.30pm, £5. Follow Your Bliss Café, 307 - 309 High St., Bangor LL57 1UL, 01248 345495.

Weaving for Health & Wellbeing Evening 1st Thur/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, guidance given. 6.30 - 8.30pm, £25 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor LL57 1DQ (by traffic lights below the train station). 01248 345325, saorimor.co.uk

Narcotics Anonymous 'Guiding Principles' meeting, every Thursday 5.30 - 6.30, Dragon Theatre, Jubilee Rd, Barmouth, LL42 1EF. Parlwr Bach room, side entrance, wheelchair accessible. Free to attend, and open to anyone who feels they may have a problem with drugs, is in recovery, or is interested in recovery. More info: www.ukna.org - to speak to someone who's been there, free UK Helpline 0845 3733366.

NW Arthritis and Chronic Pain Support Group 1st Thurs/month. Helping people living with pain. 6.30 - 8.30pm. Mold Community Hospital, Ash Grove, Mold CH7 1XG. Angela 0844 887 2618, nwcpsg@gmail.com

Gwynedd Astronomy Society 1st Thurs/month, 7.30pm. Arts and Drama Rehearsal Room, Bangor University. Parking is available directly outside the main entrance. Davyth Fear 01286 672882.



Prestatyn Reading Group 1st Thurs/month, 2pm, Prestatyn Library, King's Ave 01745 854841.

Llangollen Friends of the Earth 1st Thurs/month; venue varies so call or text 07525 016504, info@llangollenfoe.org.uk

4th FRIDAY

NWWT: Amphibians in NE Wales Mandy Cartwright from Amphibian and Reptile Conservation will talk about the habitat requirements and conservation of our native amphibians. No dogs. 7pm, £2, to include refreshments. Maes Esgob Community Centre, Dyserth, LL18 6HB. Mark J D Hughes, 07800 771570, mjdughes1108@gmail.com

Llangollen Reading Group 1st Fri/month, 7pm, Castle St, 01978 869600.

New Year Gala Concert with NEW Sinfonia playing waltzes and polkas. Elgan Llŷr Thomas sings. £15, £12.50 concs., £4 students & U18s. St Asaph Cathedral, Denbighshire LL17 0RL. Contact 01745 582929, 07725 050510.

5th SATURDAY

Eleri Mills ~ Talk To coincide with the *Indian Threads*, exhibition artist Eleri Mills gives an illustrated talk about her experience of India, followed by a walk and talk in Gallery 1 - 2pm, £5. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

New Year's Intention Setting Be good to yourself! An afternoon of detoxing flow and restorative Yoga. Yoga offers up the setting of a San Kalpha as an alternative. A San Kalpha is a personal vow and commitment to ourselves that connects us with our deepest wish and purpose. 2 - 5pm, £22/£24. Source Yoga, 294 Conwy Rd., Mochdre, Colwyn Bay LL28 5DS. Bookings: sourceyoga.bookwhen.com

Where The Poetry's At Join former Young Person's Laureate for Wales, Martin Daws, for monthly spoken word sessions. 1.30pm, free. For 12 - 19 year olds. Venue Cymru, Llandudno. Bookings: youngcreatives@venuecymru.co.uk

Crafty Rhino Open Day For crafters this is your chance to meet the course leaders and artists and see their work, explore the courses, workshops, and groups available; and book onto any that you fancy. 12 - 4pm. Crafty Rhino, 48 Conway Rd., Colwyn Bay LL29 7LD. Facebook: of same name

Story Circle For 7 - 12 year olds, free. Come along if you love storytelling and listening to others' tales. 1.30pm, Venue Cymru, Llandudno. Bookings: youngcreatives@venuecymru.co.uk

Mamma Mia! Here We Go Again (PG) Film. 7 for 7.30pm, £4, available from The Blue Bell Inn. Halkyn Mountain Cinema, Halkyn Library, Holywell, CH8 8BU. Visit: mountaincinema.org.uk

André Rieu 2019 New Year's Concert screened from Sydney. An evening of music and dance featuring world class sopranos, the platin tenors and plenty of surprises. 7pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org *Also* Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com *Also*: Pontio, Bangor 01248 382828, pontio.co.uk

5th SATURDAY - 12th SATURDAY

7 Day Mindfulness Teacher Training Retreat (level 2) This seven-day training retreat is an opportunity to deepen and develop the skills and knowledge involved in teaching mindfulness-based approaches. Our time will be spent together in silence, in small and large group reflection as we learn interactively, through our individual and collective experience. Held at Trigonos, Nantlle. Bookings, fees and accommodation costs from the Mindfulness Network: teach-mindfulness.org

6th SUNDAY

New Moon in Capricorn 1.28am

Reiki Get Together and Share with Viv Candlish. All previous students welcome. Lunch at 1pm; Reiki Share 2pm, 8 Fron Ogwen, Tregarth LL57 4NP. 01248 601388, 07771 280824. *See ad on page 32.*

Sacred Circle Dance 1st Sun/month, 2 - 4pm, Rhosesmor Village Hall. Led by Helen Newton and Sue Bates. Contact helen@soul-life.co.uk

André Rieu *See 5th*

Clybod Acoustic Club Meets 1st Sun/month. 2pm, open to all musical abilities and styles of music - no electricity connecting! Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Green Woodworking 1st Sun/month. Everyone welcome to our mostly social occasion; food to share, mulled drink, cake and soup. From 10am - 4pm. Eternal Forest, Boduan, Pwllheli. 01758 612006, 07968 167204, eternalforest.org

Big Allotment Growing Day An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Fferm Frwythau/Gift Economy, or wellhealthcooperative@googlemail.com

7th MONDAY

Flow Yoga With Ceri Poppins, 10.30am - 12pm. Follow Your Bliss Café, 307 - 309 High St., Bangor. Contact FYB Café 01248 345495.

Beicio Bangor Meets 1st Mon/month. We campaign on cycling issues affecting Bangor and the travel-to-work area around. All welcome, 7pm, £5 per annum. Basement Fat Café, High Street, Bangor. Details: beiciobangor.org.uk



Wildlife Gardening Whether you are completely new to gardening or have years of experience, whether you can spare one day each month or one day every week, we need you! 10am, Ty Hyll, Snowdonia Society 01286 685498, tyhyll@snowdonia-society.org.uk

Seriously Books 2nd Mon/month. Want somewhere to discuss literary classics: past, present and future? Here you'll find a warm welcome and intelligent discussion that ranges from the light-hearted to the challenging. Gladstone's Library, Hawarden. Contact Louisa Yates louisa.yates@gladlib.org

Prestatyn Reading Group 2nd Mon/month, 6pm, Prestatyn Library, King's Ave 01745 854841.

Gong Bath Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7.30pm, £13. Canolfan Thomas Telford Centre, Mona Rd, Menai Bridge LL59 5EA. (opp Waitrose). Steph Healy 07534 118899, puresound.org.uk

Three Identical Strangers (12A) Film; based on a true story. 1980, triplets adopted out individually, were accidentally and ecstatically reunited by an extraordinary quirk of fate. 8.30pm, £5. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Peterloo (12A) Film. An epic portrayal of the events surrounding the infamous 1819 Peterloo Massacre, where a peaceful pro-democracy rally at St Peter's Field in Manchester turned into one of the bloodiest and most notorious episodes in British history. 7.30pm, £6.50. Venue Cymru, Llandudno. 01492 872000, venuecymru.co.uk

7th MONDAY - 12th SATURDAY

Food Production and Consumption During the week we will take you on a world view of global and local trends in food production, diet and health, and will examine the interplay of climate change, economics, legislation, labour issues, poverty, technology and consumer behaviour on the production and consumption of food. Waged £700, low waged/concs £625. CAT, Machynlleth, 01654 704966, cat.org.uk

8th TUESDAY

Sacred Song Harmony songs from various spiritual traditions and none, including Taize, Iona, Findhorn and Harmonic Temple. Open to anyone who enjoys singing meaningful songs with others. 10am - 1pm, £15, £10, £5. Held at Wesley Church Centre, St John St, Chester. Contact Ella 07922 620503 ellaspairs@hotmail.com

Conwy County Peace Group (We usually meet 1st Tues/month) At 7pm in Centre for Cultural Engagement, 10 Greenfield Rd Colwyn Bay LL29 8EL. Contact secretary Efa Wulle: conwypeace@gmail.com or donsandersopt@aol.com (chair)



Theosophical Society, Bangor AGM 7.30pm. Held at Hirael Community Centre, Ambrose St., Bangor. Enquiries: Toddy (Chair/Sec.) 01248 600267, toddyalc@gmail.com

Gong Bath Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £13. Memorial Hall, Penmorfa, Porthmadog LL49 9RY. Steph Healy 07534 118899, puresound.org.uk

Cylch Gitar Gogledd Cymru/ North Wales Guitar Circle 2nd Tues/month. All styles of acoustic guitarists - from non players to professional (non vocal). 7.45pm, £1 per person. Anglesey Arms Hotel, Menai Bridge. Jane and Dave Sinnett 01407 831480, jane.sinnett@btinternet.com ~ Facebook: northwalesguitarcircle

Cygnus Café in Chester An opportunity to join like-minded people to discuss and explore spirituality, well-being, holistic therapies, transformation, community, ecology and much more. For those who are not familiar with Cygnus Review, it offers books, CDs, reviews, articles to uplift and inspire you on your path of self-discovery. 11am - 1pm, The Lodge Café, Grosvenor Park, Chester. Lynn Alexander 01244 951753, lynnaalexander@talktalk.net

The Yukon Assignment (PG) Chris Lucas (34) and his actor father Niall (64) explore one of the Earth's last wildernesses and the story of how adventure can sometimes bring us together, irrespective of age. 8.30pm, £5. Galerica, Caernarfon 01286 685222, galericaernarfon.com

Aurore (I Got Life!) (15) Film. Aurore loses her job and is soon to become a grandmother; where does this leave her with love, sex, age, race and gender.. French, subtitled. Chester Film Society. Preceded by short film Celebrating Votes for Women: Vote 100 Born A Rebel. 7 for 7.30pm start. St Mary's Creative Space, Chester CH1 2DW. Visit: chesterfilmfans.co.uk

8th TUESDAY - 19th MARCH, TUESDAY

Printmaking: Introduction & Refresher Workshops

This is a 10 week workshop for anyone who would like to try printmaking for the first time or refresh their printmaking skills in a professional studio environment. 6 - 8pm, £120 includes all materials. Regional Print Centre, Ty Pawb, Wrexham LL13 8BB. Contact: printcentre@cambria.ac.uk

9th WEDNESDAY

Footpath Maintenance 10am. Come and help us maintain the Mawddach Trail, a footpath that needs a bit of volunteer TLC. This stunning 15km trail stretches from Dolgellau to Barmouth along the Mawddach estuary. Booking essential, free transport from Bangor and Caernarfon. Snowdonia Society, Owain 01286 685498, owain@snowdonia-society.org.uk

Conscious Dance 1st & 2nd Weds/month. Bringing awareness to all that is within us; in body, heart and mind, and giving it expression in movement. Drop-in. Suitable for all levels of fitness and experience. 7 - 9pm, £10, £8, £5. The Little Theatre, Gloucester St., Chester CH1 3HR. Ella Speirs 07922 620503, ellaspairs@hotmail.com

New Year Detox Yoga practices, a hands-on workshop, a talk on the detox protocol and scrumptious nutritious food. You will leave the days feeling more energised and with all the resources to begin your detox. You can choose to start the detox at any time or never at all, this will still be a wonderful day out. 10am - 5pm, £90. The Outbuildings, Llangaffo, Anglesey LL60 6NH. Wild Wales: info@wildwalesretreats.com

Freehand Machine Embroidery for Beginners Bring your underused sewing machine to this series of workshops to discover what fabulous works of art you can create with it. Vicky will be your Course Leader and she will show you how to get started with freehand machine embroidery. 7 - 9pm, Crafty Rhino, Colwyn Bay. Tickets: billetto.co.uk

Women in Business North Wales An interactive, motivating event to launch your goals for what promises to be your year; with speakers, trade stands, support and guidance. 7 for 7.30pm start, £10, refreshments included. Llandudno Bay Hotel, East Parade, Llandudno LL30 1BE. Visit: networkshe.co.uk

Healing For Wellbeing 2nd Wed/month, 6 - 9.30pm. Hands on Healing provided by Christine and Larry. Healing is a relaxing form of complementary therapy which can be helpful for chronic pain, back pain, stress and much more. Healing is used in the NHS. No fee, donations welcome. Llaingoch Village Hall, South Stack Rd., Holyhead LL65 1NF. 07831 389904, mamahlaryea2003@yahoo.co.uk

Birding Northern Peru Presentation by Henry Cook, local birder. 7.30pm, non-members £2, Brambell Building, Bangor University. Visit: birdsin.wales

Circle Dance 2nd Weds/month. A relaxing afternoon with a welcoming group. No experience or partner needed. 2-4pm, Old Colwyn Methodist Church Hall. Janice 01492 545587 / Susan 01352 219464.

Don't Look Now (15) Film. Chilly, wintery mysteriousness in Venice. 8.15pm, £7.50 standard, £6.50 over 60, £6 student, £5.50 U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Cybi Poets Meets last Fri/month to read and share poetry. 7.30pm, free. Iorwerth Arms, Bryngwran, Holyhead. Contact Karen 07929 069235.

Ruthin Reading Group 2nd Weds/month, 7.30pm, Ruthin Library, 01824 705274.

Llandudno and District Writers Group This month we discuss: *Bethan Gwanas - Using the Senses: Touch and Smell*. 2pm, all welcome! Llandudno Public Library. llandudno.writers@aol.co.uk/Gavin Pike

Friends of the Earth Conwy Meet 2nd Weds/month in the rear room of the Albion Ale House, Upper Gate St., Conwy LL32 8RF. We would love to have some new members to help with our campaigns, currently focusing on reducing plastic use locally and raising awareness of climate change issues. Contact Kay 07918 663640, kaypitt40@gmail.com

9th WEDNESDAY & 10th THURSDAY

The Nutcraker and The Four Realms (PG) Film. A one-of-a-kind key will unlock a box that holds a priceless gift. 7.30pm, £5.50, U15s £4.50. Venue Cymru, Llandudno.01492 872000, venuecymru.co.uk

Free Solo Follow the first person ever to free solo climb Yosemite's 3,000 ft high El Capitan Wall. No ropes, no safety gear! 7pm, £6. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywd.com

10th THURSDAY

Tai Chi Workshops for Adults Suitable for beginners, led by Henry Shallcross, wear comfortable clothing. 10 - 11am, £5. The LookOut - RSPB Conwy, LL31 8XZ. Contact 07563 085945, conwy@rspb.org.uk

Olwyn Llŷw ~ Colour Wheel Artist and tutor Jwls Williams will be leading and supporting the monthly sessions where beginners and creatives who wish to gain new skills and experiment with new materials. Today: Mark-making. 10.30am, 16+ yrs, £10 per session or £32 for all 4. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Hiraeth: Transforming through Grief, Loss and Longing A series of talks examining our relationship to place, space and belonging and how that affects our health and wellbeing. Rev Alexandra Wilson is an interfaith minister, end of life doula and griefkeeper, honorary lecturer in Spiritual Care at Bangor University and a specialist in griefwork and ritual including ancestral healing. Today's discussion: *Death Consciousness: how contemplating death brings us most fully to life*. 7 - 8.30pm, £5. Follow Your Bliss Café, 307 - 309 High St., Bangor LL57 1UL. 01248 345495.

Narcotics Anonymous See 3rd

Waru (15) Film. Eight female Māori directors have each contributed a ten minute vignette to form a narrative that weaves around the death of a young boy in a Māori community. Waru means 8 in Maori. 8.30pm, £5. Galeri, Caernarfon 01286 685222, galericaernarfon.com

10th THURSDAY - 14th MONDAY

New Year Walking An opportunity to discover the heritage of Snowdonia National Park through a series of walks to appreciate the unique qualities of its landscapes and find out more about the natural environment and explore the history of the area. £396 - £434. Plas Tan y Bwlch, Maentwrog 01766 772600, eryri-npa.gov.uk

11th FRIDAY

Tulip Fever (15) An artist falls for a young married woman while he's commissioned to paint her portrait. 7pm, £6, £5. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywd.com

Medicine Dance Come and dance to a different beat - your own internal beat. Medicine Dance is about following your flow, listening to what your body needs, coming out of your head and into the rich creative realm of the present moment. 7pm start. £10. Probably in Mynydd Llandegai, Bangor but for confirmation details of venue keep in touch with Facebook link: Medicine Dance

The Breadwinner (12) Animated film. 11 year old girl grows up in Taliban-controlled Kabul, who pretends to be a boy to earn money. 7.30pm, £8, £6 concs., New Dot Cinema, Llangollen Town Hall, Castle St., LL20 8PU. Visit: newdotcinema.org

Untouchable (15) Film; a quadriplegic millionaire interviews candidates for the position of his carer. 7 for 7.30pm start. Denbigh Film Club, Theatr Twm o'r Nant, Station Square, Denbigh LL16 3DA. Contact Lilian Jones 01745 813426, denbighfilmclub.couk

SAORImor Weaving Workshop with Mihoko 2pm, £45, SAORImor, 6 Swifts Buildings, off High St., Bangor LL57 1DQ. 01248 345325, saorimor.org

Ynys Mon/Anglesey U3A Meeting A talk on "Frozen World of the Antartctic and Articles of Pack Ice", with Prof. David Thomas, Chair of Marine Biology, School of Ocean Sciences. 10.30am, £1. (Annual membership is £6), Trearddur Bay Village Hall, Anglesey. More info: u3asites.org.uk

The Old Man and The Gun (12A) Film. True story of Forrest Tucker who confounded the authorities with audacious heists. 5.30 & 8.15pm, £6.25, £5.25. Neaudd Dwyfor, Pwllheli 01758 704088, neuauddwyfor.com

11th FRIDAY - 13th SUNDAY

Yoga & Fitness Weekend This retreat has been created to give you the tools you need to reshape not just your body but your mind too. Start to feel inspired about your daily yoga practise and exercise routine, get motivated to eat well and be positive about your hopes, dreams and aspirations for the future. £430 - £570. Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk Also 25th - 27th

12th SATURDAY

New Beginnings - Open Floor Conscious Dance As we enter a new year, this workshop will be an opportunity to explore what we're moving away from and what we're moving towards in our lives right now. We'll practice embodying different forms of moving Towards and Away, so that we might have a deeper and more flexible range of options available to us. Please bring lunch to share. 11.30am - 5.30pm, £30 early bird until 31st Dec, then £35. £5 discount for concessions. Tal-y-Bont Memorial Hall, Tal-y-Bont, Conwy LL32 8QF (Behind the 'Y Bedol' pub). Nick Walsh 07779 018043, info@nickwalsh.net ~ nickwalsh.net

Rhwng: The Point Between Introduced by Fiona Owen, 10am - 4pm, Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Tulip Fever See 11th, except at 2pm.

SAORI Lecture and Demonstration Come and hear Mihoko talk about the Japanese art of SAORI weaving and what it means to her. Learn how the philosophy relates to Japanese culture and see the work of other practicing artisan studios. Understand how we feed our natural human curiosity with Self-Innovation Through Freestyle Weaving to inspire intuitive creativity and stimulate innovative design. 7 - 9pm, £7 - £10. SAORImor, 6 Swifts Buildings, off High St., Bangor LL57 1DQ. 01248 345325, saorimor.org

Gong Bath Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £10. Neuadd Goffa, Mynydd Llandegai, LL57 4LQ. Steph Healy 07534 118899, puresound.org.uk



New Year, New You Half day course 10.30am - 1pm, £15, with refreshments. Kelsang Drima will explain the methods taught by Buddha to help you transform yourself into the person you want to be. Kalpa Bhadra Buddhist Centre, Craig, y Don, Llandudno LL30 1YY. 01492 878778, info@meditatenorthwales.com *Also see 12th - 17th for longer retreat.*

Waymark Installation 10am. Over the past few months we have joined forces with The Woodland Trust and Kehoe Countryside to produce waymarkers to mark the passage through Coed Felinrhyd, a Celtic Rainforest steeped in Welsh legend. Snowdonia Society, Dan 01286 685498, dan@snowdonia-society.org.uk

Monthly Mindfulness for Anxiety We get together to learn tips and techniques that aid anxiety and stress relief. You can join in the discussion or simply observe with no obligation. We then finish with a mindful meditation. 11am - 12.30pm, £10, £5 for reference tool. Beehive Healthcare, Chester. Tickets: inspireandrewire.com

Mindfulness Self Compassion: 5 Day Training The three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Kindness opens our hearts to suffering, so we can give ourselves what we need. Held at Trigonos, Nantlle. Bookings, fees and accommodation costs from The Mindfulness Network: teach-mindfulness.org

Met Opera Live: Adriana Lecouvreur and Francesco Cilea. 5.55pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org *Also:* Galeri, Caernarfon 01286 685222, galericarnarfon.com

12th SATURDAY & 13th SUNDAY

takePART 10th Anniversary Spectacular Arts and literature workshops and events for 0-18 year olds; workshops, drop-ins, performances and loads of fun. 10am - 4pm. Programme and info: Venue Cymru, Llandudno.01492 872000, venuecymru.co.uk

Reiki 1 Reiki is a simple form of healing and self-healing. Vivien teaches the original form of the Usui System of Healing. She offers continuous on-going support to all of her students. £150 class fee, accommodation is available £30 per night. The Healing Centre, Tregarth, nr Bangor LL57 4NP, 01248 601388, vivreiki@hotmail.com

12th SATURDAY - 17th THURSDAY

New Year, New You Retreat Following the half day course (12th), we will have an opportunity to engage in the meditations which are the actual path to enlightenment. Kelsang Drima will explain the methods taught by Buddha to help you transform yourself into the person you want to be. Various costs: Weekend Retreat plus 'New Year, New You' Half Day Course - £50. Full Retreat only - £60. Per day - £10; Drop in £3 per session. Programme and details from Kalpa Bhadra Buddhist Centre, Craig, y Don, Llandudno LL30 1YY. 01492 878778, info@meditatenorthwales.com

13th SUNDAY

Beginners 6 Week Yoga Course You will be introduced to the basic postures for developing strength, flexibility, working with the breath and also relaxation techniques. Meditation techniques and Introduction to Sun Salutations. 6.15 - 7.30pm, £40. The Bodhi Tree Studio, Saltney, Chester. Bookings: 01244 677711, thebodhitreestudio.co.uk Facebook: of same name

Qigong with Tai Chi Phil Two taster sessions: 11.30 - 12.30pm: Shibashi Set 2, focussing on the legs. Classic Baduanjin: 2.45 - 3.45pm. £3 per session. Spyce Community Hub, Rhiw Rd., Colwyn Bay. Facebook: Living Well Experience

The Bangor Forest Garden 2nd Sun/month. An opportunity to learn new skills, make new friends whilst contributing to maintaining and developing the Garden! Session starts at 11.30am - 4pm. Wear some outdoor suitable clothing and bring some lunch; tea and coffee provided. If you need a lift ask us about car sharing. More details from bangorforestgarden@gmail.com, thebfg.org.uk Or have a look on Facebook bangorforestgarden

14th MONDAY

Lunch on The Fly Vertical dance with Kate Lawrence. A fun session, starting with an easy warm up, you will then try to stand on and jump off a vertical floor using waist harnesses. You will be guided through some simple positions, and then you will fly! 12pm, £6; £20 for 4 sessions. Pontio, Bangor 01248 382828, pontio.co.uk

Kenzo's New Warping Method This is your opportunity to learn about this new and oh-so-easy method of warping your loom or to remove any problems you have if you have already tried it. You will find that whatever your experience there is always more you can learn. 10am - 1pm, £45. SAORImor, 6 Swifts Buildings, off High St., Bangor LL57 1DQ. 01248 345325, saorimor.org

SAORI Techniques with Mihoko A demonstration of various techniques learned through many years of SAORI experimenting and discovery. You will be bound to find the answers to those "how do they do that?" questions. 2 - 5pm, £45. SAORImor, 6 Swifts Buildings, off High St., Bangor LL57 1DQ. 01248 345325, saorimor.org

Pregnancy Yoga 6 week course starts today, learn techniques, relaxation, stretching, ease backache, and get to know other supportive mothers to be. Menai Bridge, with Laura Knott. *See Regular Weekly Classes and Groups Section.* See Page 30.

Gong Bath Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £13. Llanfairfechan Community Centre, Village Rd, Llanfairfechan LL33. Steph Healy 07534 118899, puresound.org.uk

Kirtan, Sacred and Inspiring Song

When we sing together our hearts join up - all welcome for an evening singing sacred and inspiring songs. Led by Pip Waller. 6 - 7pm, £5 +. Held at Creyynni Complementary Healthcare, Wrexham LL13. Pre-booking and pre-payment needed for this please, contact through Creyynni Complementary Healthcare to book and/or Whatsapp: 07472 266952.



14th MONDAY - 19th SATURDAY

Low Energy Buildings (Part B) This course will help students develop a deep understanding of the principles and consequences of energy and mass flows in buildings in terms of the building's orientation and the local climatic conditions. Waged £700, low waged/concs £625. CAT, Machynlleth, 01654 704966, cat.org.uk

15th TUESDAY

SAORI Clothing with Mihoko Presentation and demonstration. Learn the mysteries of SAORI clothing. Gain confidence in cutting your cloth. Understand draping and placing your cloth to create your own one-of-a-kind garment. Be inspired to 'let your cloth tell you what it wants to be'. 2 - 5pm, £45. SAORImor, 6 Swifts Buildings, off High St., Bangor LL57 1DQ. 01248 345325, saorimor.org

Noddfa Circle Dance 3rd Tues/month, from 2 - 4pm. Noddfa, Penmaenmawr 01492 623474, noddffa.org.uk

Chester Humanists 3rd Tues/month. We seek to make the best use of the one life we have by creating meaning and purpose for ourselves, using reason, experience and shared human values. Meet at 7.30pm, Custom House, Watergate St., Chester. Stuart 07954 166 567, Richard 07530 225268, chester.humanist.org.uk

Pregnancy Yoga 6 week course starts today, learn techniques, relaxation, stretching, ease backache and get to know other supportive mothers to be. Bangor, with Laura Knott. See *Regular Weekly Classes and Groups Section*. See Page 30.

Prestatyn Reading Group 3rd Tues/month, 2pm, Prestatyn Library, King's Ave., 01745 854841.

National Theatre Live: The Tragedy of King Richard the Second As Richard II's reign becomes a farce, the ambitious Bolingbroke challenges the throne. 7pm, £10, £8 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org *Also* Neuadd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com *Also* Venue Cymru, Llandudno. 01492 872000, venuecymru.co.uk *Also*: Pontio, Bangor 01248 382828, pontio.co.uk *Also*: Galeri, Caernarfon 01286 685222, galericaernarfon.com

Enter Shikari ~ Stop The Clocks Tour The band has headline sets at the UK's 2000 Trees festival. 8pm, £27. Venue Cymru, Llandudno. 01492 872000, venuecymru.co.uk

15th TUESDAY - 5th MARCH, TUESDAY

8 Week Mindfulness Based Stress Reduction

Course Mindfulness is the art of being fully present with our lives as they unfold moment by moment. With a gentle and kindly curiosity we learn to explore what is happening in our experience, paying particular attention to the thoughts, feelings and sensations in our bodies. Led by Heather Bolton, open to all. Yoga mats and cushions provided, plus course notes and DVDs. £210. Held at Canolfan Penrallt, Bangor. Bookings: direct with Heather heatherbolton@btinternet.com or gwyneddmindfulness.co.uk

16th WEDNESDAY

Chester and District Friends of the Earth 3rd Weds/month, 7.30pm in the Custom House, Watergate Street, Chester. Contact Peter Benson 07740 179939.

Storytelling Club 3rd Weds/month. Special guest wordsmith every month. All welcome. No charge! 7.30pm. The Blue Bell Inn, 19 Castle Street, Conwy LL32 8AT. Suzi & Simon on 01490 460563 or 07984 637068.

Hawfinches in Wales A presentation by Kelvin Jones, Bangor Bird Group. 7.30pm, non-members £2, Brambell Building, Bangor University. Visit: birdsin.wales

Freehand Machine Embroidery for Beginners See 16th.

Women in Business North Wales See 9th, except 9.30 - 11.30am, free to members, £10 non-members. Held in The Holiday Inn, Northop Hall, Mold CH7 6HB. Visit: networkshe.co.uk

Gwynedd Marine Code Development A vision to develop the marine code further, through the addition of a mapping aspect. Maps can provide information on both the areas and the time of year certain marine species can be sensitive to disturbance, giving users the opportunity to plan their journeys. 6 - 8pm, free. South Caernarfon Yacht Club, Abersoch LL53 7DP. Bookings: 01646 405696, pembrokehirecoastalforum.org.uk

NWWT: Member's Night Join us for some short presentations from members and a fun wildlife quiz. Please bring food for a buffet. 7.30pm, £2 donation appreciated. Gresford Memorial Hall, High Street, Gresford, LL12 8PS. Dan Rose 07976 962251, nwwtwrexham@gmail.com

Shoplifters (15) Film from Japan. The impoverished Shibata family take in a young street girl they fear is being abused. 8.15pm, £7.50 standard, £6.50 over 60, £6 student, £5.50 U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Tree Planting 10am. For the past couple of winters our volunteers have been hard at work planting a 7.4 hectare of old plantation woodland and replacing it with a native broadleaved woodland full of oak, rowan, hawthorn, willow and alder. There is still plenty of planting to be done as well as keeping an eye out for neighbouring invading Rhododendron. So grab a spade and reduce your carbon footprint by giving something back to Snowdonia. Booking essential. Owain, 01286 685498, owain@snowdonia-society.org.uk

Gong Bath Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 8pm, £13. Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Steph Healy 07534 118899, puresound.org.uk

Tulip Fever See 11th, except at 2pm.

The Old Man and The Gun See 11th

Mindful Meditation 3rd Weds/month. A monthly meditation group, open to all and suitable for beginners. If you have not meditated before, this can help you get started. Also, experienced meditators welcome to come and practise in a group setting. 7.30 - 9.30pm. Kit'n'Heels, 3 Penrhyn Ave, LL28 4PS Rhôs-on-Sea Facebook: Wings of Change

17th THURSDAY

Tai Chi Workshop for Adults See 10th

Hiraeth: Transforming through Grief, Loss and Longing A series of talks examining our relationship to place, space and belonging and how that affects our health and wellbeing. Rev Alexandra Wilson is an interfaith minister, end of life doula and griefkeeper, honorary lecturer in Spiritual Care at Bangor Uni and a specialist in griefwork and ritual including ancestral healing. Today's discussion: *Death and Rebirth: cycles, seasons and the need for contemporary rites of passage*. 7 - 8.30pm, Follow Your Bliss Café, 307 - 309 High St., Bangor LL57 1UL. 01248 345495.

The Inner Dance Meditation Bring yoga mat, blanket, cushion, water. 7 - 9pm, £15, £10 if booked by 10th Jan. Parkfields Community Centre, Ash Grove, Mold. Bookings: rachelsbellydance.wales

Carousel (U) Dementia friendly screening. Classic musical full of romance and song. 2pm, £4.50. Venue Cymru, Llandudno. 01492 872000, venuecymru.co.uk

The Old Man and The Gun See 11th

Chester CND Our bi-monthly meeting, all welcome, free. 7.30 - 9pm. Quaker Meeting House, Frodsham St., Chester: chestercnd@gmail.com *Please note this is now a bi-monthly group.*

Narcotics Anonymous See 3rd

Denbigh Library Reading Group 3rd Thurs/month, 2pm. Denbigh Library, Hall Square 01745 816313.

17th THURSDAY - 22nd TUESDAY

Meditation Teacher Training Learn an holistic process of meditation, from its most physical techniques to the most subtle awareness of your own energy. You will explore different styles of meditation, and through your own practice find real inner peace. You'll explore movement to prepare for meditation as well as the breathing and relaxation techniques that are an important preparation for sitting. You will also learn the art of teaching meditation to others, and guiding them through the same process. £300 per module, all inclusive. Dru Yoga, Snowdon Mountain Lodge, Bethesda. Contact 01248 602900, hello@druworldwide.com

18th FRIDAY

Peterloo (12) Film of the epic events surrounding the infamous 1819 Peterloo Massacre, directed by Mike Leigh. 7.30pm, Theatr y Ddraig, Barmouth LL42 1EF. Visit: dragontheatre.co.uk

Fencing 10am. Come and join us for the day as we help maintain the fences. Whether you're a seasoned fencer or a beginner, everyone is welcome. Pencychnant Centre, Conwy. Booking essential, Owain, Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

Caffi Stori Llangollen Storytelling Café 3rd Fri/month. Join us for stories, songs, music and poetry ~ come to tell or just to listen. 7.30pm ~ only £2, in the Courtyard Coffee Shop, Cwrt-y-Castell, Castle Street, Llangollen LL20 8NY. Delicious coffee and cakes on sale from Julie of the Coffee Shop. Croeso cynnes i bawb! A warm welcome to all! Suzi 01490 460563.

Ynys Mn/Anglesey U3A Meeting Talk with Peter Scott Roberts: "Captain John McGregor Skinner - Holyhead's Captain Courageous". 10.30am, £1. (Annual membership is £6), Trearddur Bay Village Hall, Anglesey. More info: u3asites.org.uk



NWWT: A View From Both Sides Julian Thompson, Warden of Pencychnant Conservation Centre, recently took on the running of Pencychnant Farm and is well placed to assess how practical aspects of conservation and upland farming inter-relate. No dogs. 7.30pm, £2, to include refreshments. St Cyngar's Church Hall, Llangefni, LL77 7EA. Penny Radford 01248 713022, radfords713@btinternet.com

18th FRIDAY - 21st MONDAY

Secular Mindfulness & Compassion Retreat Open to anyone who has undertaken training in mindfulness-based and/or compassion-based training or other professionals who have experience of attending mindfulness practice days. The theme of the retreat is Kindness and Ease, infused with the invitation to explore how each of us can make kind choices about our needs throughout the retreat. Held at Trigonos, Nantlle LL54 6BW. Bookings 07411 557573, integratedmindfulness.com ~ eventbrite.co.uk

18th FRIDAY - 24th THURSDAY

Stan & Ollie Film of the now-legendary 1953 tour which the ageing comedy duo Stan Laurel and Oliver Hardy embarked on in the twilight years of their fame. 2.30 & 7.30pm daily. £6, U15s £5.50. Venue Cymru, Llandudno. 01492 872000, venuecymru.co.uk

18th FRIDAY - 27th SUNDAY

Dhyana Through The Body We have found that by becoming alive to the immediacy of our experience, we explore this in direct experience by delving into the relationship between body and breath, and between body, awareness and metta. £405, £369 concs., Vajraloka, Corwen LL21 0EN, 01490 460406, vajraloka.org

19th SATURDAY

SAORI Weaving for Health & Wellbeing Day 3rd Sat/month. Learn Japanese SAORI freestyle hand weaving. No experience is necessary, all abilities welcome, guidance given. 10am - 4pm, £75 per class plus materials. Please book/maximum of six. 6 Swifts Buildings, off High Street, Bangor, LL57 1DQ (opposite Domino's Pizza below the train station). Rosie Green 01248 345325, saorimor.co.uk

The Buddha Within: Introduction to Tantra

Through our imagination we can create a pure world. In his Tantric teachings, Buddha guides us to cultivate a pure way of relating to yourself, the people around us and the world we live in. In this half day course, Kelsang Drima will give an introduction to Tantra and help us to see the world through the eyes of Buddha. 10.30am - 1.30pm, £15 with refreshments. Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno LL30 1YY. 01492 878778, info@meditatennorthwales.com

David and Margaret Frith ~ Talk and

Demonstration To coincide with the Exhibition, celebrating 55 years of Brookhouse Pottery, come and join us for a talk and demonstration by David and Margaret Frith. 11.30am - 4pm; lunch included. £5. Bookings: Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk See Exhibitions

Getting To Know You (Part 1) Hearts and Hooves Connection Coaching is delighted to welcome you to the first in a three-part series. We will explore ways to discover more of who you truly are. In this process, self-knowing can support more connection to your personal truth and clarity of direction. There is no requirement to attend all 3 workshops, please feel free to participate in whichever one/s you are drawn to. Today will look at parts of self, the kaleidoscope of how we show up in life. The learning is presented in a kind and supportive, shared group experience where we can notice how unique we all are. Places limited to 8. £20/pay as you feel per workshop. Minimal deposit £4 required to secure a place. 1.30 - 4.30pm. Held at Follow Your Bliss Café, 307 - 309 High St., Bangor LL57 1UL. Bookings: Liz Lane: heartsandhoovesconnectioncoaching.com

Botanical Painting Classes Led by Doreen Hamilton. 3rd Sat/month. Materials can be supplied at cost if you just want to give it a try and not have to buy expensive materials at the start. 12.30pm - 3.30pm; followed by tea/coffee. £15, students £10. Treborth Gardens, nr Bangor. Booking not required - but please let Doreen know by e-mail the previous week and then just turn up; doreensbotanicals@gmail.com

Touching Syria Creating a different vision of Syria through culture in Wales. Films, music and various talks will be held at Pontio as well as art workshop for children in local schools and the art exhibition in Storiell. Through working with local Welsh artists, poets and films, these events will give artists still living in Syria, as well as Syrian artists elsewhere, a special platform to share their work, while engaging with a local, national and international audience. We hope these events will encourage a discussion of current events in Syria, as well as looking at how art can be a therapy, and how culture can be of great importance during times of uncertainty. 1pm - Khalid Youssef - photographer, poet and surgeon talks to Ffion Dafis. 2.30pm - Syrian Shorts (12A), £2.50 a selection of Syrian short films. 4.30pm - Panel Discussion on how vital are the Arts, £3. 7.30pm - Omar Shammah, Syrian Art and Catrin Menai explore connections between Welsh and Syrian culture. 8pm - Musiqaa Evening, £6. Contemporary music and visuals from Wales and Syria. Oasis World Choir and Band perform in the bar at 7.15pm for 10 mins. All day, £12 for all events. Pontio, Bangor 01248 382828, pontio.co.uk

New Year Yoga Day: Find Your Inner Fire Feeling sluggish and stagnant this Winter? This January yoga day will get your circulation going! Taught in a heated environment, and using Forrest yoga poses and sequencing, you can expect to sweat and get your blood moving. Perfect for setting your intentions in a good way at the start of 2019. Morning session (open to all incl. beginners) - deep focussing on intention, yoga and movement; Afternoon session (open to all except beginners) - intense focussing on strengthening the body. 10am - 4pm, £25 for one session; £45 whole day. Bring: yoga mat, 2 blankets, towel, water bottle, healthy lunch to share. St Mary's Church Hall, Longford Road, Holyhead LL65 1TR. Claire Mace: inspiratrix.co.uk See ad on page 7.

Crafters Co-operative Event and Plant-based Café

This event consists of local crafters and artists, proudly selling their creations in a relaxed and friendly atmosphere. There will be a plant-based café selling hot drinks, simple sandwiches and snacks; all are most welcome. 10am - 4pm, free entry. St John's Church Hall, Mostyn Street, Llandudno. Hosted by ArtlySparklyDesigns - see Facebook

Voice Workshop Whether you want to improve your singing voice or even find it; if you want to find those top notes or learn how to breathe whilst singing these monthly workshops are for you. All musical tastes are covered: classical, operatic arias, folk songs, pop and songs from the musicals. You would also have the opportunity to have a private session with Marian Brydfir or Kiefer Jones. 10am - 2.30pm, £25, £20 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Crystals and the Fruit of Life Workshop This will be our focus as we explore the Fruit of Life and Metatron's Cube to see how sacred geometry and crystals can be powerful tools of transformation. No experience necessary. 10am - 4pm, £50. Held at Bishop Lloyd's Palace, 51/53 Watergate Street Row, Chester, CH1 2LE. Bookings: sandra@hope-college.co.uk

Michael Clarke: Felt / Crybabies A performance of a darkly comic, multimedia odyssey of advertising, childhood, and affordable fabric. 7.30pm, 14+yrs, £10. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Rhododendron Clearance Come help keep Snowdonia wonderfully diverse as we clear the plant and construct habitat piles encouraging native wildlife to flourish once more. Held in Nant Gwynant Valley. Booking essential, Dan, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

NWWT: Plast-Off 2019 Join Wildlife Trust staff and volunteers and the RSPCA as we remove and recycle plastic pollution from beaches between Aberffraw and Rhosneigr. 10am - 4pm, Porth Treacstell(Cable Bay), Aberffraw, Ynys Môn, LL63 5TE. Nia, 01248 351541, nia.jones@northwaleswildlifetrust.org.uk

19th SATURDAY & 20th SUNDAY

Make A Traditional Shave-horse You will be provided with all the materials you need and you will make your own traditional pattern shave-horse to take home. £130, deposit £65. Woodland Skills Centre, Bodfari, Denbighshire 01745 710626, woodlandskillscentre.uk

19th SATURDAY - 24th THURSDAY

The Uncommon Yoga of Inconceivability A retreat suitable for those with a Highest Yoga Tantra Empowerment. Led by Kelsang Drima. More info: Kalpa Bhadra Buddhist Centre, Craig y Don, Llandudno LL30 1YY. 01492 878778, info@meditatennorthwales.com

20th SUNDAY

Quaker Meeting 3rd Sun/month, 10am, Memorial Hall, Market St., Llangollen. Maria Haines 01978 860349, northwalesquakers.org

Chester's 'Stop Arming Saudi' Silent Vigil is held on the last Saturday of every month at The Cross in Chester city centre from 12.30pm -1.30pm. Please wear black if possible.

Tasmin Little & John Lenehan Violinist Tasmin plays Grieg, Brahms, Clara Schumann. 7.30pm, £10, Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclwyd.com

21st MONDAY

Full Moon in Aquarius 5.16am

Chester Amnesty International 3rd Mon/month. We are ordinary people standing up for humanity, human rights and justice. Meets at 7.45pm, this month in The Watergate Inn, (room on the left inside pub), close to Chester Racecourse. Contact Alan 01244 679185/ Facebook for more details, amnesty.org

Bangor Cellar Writing Group 3rd Mon/month. Meetings allow writers of prose and poetry to share their work with others by reading out their manuscripts. We also have a programme of writing challenges and workshops. All abilities are welcome from beginner to more experienced writers. The aim is to encourage people in their writing and able to meet with others who share their interest. 7 - 9.15pm, 1815 Café, Bangor. Mary Ward - merielward75@gmail.com

Decorative Handstitching for Beginners 4 month course, once a month, for people who love to sew, but don't know where to start; a fun and relaxed course. 7 - 9pm. Crafty Rhino, Colwyn Bay, contact 07879 906671.

22nd TUESDAY

Footpath Maintenance 10am. Breathe some fresh mountain air as we pitch stones, clear drains, guide the footpath and dismantle unnecessary cairns. Booking essential, Owain, Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

Glass Workshop With Verity Pulford. You will learn the sgraffito technique to create a striking piece of glass art. All materials and tools provided but an additional cost of £4 if you wanted your glass art framed. This session is through the medium of English. 6.30pm, £25. Galeri, Caernarfon 01286 685222, galericaernarfon.com

NWWT: Pine Martens Josie Bridges, of the Vincent Wildlife Trust, updates us on the latest fortunes of these scarce mammals – only recently re-establishing themselves in Wales. 7 - 9pm, Dolgellau Free Library, LL40 2YF. Janet Baker 07812 659593, jemmoie@hotmail.com

Gong Bath Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £12. Follow Your Bliss Café, 307-309 High St, Bangor LL57 1UL. Steph Healy 07534 118899, puresound.org.uk

ROH: Opera Live: The Queen of Spades

Tchaikovsky's music; a tale of obsession and the supernatural. 6.45pm, £12, £11 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **Also:** Pontio, Bangor 01248 382828, pontio.co.uk

23rd WEDNESDAY

Hans Rey: Riding Life Hans Rey, the former World Champion, pioneer of Freeride, the Mountain Bike Hall of Fame, and mountain bike adventurer, will take audiences on an inspiring journey through his 30 year career and show you some of the best trails and destinations worldwide. 7.30pm, £18, £16. Galeri, Caernarfon 01286 685222, galericaernarfon.com



Introduction to Planning An introductory or refresher training session, for new councillors, or those that want to know more about the planning system. A particular focus on where and how Community and Town Councils can impact planning, and ensure the community voice is heard. 5.30 - 8.30pm, Osian Roberts Skill Centre, Snowdon St., Porthmadog LL49 9PP. Manager 07469 217872,

Freehand Machine Embroidery for Beginners See 16th.

Tree Planting See 16th

NWWT: Our Wild Coast Chris Baker, NWWT People & Wildlife Manager, explains how young people are getting involved with the North Wales coast. 7.30pm, £2 donation appreciated. Brambell Building, Deiniol Rd, Bangor, LL57 2UW. Sue Carter 01248 371769, sue@gorad.co.uk

The Dark The story of the journey taken by a four-year old boy and his mother to escape a country divided by dictatorship and consumed by conflict. Theatre performance from Fuel and Ocalhouse. 7.30pm, £12, £10 concs., 12+ yrs. Pontio, Bangor 01248 382828, pontio.co.uk

Gong Bath Breathe and relax... Then observe the mind beginning to slow and your whole being is gently returned to harmonic balance. 7pm, £13. Canolfan Beaumaris, Rating Row, Beaumaris LL58 8AL. Steph Healy 07534 118899, puresound.org.uk

24th THURSDAY

Hiraeth: Transforming through Grief, Loss and Longing A series of talks examining our relationship to place, space and belonging and how that affects our health and wellbeing. Rev Alexandra Wilson is an interfaith minister, end of life doula and griefkeeper, honorary lecturer in Spiritual Care at Bangor University and a specialist in griefwork and ritual including ancestral healing. Today's discussion: *I am, We are... Beyond Oneness: embracing duality and our sacred individuality.* 7 - 8.30pm, £5. Follow Your Bliss Café, 307 - 309 High St., Bangor LL57 1UL. 01248 345495.

Singing For The Soul Calling all those who find a soul connection through singing, in particular chants from a range of different spiritual traditions. Led by Felicity Jones, a very experienced singer, we meet once a month at Hillside Retreat, Rhosesmor near Mold from 11.30 - 1 pm. No need to feel you are a 'good' singer, you just need to enjoy it and the energy and harmonies our voices create. Cost £5. If you are interested in coming along please email helen@soul-life.co.uk

Open Doors A monthly evening of Holistic Healing: Chair Reiki, Thai Foot, Indian Head, Soul Connection. 7 - 10pm, £5 include 10min Reiki session. Above Archies, in Lola's Bar, 151 High St., Prestatyn LL19 9AS. Bookings: 07584 022005.

Tonic: Tristan Evans ~ Pianist Today, we present a multimedia concert of piano music inspired by the artist Kyffin Williams, including the first ever performance of a work by the Anglesey-based composer John Hywel. 2.30pm, £6, £5 concs., with free cuppa. Galeri, Caernarfon 01286 685222, galericaernarfon.com

Tai Chi Workshop for Adults See 10th

Sound Healing Meditation Guided meditation followed by pure sounds. One Thurs/month around the full moon. 7.30 - 8.30pm, Oddfellows Hall, Saltney, Chester CH4 8SG. More: inspireandrewire.com

Narcotics Anonymous See 3rd

Chester Poets Last Thurs/month. The group is a meeting place for members to share information about: poetry events, members news, poetry news and Chester Poets in general. 8pm in The Old Boot, Chester. All are welcome. Facebook: Chester Poets

The Dark See 23rd.

25th FRIDAY

Restorative and Slow Flow Monthly Workshop You will explore slow and gentle movements to gently relax and release tension. You may also be introduced to chanting or meditative practices. The theme of these sessions will be unwinding and letting go, moving into a profound state of relaxation and 'not doing'. 7 - 9pm, The Old Rectory, Llanfachraeth, Anglesey LL65 4YA, 07970 409724, inspiratrix.co.uk

Lit Soc: Adam Craig From Solstice to Winter Hearth A seasonal workshop that explores inner landscapes, both imagined and imaginal, and asks us to find that place within where we are most free to create. For poets and prose writers, beginners and beyond. Adam is a writer, editor and graphic designer; all welcome, 1 - 3pm, £5, £4 concs., Ucheldre Centre, Holyhead 01407 763361, ucheldre.org

Ynys Mon/Anglesey U3A Meeting A talk on "Gertrude Bell - Archaeologist, Explorer, Diplomat, Spy and Architect of Modern Iraq". 10.30am, £1. (annual membership is £6). Followed by Film: *A Man Called Ove* (Swedish, subtitled). Trearddur Bay Village Hall, Anglesey. More info: u3asites.org.uk

Sorry To Bother You (15) An African-American call centre worker who bends reality when he finds success by adopting a 'white voice'. 8.15pm, £7.50 standard, £6.50 over 60, £6 student, £5.50 U18s. Pontio, Bangor 01248 382828, pontio.co.uk

Cybi Poets Meets last Fri/month to read and share poetry. 7.30pm, free. Iorwerth Arms, Brynrgwan, Holyhead. Contact Karen 07929 069235.

Reiki & Drumming Meditation Healing Come and transform through sound, vibration and Reiki healing energy. John will bring a shamanic influenced soundscape of ethereal Angelic tones, drums, rattles, singing bowls, and voice to soothe the body, mind and spirit. Reiki Energy Healing is given to each individual throughout the session by Group healing from the healing masters 6.30 - 8.30pm, £10, all welcome. Ruabon High Street, LL14 6AA. Contact John Bride, Psychic Medium, The Angel Office 01978 810300, mrbbee86@hotmail.co.uk

The Favourite (15) Film. A frail Queen Anne has her friend govern the country when a new servant arrives. 5.30pm, £6.25, £5.25. Neaudd Dwyfor, Pwllheli 01758 704088, neuadddwyfor.com

Sacred Geometry Evening We will look at the Geometric shapes available to us and how we can bring them into our lives to aid in healing and ascension. 7 - 9.30pm, The Angel Office First Floor Offices (Old HSBC Bank) Ruabon, Wrexham LL14 6AA. Tickets: crystalheaven.co.uk

Yin Yoga and Gong Bath 65 minutes of yin yoga followed by a short comfort break and then an hour's Gong Bath. 7.30 - 10pm, £23, Source Yoga Studio, 294 Conway Rd, Mochdre, Colwyn Bay LL28 5DS. Bookings: bookwhen.com/sourceyoga

Cyngerrdd Santes Dwynwen An evening of music filled with love on Santes Dwynwen's day. 7.30pm, £20, £18 senior, £10 student. Galeri, Caernarfon 01286 685222, galericaernarfon.com

25th FRIDAY & 26th SATURDAY

NW Burlesque and Cabaret Festival Talent from around the globe as well as fun workshops and a choreography masterclass. 26th - Masterclass 2.30pm; Community Workshops 10am; 25th - Erwyd & Gatling. 18+yrs, £34. Theatr Colwyn, Colwyn Bay 01492 577888, theatrcolwyn.co.uk

25th FRIDAY - 27th SUNDAY

Yoga & Fitness Weekend This retreat has been created to give you the tools you need to reshape not just your body but your mind too. Start to feel inspired about your daily yoga practise and exercise routine, get motivated to eat well and be positive about your hopes, dreams and aspirations for the future. £430 - £570. Menai Bridge LL59 5NH. Laura Bell 07989 512859, thestezlife.co.uk

26th SATURDAY

Connect With Your Self Connect with your inner Wisdom, your Intuition through Dru Yoga, Breathing, Relaxation, Meditation, Chakra Clearing and Emotional Freedom Tapping, allowing your life to flow, bringing Peace, Joy, Clarity, Happiness and Fulfilment. 2 - 5pm, £30, £25 concs., refreshments provided. Held at Oddfellows Hall, Main Rd., Saltney, Chester CH4 8SG. Bookings: Teresa Keast 07876 254518, teresa@teresa4yoga.co.uk

Make Your Own Bird Box All welcome, 10am - 1pm, Plas y Brenin Mountain Centre, Capel Curig, LL24 0ET. Anna Williams 01248 351541 / 07917 455367, anna.williams@northwaleswildlifetrust.org.uk

Family Dance Workshop For parents and their children, run by Little Light Dance and Digital Theatre Company. We use creative dance for parents and children to engage with one another in a fun and supportive environment. 5 - 10 years, 1.30pm, Venue Cymru, Llandudno.01492 872000, venuecymru.co.uk

Craft Fair Range of quality handmade crafts. 9am - 2pm, light refreshments available. Y Canolfan, High St., Portmadog LL49 9LU. paulinedurham@live.co.uk

Fencing See 18th

NWWT: Bird Watch Day Call in to see what's around, with experts on hand to help identify the birds and chat about wildlife. Best views approximately an hour before or after high tide. Assistance dogs only. 11am - 3pm, Spinnies Aberogwen, down a minor road to the coast from the village of Tal y Bont, Bangor, LL57 3YH, the adjacent farm. Kate Gibbs 01248 681936, kategibbs.nwwt@gmail.com

Wire Workshop with Julia Griffiths Jones. Spoons and Utensils. Drawing from an arrangement of spoons and utensils you will be shown how to translate your drawings into wire objects using hand tools and the spot welder. 10.30am - 4.30pm, £60 includes lunch. All materials provided, suitable for beginners and experienced. Bookings: Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

CCU Menai UNA Annual General Meeting and Open Gathering / Cymdeithas Cenhedloedd AGM at 10.30 - 11.30am, followed by friendly Open Gathering at 11.30am for discussion and networking for supporters, friends and anyone interested in the work of the local United Nations Association group. With refreshments, all welcome. Free, Quaker Meeting House, Dean St., Bangor LL57 1UR. ysgrifennyddccubangormenaiuna@gmail.com

Sorry To Bother You See 25th

Everyman Recycled Theatre. Mr & Mrs Everyman have been living rather recklessly for too many years. The oceans are awash with plastics, the bees have vanished and fracking is on the 'up'. But Mother Earth has had enough and demands a final reckoning 'without delay'. 8pm, £8, £7. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywd.com

The Favourite See 25th

26th SATURDAY & 27th SUNDAY

Make A Rustic Chair We will cut some silver birch and coppice hazel from our woods and then select the pieces we want to use for the back legs, the front legs and the rails. We will cut them to length and turn tenons on the rails, drill the mortices in the legs and assemble the chairs. £120, deposit £60. Woodland Skills Centre, Bodfari, Denbighshire 01745 710626, woodlandskillscentre.uk

Reiki 1 See 12th & 13th

26th SATURDAY - 28th MONDAY

Big Garden Birdwatch Take part in the big survey of birds in your garden. You can sign up with RSPB to receive downloads and packs online or in the post. rspb.org.uk Also come along to RSPB Conwy reserve and make bird feeders, identify birds, make a bird mask. 1 - 3pm, RSPB Nature Reserve, Llandudno Junction, Conwy LL31 9XZ. Contact 01492 581025, rspb.org.uk/Conwy

26th SATURDAY - 2nd FEBRUARY, SATURDAY

Mindfulness Teacher Training Retreat (Level 1)

This programme is designed to immerse participants in the principles and practice of mindfulness-based teaching. It starts from the premise that as teachers we need to embody mindfulness-based practice in our own lives before we can attempt to teach it to others. The programme facilitates an opportunity for sustained inner work through practice and learning alongside your peers. It is designed to be a collaborative and participatory learning experience. Held at Trigonos, Nantlle. Bookings, fees and accommodation costs from Mindful Teacher Training: teach-mindfulness.org

27th SUNDAY

Finding Your Feet Our feet are the foundation and support for standing and moving. Learn to use your feet more efficiently and integrate them more effectively into your whole body movement. 10am - 1pm, £30. Verve Health, Fitness and Wellbeing, 2 - 4 George St., Llangollen LL20 8RE. Bookings: Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk

Estyneto Join us for regular dance/movement sessions specifically for those over the age of 60. Led by two inspirational dancers/choreographers - Cai Tomos and Angharad Price Jones. No previous experience or dance skills required - only the desire to stay active, fit and healthy. 1.30pm, £4. Galeri, Caernarfon 01286 685222, galericarnarfon.com

Replenish, Centre, Nurture Join Lydia and Steph for three hours bathed in Love, Light and Sounds. Lydia will take you through some Infinite Chi Gung movements to clear and replenish your energy fields and a Nurturing Healing Meditation. Steph will then bathe you in beautiful healing sound waves from the gongs. 10am - 1pm, £30. Please bring yoga mat, pillow and water, blanket. Mynydd Llandygai, Bethesda LL57. Contact 07502 293114.

NWWT: Winter Tree Identification Walk

Identifying trees in winter can be difficult without some of the more obvious cues like leaves, flowers and fruits. Join Julie Rose for a winter tour to identify evergreen and deciduous trees by using cones, bark, leaves and buds. We'll be looking at a variety of trees. 11am - 2.30pm, The Dingle, Grosvenor Rd, Chester. Dan Rose 07976 962251, nwwtwrexham@gmail.com

28th MONDAY

Meditations on Love 5 week course starts today. Practical step-by-step guidance, to overcome the problems of blaming others through jealousy, anger and stress. By changing the way we relate to others, developing affection, cherishing love and compassion, in place of anger and frustration, others can become a source of unending inspiration and joy to us. 7 - 8.30pm, £22 course, single session £6. Held at Barnardo's Flintshire Services, CH7 1BH. More info from Kalpa Bhadra Buddhist Centre 01492 878778, info@meditationorthwales.com

White Little Lies Acoustic Country and Americana duo Daniel Saleh and Vanessa Murray from Liverpool. 7.30pm, £4 members Conwy Folk Club, £6 non-members. Conwy Comrades Social Club, 8 Church St., Conwy LL32 8AF. conwyfolkclub.org.uk

Sorry To Bother You See 25th

Memory Café Last Mon/month. For those living with dementia, their families, friends and carers. Enjoy a relaxed atmosphere with like-minded people. Every month we have something different going on, including entertainment, guest speakers and activities such as bingo. Refreshments are provided. The event is always free to attend, with donations welcomed, legal experts available each month for help with queries. 2 - 4pm. Kinmel Bay Community Library, Kendal Road, Kinmel Bay, Denbighshire LL18 5BT, 01745 772150, homeinstead.co.uk

28th MONDAY - 30th WEDNESDAY

The Favourite See 25th

The Wife (15) A devoted wife questions her life choices as her husband receives a Nobel Prize for Literature. 28th - 5.30pm; 29th - 8.15pm & 30th - 2pm., £7.50 standard, £6.50 over 60, £6 student, £5.50 U18s. Pontio, Bangor 01248 382828, pontio.co.uk

29th TUESDAY

Woodland Workday 2019 Premier The monthly woodland workday parties offer something for everyone with a chance to test out some of your practical skills in woodland management! 10am. Held at Ty Hyll. Dan, Snowdonia Society, 01286 685498, dan@snowdonia-society.org.uk

Hope over Fear in International Politics Talk and discussion with Andrew Lane, Director, Quaker Council for European Affairs: "How are European and international affairs changing, who will be affected, and what can be done to build a more just world?" QCEA is an international peace-building and human rights organisation based in Brussels. Organised by the North Wales Quaker Economic Justice Group with support from the Geography Society at Bangor Uni, and sponsored by the UNA Menai group. If you are interested in joining a discussion about the direction of international politics, or finding out more about efforts to promote peace and human rights, please join us. All welcome. 7pm, free. Room G23, Thoday Building, Bangor University, Deiniol Road, Bangor. ysgrifennyddccubangormenaiuna@gmail.com or visit Facebook: United Nations Association Cangen Menai Branch

Sorry To Bother You See 25th, except at 5.30pm.

Meditations on Love 5 Week course, see 28th for info. Tuesdays class is held in Wellington Road Community Centre, Rhyl LL18 1LE. Finishes 26th Feb

30th WEDNESDAY

Big Allotment Growing Day An opportunity to grow your own organic nutritious food for free, learn new skills: planting and harvesting the veg and fruits; pickling, preserving, cooking, baking and brewing, craft work and wood work or come and chill out with a brew. 11.30am - 4pm. Tyn y Nant, Llanfihangel Glyn Myfyr. Nr Corwen. Facebook: Eco Fferm Frwythau/Gift Economy, or wellhealthcooperative@googlemail.com

Meditations on Love 5 Week course, see 28th for info. Wednesdays classes are held at 11.30am - 12.45pm; and 7 - 8.30pm, in Kalpa Bhadra Buddhist Centre, Craig, y Don, Llandudno LL30 1YY. 01492 878778, info@meditatnorthwales.com Finishes 27th Feb

Freehand Machine Embroidery for Beginners See 16th.

Filey International A run through the seasonal bird migration with Mark James Pearson, Yorkshire Birder. 7.30pm, non-members £2, Brambell Building, Bangor University. Visit: birdsin.wales

ROH Opera Live: La Traviata (12A) Live screening. Music by Verdi. Alfredo falls in love in with the courtesan Violetta in glamorous Paris society, but underneath the surface run darker undercurrents. 6.45pm, £13, £11 concs., £4 children. Ucheldre Centre, Holyhead 01407 763361, ucheldre.org **Also:** Pontio, Bangor 01248 382828, pontio.co.uk

31st THURSDAY

Awakened Belly Dance Taster Session Middle Eastern dance movement with meditation, sound healing, energy work, and sacred dance movements. 7 - 9pm, £15 door, £10 adv by 17th Jan. Bring yoga mat, blanket, cushion, water. Mold CH7 6YA. Bookings: rachelsbellydance.wales

Tai Chi Workshop for Adults See 10th

Rhododendron Removal Come and join us for the day as we tackle this non-native invasive species alongside the North Wales Wildlife Trust. Held at Coed Allt Soar and the Celtic Rainforest of Coed Felinrhyd in the hills overlooking the Dwyryd estuary. Booking essential, Owain, Snowdonia Society, 01286 685498, owain@snowdonia-society.org.uk

Hiraeth: Transforming through Grief, Loss and Longing A series of talks examining our relationship to place, space and belonging and how that affects our health and wellbeing. Rev Alexandra Wilson is an interfaith minister, end of life doula and griefkeeper, honorary lecturer in Spiritual Care at Bangor University and a specialist in griefwork and ritual including ancestral healing. Today's discussion: *Wisdom Beyond Words: the role of song, sound and silence in healing through Grief*. 7 - 8.30pm, £5. Follow Your Bliss Café, 307 - 309 High St., Bangor LL57 1UL. 01248 345495, followyourblisspt.com

Narcotics Anonymous See 3rd

NT Live: I'm Not Running Screening of live performance from the National Theatre. A leader of a health campaign crosses paths with her old boyfriend. 7pm, £13, £10. Neaudd Dwyfor, Pwllheli 01758 704088, neuauddwyfor.com **Also** Venue Cymru, Llandudno 01492 872000, venuecymru.co.uk **Also:** Pontio, Bangor 01248 382828, pontio.co.uk **Also:** Galerï, Caernarfon 01286 685222, galericaernarfon.com

31st THURSDAY - 1st FEBRUARY, FRIDAY

Stove Installers Course By the end of the course you will have experience of installing at least 3 stoves in a safe and supervised environment before carrying out installations in someone's home. Course fee only £450, accommodation arranged via the venue. CAT, Machynlleth, 01654 704966, cat.org.uk

Copydate for February Issue:

January 18th

info@network-news.org

07777 688440

Jonah Jones Centennial

27th January - 17th March. Sculptor, artist-craftsman and writer. Jonah is especially remembered as a sculptor in stone, letter cutter and painter of vernacular lettering. Learning both the traditional techniques of stained glass and the newer ones of concrete glass and dalle de verre, he left a fine body of work in Catholic churches around Wales and England. Plas Glyn Y Weddw, Llanbedrog 01758 740763, enquiry@oriel.org.uk



David Frith & Margaret Frith Until 27th January. This exhibition showcases their ceramic work in the year when they both celebrate their 75th birthdays: their enthusiasm for life and art is an inspiration to us all. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk 19th - talk and demonstration, see Calendar.



Contemporary Artists from Syria ~ Touching Syria

2nd January - 23rd February. Omar Shammah and Catrin Menai. One a member of artist collective SYRIA.ART, the other a member of CARN (Caernarfon Artist Regional Network) - working together remotely to explore connection points between Welsh and Syrian culture. Witness the result of this creative collaboration as it is projected large-scale on Pontio's White Wall during the 'Touching Syria' event. Fford Gwynedd, Bangor LL57 1DT, 01248 353368, storiel.cymru. See Calendar 19th for events.



Alwyn Dempster Jones 28th January - 16th February. Snow, rocks and ruins. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywd.com

Anweledig ~ Unseen Throughout January. Courtyard spaces. Fleeting, transient moments, often missed by the casual observer of the Centre. Fascinating scenes, playing out in real life that are overlooked and often ignored, but that make up the moments of our daily lives. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Beca Rising ~ Peter and Paul Davies Until 5th January. The exhibition focuses on the practice and collaboration of the brothers, who often worked collaboratively through shared ideas. It celebrates the achievement of the late Bangor-based Paul Davies. Whilst it cannot cover the full range of his work, ideas and contribution, it does present an indication of his influence and relevance. Beca celebrates the fight for rural justice in South West Wales c1841. It helped to put Welsh issues of identity, language, culture and politics on the visual arts agenda. Storiel, Fford Gwynedd, Bangor LL57 1DT, 01248 353368, storiel.cymru.

Gerald Dewsbury 23rd - 30th January. A new collection - from the ancient and mercurial landscapes of North Wales. Ffin y Parc Gallery, Llanrwst LL26 OPT, 01492 642070, welshart.net



ART FOR SALE/DISPLAY VENUES

Castle Gallery Various artists, media; most are for sale. Open 9am - 5pm, Mon - Sat. 1 Castle Square, Criccieth LL52 0D, 01766 522803.

Galeri Betws Y Coed Ever-changing selection of paintings, prints, drawings and mixed media by well known and emerging artists from Wales. Open weekdays 10am - 4.30pm, Sat & Sun 10am - 5pm. Holyhead Rd., Betws Y Coed LL24 0BW, 01690 710432, info@galeribetwsycoed.co.uk

Illuminarté Stained Glass - Photography - Mosaic. Designers and creators of beautiful traditional and contemporary handmade stained glass and mosaics for all your living spaces. Ysgubor Isaf, Bala LL23 7NW, 01678 520256, illuminarte.co.uk

Oriel Bangor Arts Initiative Art Gallery Paintings, Sculptures, Prints, Photographs by local artists. Open 11am - 4pm, Tuesday - Saturday. All are welcome, Deiniol Centre in Bangor; bangor.arts.initiative@outlook.com or see www.facebook.com/bangorartsinitiative

Storiel Art from community groups, voluntary organisations and learning groups. Open Tues - Sat 11am - 5pm. Fford Gwynedd, Bangor LL57 1DT. 01248 353368, storiel.org

Agora Follow the online Gwynedd Arts thread in general to keep networking for artists alive. Facebook: Agora

Workshops in February & March

FEBRUARY

- 1 - 3 **Pure Yoga: Yoga Immersion Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 3 **Yoga Workshop** Portmeirion, nr Porthmadog. Bookings: Tracey 07809 485323 / 01766 770610, traceyyogamassage.co.uk (Also 14/4, 9/6, 18/8, 20/10, 15/12/19.)
- 2 **Ceramics Throwing Course** Glosters, Porthmadog. Bookings: glosters.co.uk
- 8 - 10 **Yoga Retreat** Portmeirion. Bookings: Tracey Jocelyn, 07809 485323, traceyyogamassage.co.uk
- 8 - 10 **Yoga Long Weekend** Llandudno. Elaine 01248 430147, yoganorthwales.co.uk
- 9 **Freedom from Anxiety and Depression:** Workshop for Young People 12 - 18+yrs; Saltney, Chester. Teresa Keast 07876 254518, teresa@teresa4yoga.co.uk
- 9 **Turn Your World Upside Down - Yoga Inversion Workshop** Mochdre, Colwyn Bay LL28 5DS. Bookings: sourceyoga.bookwhen.com
- 9 **Mini-Retreat: Self Care Saturday** St Mary's Church Hall, Holyhead LL65 1TR. Bookings: Claire 07970 409724, inspiratrix.co.uk. *See advert on page 7.*
- 10 **Let Yourself Be Love ~ Nurturing The Heart** Mold. Bookings: rachelsbellydance.wales
- 15 - 17 **Ariel Yoga Weekend Retreat** Llangaffo LL60 6NH. Tickets: wildwalesretreats.com
- 15 - 17 **Pure Yoga: Yoga Immersion Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 16 & 17 **Upholstery Weekender** Bangor LL57 4UP. Sophia 07391 930719, phiaeco@gmail.com
- 17 **Foundation in Crystal Healing** Cariad Academy of Crystal Healing, Hightown, Wrexham LL13 7BS. Bookings: 07561 320239, cariadcrystals@yahoo.com
- 17 **Crystals and Labyrinths** Dragon Theatre, Barmouth LL42 1EF. Bookings: 07561 320239, cariadcrystals@yahoo.com
- 22 - 25 **Deepening with Council Ways Through the Body** Anglesey. Bookings: Pip Bondy 07814 959613, pippa@ancienthealingways.co.uk
- 23 **2 Year Diploma Course in Crystal Therapy** (ACHO Accredited) Deeside, CH5 3AU. Bookings: sandra@hope-college.co.uk
- 23 **Vocal Workshop** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 23 & 24 **Reiki 1** Tregath, nr Bangor. Bookings: 01248 601388, vivreiki@hotmail.com *See 12&13 Calendar*
- 24 **Free Your Shoulders** Llangollen. Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk
- 28 **Awakened Belly Dance 7 week course** Bookings: rachelsbellydance.wales

MARCH

- 2 **Textile Folk Art** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 3 **Vintage/Recycled Cottage Garden - Textile Workshop** Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
- 6 & 7 **Managing Outdoor Risks** Ganllwyd LL40 2HZ. Bookings: mentrau-bach.com
- 8 - 10 **Photography: Spaces and Faces** Penmaenmawr. Bookings: naturallybossretreats.com
- 8 - 11 **Pure Yoga: Yoga Immersion Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 9 **Journey Within - Embrace Your Power** Llandudno LL30 2QA. Kate & Jo 01492 874886.
- 22 - 24 **Yoga, Walking & Ceramics** Beddgelert LL55 4UY. Bookings: morrismountains.co.uk
- 22 - 24 **Transforming Cellular Memory** Bangor. Bookings: Gail McAleese 07525 820261, gail.mcaleese@gmail.com
- 22 - 24 **Pure Yoga: Yoga Immersion Weekend** Menai Bridge LL59 5NH. Laura Bell 07989 512859, thezestlife.co.uk
- 22 - 24 **Spring Awakens Yoga Retreat** Anglesey. Bookings: inspiratrix.co.uk
- 23 & 24 **Reiki 1** Tregath, nr Bangor. Bookings: 01248 601388, vivreiki@hotmail.com *See 12&13 Calendar*
- 23 & 24 **Ramblers Cymru ~ Y Cerddwyr AGM Weekend** Nant Gwrtheyrn, Llithfaen LL53 6NL. Bookings: ramblers.org 029 2064 4308.
- 24 **Easier Walking** Llangollen. Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk
- 27 **Print Symposium: Collaboration in Printmaking** Wrexham LL13 8BB. Bookings: 01978 267629, printcentre@cambria.ac.uk
- 28 - 31 **Men's Rites of Passage** Cae Mabon, Fachwen, Llanberis. Bookings: Simon Roe 07712 264011, simon.roe93@btinternet.com
- 28/3 - 1/4 **Mindfulness and Gentle Yoga Retreat** Noddfa, Penmaenmawr. Bookings: inessentia.co.uk
- 30 **Vocal Workshop** Ucheldre Centre, Holyhead 01407 763361, ucheldre.org
- 30 **The Mountain Environment** Snowdonia, Nature's Work, 01248 361142, natureswork.co.uk

Centres in North Wales: Workshops in February & March

Centre for Alternative Technology (CAT)

Machynlleth SY20 9AZ
01654 704966, cat.org.uk

FEBRUARY

- 2 **Compost Toilets**
- 3 **Reedbeds and Water Waste Management**
- 4 - 7 **Installation of Dry Appliances & Chimney Systems HETAS**
- 11 - 16 **Sustainability and Adaption for Cities and Communities**
- 18 - 21 **Build A Tiny House**
- 22 - 24 **Introduction to Permaculture Course**

MARCH

- 2 - 3 **Intro to Solar P.V. & Off Grid Solar P.V.**
- 4 - 8 **Sustainable Woodland Management**
- 9 **Build a Lapsteel Guitar**
- 9 & 10 **Mindful Woodland Management**
- 10 **Introduction to Horse Logging**
- 11 - 16 **Energy Provision (inc Renewable Energy)**
- 11 - 16 **Energy Generation from Wind**
- 18 - 22 **Build a Natural House**
- 22 - 25 **Eco Refurbishment**
- 23 & 24 **Build a Small Wind Turbine**
- 23 & 24 **Self-Build Project Management**
- 30 **Traditional Timber Frame Joints**
- 30 & 31 **Growing Fruit**

Field Studies Council

Rhyd-y-Crenau, Draper's Field
Betws-y-Coed, Conwy
LL24 0HB
01690 710494,
enquiries.rc@field-studies-council.org

FEBRUARY

- 22 - 24 **Mosses and Liverworts**
- 22 - 24 **Winter Tree Identification**

MARCH

- 1 - 3 **Identifying Conifers in the British Isles**

North Wales Retreats

The Old Rectory, Llanfachraeth
Ynys Mon LL65 4YA
07970 409724, northwalesretreats.com

FEBRUARY

- 22 **Restorative & Slow Flow Yoga**

MARCH

- 29 **Restorative & Slow Flow Yoga**

Siop Iard

7b Palace St., Caernarfon LL55 1RR
01286 672472, siopiard.com

FEBRUARY

- 9 **Silver Earrings**

MARCH

- 2 **Create With Slate**
- 9 **Embroidering Illustrations**
- 16 **Copper Drawing**
- 23 & 24 **Willow Basket Making**

Plas Tan y Bwlch

Maentwrog LL41 3YU
01766 772600,
eryri.llyw.cymru

FEBRUARY

- 8 - 10 **Drop Spindle Spinning for Beginners**
- 8 - 10 **Folklore (in Welsh)**
- 15 - 17 **Chamber Music**
- 17 - 22 **Slate: Yet More Diversity**
- 18 - 22 **Winter Birds**

MARCH

- 15 - 17 **Tales of The Mabinogion**
- 15 - 17 **Creative Landscape Photography**
- 15 - 19 **Spring Painting Experience!**
- 22 - 24 **Sock Knitting for Beginners**

Trigonos Environment Centre

Plas Baladeulyn, Nantlle LL54 6BW
01286 882388, trigonos.org

FEBRUARY

21 - 24 **Space To Be: Trigonos Open Time**

MARCH

8 - 10 **A Fitness and Yoga Retreat** *Bookings through - Source Yoga; sourceyoga.org.uk*

17 - 19 **Introducing Foundations of Mindfulness** *Bookings through - mindfulness-network.org*

Vajraloka Buddhist Centre

Corwen LL21 0EN
01490 460406, vajraloka.org

FEBRUARY

1 - 10 **Simply Being**

15 - 24 **Uncontrived Mindfulness**

MARCH

8 - 17 **The Awakening Heart & the Divine Abodes**

22 - 31 **Everyday Liberations**

Woodland Skills Centre

The Warren, Bodfari, Denbigh
01745 710626, woodlandskillscentre.uk

FEBRUARY

9 & 10 **Introduction to Green Woodworking**

16 & 17 **Coppice Crafts**

24 **Make a Shave-horse 1**

MARCH

9 **Managing A Small Woodland**

10 **Practical Woodland Tasks**

16 & 17 **Make A Pole-Lathe**

Tŷ Newydd Writing Centre

Llanystumdwy, nr Criccieth LL52 0LW
01766 522881, tynewydd.wales

FEBRUARY

23 **Welsh Language: Starting Your Prose**

MARCH

2 **Welsh Language: Prose - Keep Going**

9 **Welsh Language: Writing For Children**

11 **Spring Poetry Masterclass**

Naturally Boss Retreats

courses are run from

Noddfa Centre

Penmaenmawr LL30 6YF
naturallybossretreats.com

MARCH

8 - 10 **Drama, the Universal Language**

8 - 10 **Photography**

15 - 17 **Art Beginners**

15 - 17 **Art Advanced**

22 - 24 **Making Music in Response to Place**

Gladstone's Library

Hawarden, Chester CH5 3DF
01244 532350,
gladstoneslibrary.org

FEBRUARY

2 **Hearth Literary Festival**

12 **Utopias & Dystopias**

28/2 - 2/3 **Living Mindfully**

MARCH

8 - 10 **The Whiplash Line - Art Nouveau and Symbolism**

16 **Fantastic Stories and Where To Find Them Masterclass**

February 16th ~ 2 Workshops with Pippa Bondy

**Introduction to
Alexander Technique**
10am - 1pm, £30

Introduction to Vision Quest
1.30 - 4.30pm, £30.



Venue in Machynlleth
Pippa Bondy 07814 959613,
pippa@ancienthealingways.co.uk



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Exhibitions



Hartsheath Group Until 5th January. Six printmakers working collectively to produce a body of work based on a shared experience of an environment. The project team used research, the time spent walking through the landscape, conversations, field notes and sketches to develop a deeper understanding of it and to inform the artwork. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywd.com

Ruth Thomas ~ Printmaking, Stencil & Collagraph Until 27th January. Ruth uses her late mother's notebooks which documented her daily walks in the countryside, writing about the passing of the seasons, the sky, the weather, plants and all the wildlife she saw. Ruth has used fragments of her mother's tiny handwriting blown up very large to produce an abstract gesture. Mostyn, Llandudno LL30 1AB, 01492 879201, mostyn.org

Cosgrove Hall Until 12th January. Cartoon and animation lovers of all ages can rediscover the enchanting world of Cosgrove Hall Films as the comprehensive collection exhibits in Wales for the first time. Oriel Gallery, Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywd.com

Josephine Meckseper Until 3rd March. One of the foremost female artists of her generation working today, Meckseper melds the aesthetic language of modernism with the formal language of commercial display, combining them with her own images and film footage of historical undercurrents and political protest movements. Mostyn, Llandudno 01492 879201, mostyn.org

Rhodri Owen ~ To The Quick / I'r Byw Until 6th January. Rhodri contrasts his own hand-crafted furniture with transfigured pieces in visually unexpected ways. Oriel Môn, Llangefni 01248 724444, orielynysmon.gov.uk

In-sight 16 Until 27th January. Helfa Gelf artists. A variety of talent exhibiting. Mostyn, Llandudno 01492 879201, mostyn.org

Wrexham Art Group 7th - 26th January. Oils, acrylics, watercolours and pastels by this local art group. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywd.com



Louisa Gagliardi ~ Under the Weather Until 3rd March. Gagliardi's work pulls apart the construction of an image, and of our society in a digital age, while appearing to explore the codes and history of painting. Her works pose questions around ideas of figure and ground, flatness and depth. Mostyn, Llandudno 01492 879201, mostyn.org

In Black and White ~ Mewn Du a Gwyn Until 17th February 2019. This exhibition represents examples of Charles Tunnickliffe's wood engravings and etchings, showing fine art prints alongside works intended for publication and commercial purposes. Oriel Charles Tunnickliffe, Llangefni 01248 724444, kyffinwilliams.info

Jack Crabtree 19th January - 2nd March. Jack is best known for his social realist work of the 1970s and in 1974-75 was commissioned by the National Coal Board to present an artistic record of the changing face of the coalfields of South Wales. Theatr Clwyd, Mold CH7 1YA, 01352 701521, theatrclywd.com



Dorothy M Williams Until 18th February. Dorothy is attracted to the man-made environment, often including figures; using sketches with a rich palette. Free entry, open 10am - 5pm. Oriel Hir, Kyffin Williams Gallery, Llangefni, Ynys Mon LL77 7TQ, 01248 724444, oriel@ynysmon.gov.uk

Indian Threads ~ Textile Inspirations Until 27th January. This exhibition is a celebration of a wider exchange project known as Threads. Artists from Wales and artisans from Kachchh in rural Gujarat have shared studio time and field trips, community traditions and personal experiences. Skills rooted in generations of textile practice and impressions forged by open minds and new horizons come together to give this exhibition heart and soul. New work being developed by Rajiben M. Vankar, Champa Siju, Julia Griffiths Jones, Eleri Mills, Laura Thomas and Louise Tucker promises to delight. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk
5th - talk by Eleri, see Calendar.

Ingrid Murphy ~ The Language of Clay Until 27th January. Connectivity is crucial to Ingrid Murphy, between people and places and across time. Her explorations provoke and surprise us as she marries traditional ceramic processes with creative technologies. Ruthin Craft Centre 01824 704774, ruthincraftcentre.org.uk

Storiol ~ New Again Until 30th March. Examples of 'recycling' from Storiol's museum collection. Some are beautiful pieces made from treasured fragments, others discarded broken objects used in a new way. Fford Gwynedd, Bangor LL57 1DT, 01248 353368, storiol.cymru

Regular Weekly Classes and Groups

* monthly and fortnightly groups are listed in the Calendar

ART & CRAFT

Life Drawing Wednesdays: 1 - 4pm, £7. Penrallt Community Centre, Upper Bangor LL57 2EU. Contact 07533 341458.

Arty Folk & Friendship Group Thursdays, 12 - 2pm. A group for adults who are interested in both creating art through a variety of mediums and in making new friends run by social enterprise RainbowBiz CIC. All materials and drinks provided, £2. Held at the RainbowBiz Hippy Shop, 8 Daniel Owen Precinct, Mold, Flintshire, CH7 1AP. Contact info@rainbowbiz.org.uk

Llanbedrog Art Group Mondays: 1.30 - 4.30pm. Friendly group for beginners and experienced artists. Occasional talk/demos, £2 includes tea and biscuits. St Pedrog's Church Hall. Jacky Milton 01758 740983, miltonjacky@gmail.com

CAPOEIRA

Capoeira Classes A Brazilian art form that combines elements of Martial Arts, dance, acrobatics and fluid movement. The Old Goods Yard, Treborth, Bangor. (Down narrow lane by the Antelope pub LL57 2HZ). Tuesdays & Thursdays (subject to demand): Open Adult class 9 - 10.30am, £7. Tuesdays and Wednesdays: 11 - 16yrs old and Adult Beginners 6.30 - 7.30pm, £6; Intermediate adult classes continue 7.30 - 9pm, £7. Children's Classes: Wednesdays: 4pm - 4.45pm; Beginners under 11's £4.50. Wednesdays: 4.45pm - 5.30pm; Intermediates under 11's, £4.50. There are a host of weekend training programs and seminars too, so get in touch! Enquiries: Monitor Colin Daimond 07773 798199, colin@capoeiramocambo.co.uk



CIRCLE DANCE

Circle Dance Wednesdays: Experience the joy and healing of dancing to World music - a blend of traditional European folk dances and modern choreographies. All welcome - no previous experience required. 10am - 12 noon at Y Ganolfan, Pentrefelin, nr Criethri. Maia 01492 642123.

DANCE

Groove Dance Just bring your body and dance which ever way you feel. With Liz Lane, 6.15 - 7.30pm, £6. Follow Your Bliss Cafe, 307-309 High St., Bangor. FYB Cafe 01248 345495, followyourblisspt.com

Rachel's Bellydance Classes Tuesdays: Polynesian Dance 6.30 - 7.15pm and Belly Dance 7.30 - 8.30pm both at Parkfields Community Centre, Mold; Wednesdays: Belly dance 6.30 - 7.30pm at Studio 3, Rhosddu Industrial Estate, Wrexham; Inner Dance Meditation Thursdays 7-9pm Mold. Contact Rachel: iscia_espirit@hotmail.co.uk ~ rachelbellydance.wales

Flowdance Tuesdays: 10.30 - 11.30am, Abersoch Village Hall; & Thursdays: 10.30 - 11.30am, Pwllheli School of Dancing, Gaol St., Pwllheli. £5 each. Sue Baumann, 07833 791317, llyntaichi.com

Salsa and Ballroom Tuesdays: Beginners welcome including Two Left Feet! No need to bring a partner. 8.15 - 9.30pm, £5. Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McCreary 07751 017157, dance-classes-north-wales.co.uk



Swing Jive (Lindy Hop)

Wednesdays: All welcome, 8.15 - 9.45pm, £5, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McCreary 07751 017157. dance-classes-north-wales.co.uk

FELDENKRAIS METHOD

Feldenkrais Method Class ~ Awareness Through Movement Tuesdays: 4.30 - 5.30pm, £6 per class if booked as a block or £7 per class drop-in rate. Please phone first to check suitability. Verve Health, Fitness & Wellbeing, 2 - 4 George St., Llangollen LL20 8RE. Veronica Rock 07990 825783, vhrock@feldenkrais.co.uk

GARDENING ~ CONSERVATION

Digging Deeside Tuesdays: 10am - 2pm. We are run by volunteers who want to learn new skills and enjoy being outside in the fresh air with other like minded people. All tools, equipment and free lunch is provided, all we ask for is a £1 contribution. We have our own community plot at Mill Lane Allotments (CH5 4HF) where we grow lots of vegetables and herbs from seed, while encouraging wildlife, insects and bees. Volunteers will also have the opportunity to help maintain the Community Garden which is next to our allotment plot. The group currently meets at the RainbowBiz Hippy Shop, 8 Daniel Owen Precinct, Mold, Flintshire, CH7 1AP from 15/1/19 - 28/2/19. If you would like to join us please email info@rainbowbiz.org.uk

Wildlife Gardening Mondays: Maintaining the garden and woodland at Tŷ Hyll ~ The Ugly House, Capel Curig LL24 0DS. Snowdonia Society 01286 685498, owain@snowdonia-society.org.uk

GIFT ECONOMY / GIVE AND TAKE

The Wiggly Wobbly Way Community based Gift Economy project. Now open every day 9.30am - 4.30pm and evenings in the summer. Come and see what's happening. Visit our Little Free Library, Give and Take Stall and have a brew. Rockside Cottage, Farndon, Chester CH3 6PU. Resident Caretaker: Vic 01829 271 639, wigglywobblyway.weebly.com

LANGUAGES

La Conversation Française Thursdays: upper intermediate level, 7 - 9pm, free, The Tap & Spile (near the Pier, Garth) Bangor. Jan: jannieu@tiscali.co.uk

MEDITATION

Meditation Class Mondays: 12noon - 1pm; followed by tea. Oddfellows Hall, Saltney, Chester CH4 8SG. Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Transcendental Meditation Regular Meetings (and introductory talks) held in North Wales. Contact the Centre 01695 735579, uk.tm.org

Meditation Classes 2019: January 16th for 9 weeks - 8 Steps to Happiness - Wednesday 7.30 - 9pm, Upton Pavillion. April 10th for 7 weeks - Meditation for Happy Life - Wednesday 7.30 - 9pm at Upton Pavillion. June 5th for 6 weeks -

Inspiring Solutions for Difficult Times - Wednesday evening 7.30pm till 9pm at Upton Pavillion. September 4th for 4 weeks - Meditations for Modern Problems - Wednesday 7.30 - 9pm at Upton Pavillion. October 23rd for 7 weeks - How to Solve our Human Problems, Wednesday 7.30 - 9pm at Upton Pavillion. Each class cost £6 per person. Contact Odiyana Centre, 01606 77034, info@meditationincheshire.org



Kalpa Bhadra Buddhist Centre ~ Meditations on Love 5 week course. Mondays: 11.30am - 12.45pm, held in Barnardo's Flintshire Services, CH7 1BH. Tuesdays: class is held 7 - 8.30pm, in Wellington Road Community Centre, Rhyll LL18 1LE. Wednesdays: 11.30 - 12.45pm, and 7 - 8.30pm. All £6 per session. More details from Kalpa Bhadra Buddhist Centre, 34 Mostyn St., Craig y Don, Llandudno 01492 878778, meditatenthnorthwales.com *Classes start from 28th Jan.*

Meditation Mondays A weekly meditation practice together in a small group. A collective of meditations that vary each week are guided, this is suitable for all ages that are willing to meditate. And open to all experiences of meditation, beginner, medium and advanced. 6 - 7pm, £5. Wrexham. To book, please contact Creuynni Complementary Healthcare 07472 266952. Facebook page and/or Whatsapp/Signal

Triangles Meditation Mondays: 8pm. Using the power of thought and prayer to uplift and transform consciousness. This is an online facility. You can find out more and register at: lucistrust.org/triangles

NARCOTICS ANONYMOUS

Narcotics Anonymous 'Guiding Principles' Meet Thursdays 5.30 - 6.30pm, Parlwr Bach room, side entrance, wheelchair accessible. Free to attend, and open to anyone who feels they may have a problem with drugs, is in recovery, or is interested in recovery. Held at Dragon Theatre, Jubilee Rd, Barmouth, LL42 1EF. For more information on NA, please see www.ukna.org, to speak to someone who's been there, free UK Helpline 0845 3733366.

NONVIOLENT COMMUNICATION

Regular Nonviolent Communication Practice Meetings fortnightly, 5 - 7pm, on Fridays in Bangor. Contact Lisa: busybees@phonecoop.coop

PEACE & JUSTICE

Peace & Justice Meeting Mondays: 6.30pm. The group campaigns bilingually; meetings are generally held in the English language. Quaker Meeting House, Dean St., Bangor; bangorpeace.co.uk

QUAKERS

Ruthin Quaker Meeting Sundays: 10.30 - 11.30am, followed by tea and biscuits at Canolfan Awelon, School Road. Contact: Jean 01824 705592.

SINGING & CHANTING

Chanting Sessions Tuesdays: led by Laura Knott, 7.45 for prompt start at 8pm, finish 9pm. Bring a cushion if you want to sit on the floor, bring percussion. £5 suggested donation. Quaker Meeting House, Dean St, Bangor. Facebook: Tuesdays Chanting: Meditative Songs from around the World

Coastal Voices Community Choir Abergele. Tuesdays: A friendly, mixed choir singing songs from all over the world. 7 - 9.15pm, Chapel Hall, Mynydd Seion Chapel St, LL22 7AW. 07881463585, sarasings@ymail.com

Sing Out Your Song! Harmony Singing Group. Thursdays: 7 - 9pm, £8, £6, £4. Bishop Lloyd's Palace, 51 Watergate St., Chester CH1 2LE. Ella 07922 620503, ellaspairs@hotmail.com

Come And Sing!

Harmony Singing Sessions suitable for beginners and everyone who likes to sing with others. Mondays, from 14 Jan 10.30am - 12.30pm at The Gift Cafe, The Lodge, Grosvenor Park, Chester. Suggested donation £4. Contact Ella 07922 620503 ellaspairs@hotmail.com



Wrexham One World Community Choir ~ Sing

Your Heart Out Every Tuesday during term time: Open to everyone regardless of age and ability. 7.30 - 9.30pm, 16yr+, £5, £4 concs. Try first session for free. Ty Pawb, Market St, Wrexham LL13 8BY. Contact: info@wrexhamchoir.co.uk

aMaSing Gwynedd and Mon MS Choir Friday afternoons: A friendly, mixed group for people living with or affected by MS. Talgai Hall nr Penrhyn Castle, Bangor. Contact Sara to find out more. 07881 463585, sarasings@ymail.com

Bangor Community Choir Wednesdays: A friendly, mixed choir singing songs from all over the world. 7.30 - 9.30pm, Capel Penrallt, Holyhead Rd, Bangor LL57 2EU, 07881 463585, sarasings@ymail.com

SOCIAL

Men's Sheds Across north Wales: menssheds.org.uk
Bangor U3A Thursdays: For people who are retired from working or parenting. Develop interests and activities, new members welcome. 9.30am chat, 10.30am group activity. Capel Bera Newydd, Bangor (between Fford Penrhos and St David's Retail Park). Contact: bangoru3a.org.uk. Term time only; also monthly talks; see *Calendar*.

SPIRITUAL DISCUSSION

Theosophical Society in Wales Meets in Colwyn Bay and Bangor. See *Calendar* for events or visit: theosophywales.com Also in Chester ~ chestertheosophy.org

TAI CHI/ CHI GONG / TAIJI QIGONG

Tai Chi Tuesdays: 7.15 – 8.15pm, & Thursdays: 2 – 3pm, £5. Pwllheli School of Dancing, Gaol St, Pwllheli. Sue Baumann, 07833 791317, sue.reiki@talktalk.net, lyntaichi.com

Tai Chi Mondays: 10.30am, Village Hall, Llandrillo. Wednesdays: 11.15am in Verve Studio, George St, Llangollen. Thursdays: 3pm, Canolfan Ni, Corwen. Thursdays: 7.30 – 9pm, Neuadd Carrog Village Hall, nr. Corwen. All Welcome. Ed Fisher 01490 430205.

Taiji Qigong Tuesdays: Glasinfryn Community Centre, Bangor. Wednesdays: 1.30 - 2.30pm Llanfairfechan Community Hall; and Thursdays: 10 - 11am Penmaenmawr Library. Improve your fitness and flexibility. All ages/abilities welcome. Jill Turner 01248 351672, treespleas@yahoo.co.uk

Tai Chi China Bridge Mondays: 9.30am: Tai Chi & Qigong, Carolyn Ridding, Rhos Methodist Church Hall, St. George's Rd. Rhos on Sea. 01492 547616.

10am: Tai Chi, Susi Sheen, The Jubilee Room, Town Hall, Earl Road, Mold.

12pm: Tai Chi & Qigong, Carolyn Ridding, United Reformed Church, Rhos on Sea, Colwyn Ave. LL28 4RA. **2pm:** Tai Chi & Qigong, Carolyn Ridding, Rhos Methodist Church Hall, St. George's Rd. Rhos on Sea, LL28

4EE. 2pm, Tai Chi & Qigong, Henry Shallcross, St.Peter's Church, Holywell. **1.30pm:** Tai Chi, Celia Brown, Pentrefelin Village Hall. **Wednesdays: 6.30pm:** Middle Path Healthy Living Tai Chi Class, Peter Newton, The United Reformed Church Hall, Handbridge, Chester CH4 7JF. **Thursdays: 7pm:** Tai Chi & Qigong, Carolyn Ridding, Rhos Methodist Church Hall, St. George's Rd. Rhos on Sea. **8.30pm:** Tai Chi Broadsword, (Intermediates), Carolyn Ridding, Rhos Methodist Church Hall, St. George's Rd. Rhos on Sea. **10am:** Tai Chi, Celia Brown, Bontddu Village Hall. **7pm,** Tai Chi, Celia Brown, Llanbedr Village Hall. **Fridays: 10.30am,** Tai Chi and Qigong, Peter Newton, Mynydd Isa, Community Hall, Old Village, CH7 6UH. More info: chinabridgetaichi.co.uk

Tai Chi / Qi Gong Classes Mondays: 7 – 8pm, £5, Llangoch Village Hall, Anglesey. Fridays: 11am, £5, County Hotel, Llandudno. Rose 01407 769571, 07759 105504, roseannyoga@gmail.com, roseyoga.net *Classes restarting 7th January.*

WALKS

Rural Walks Over 30 walks around the Denbigh area: Ruthin, Rhewl, Corwen, Llangollen, Bodfari and many more places; moderate, strenuous and easy. Available to download from: denbighshirecountyside.org.uk and click on the Walking section.

Cerdded Conwy Walks A full programme of various walks; suggested donation of £2 per walker per walk which goes towards promoting costs and training of leaders. Various locations across Conwy and beyond. Weekend walks: September: 28th - 30th. October 12th - 14th. More info: cerddedconwy.org Facebook: Cerdded Conwy Walks

WEAVING

SAORI Weaving for Health and Wellbeing

Thursdays: 6.30 - 8.30pm, £30. Come and enjoy the therapeutic benefits of Japanese SAORI self-innovation through freestyle weaving. Immerse yourself in the SAORI experience of joy and wellbeing by weaving with colour and texture in the relaxing atmosphere of my studio, SAORImôr, opposite Domino's Pizza, Bangor. Booking essential. Rosie Green, 01248 345325, saorimor.co.uk post@saorimor.co.uk

WRITER'S GROUPS, READING GROUPS & POETRY

Colwyn Bay Writers' Circle Saturdays: Discuss and debate members' written interpretations of a topic chosen the previous weekend. Informal, friendly and constructive collective! Bring some of your prose and/or poetry. We meet from 1 – 3pm every Saturday at the CCE on Greenfield Road, Colwyn Bay. Chris Hemmings crishtrees@gmail.com

Read Aloud Tuesdays: the group will read a short story and a poem and discuss their merits along the way whilst enjoying a cup of tea. Everyone is welcome! 2.30 - 4pm, free, 16+, Wrexham Library. Debbie Williams 01978 292090, debbie.williams@wrexham.gov.uk

PREGNANCY YOGA

Pregnancy Yoga Group Monday evenings in Menai Bridge and Tuesdays evenings at Quaker Meeting House, Dean St., Bangor. 6 week courses run regularly £48. Laura 07914 917711 or email: laurabirthingmamas@gmail.com. *See Calendar*

YOGA

Flow Yoga Sundays: 10.30am - 12pm, Follow Your Bliss Café, 307 - 309 High St., Bangor. Contact 01248 345495, followyourblisspt.com

Dru Yoga with Teresa Mondays: 1.30 - 3pm; Tuesdays: 6.30 - 8pm; Wednesdays: 9.30 - 11am; followed by optional half hour meditation. All held at Oddfellows Hall, Saltney, Chester. Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Yoga Class Thursdays: 5.30 - 6.30pm Chester University, contact for details, Teresa 07876 254518, or teresa@teresa4yoga.co.uk

Forrest Yoga with Claire Mace Mondays: 7 – 8.30pm, St. Mary's Church Hall, Holyhead LL65 1TR. Beginners and improvers welcome. Thursdays: 10am – 11.30am, Llanfachraeth (contact for address). Small group intermediate level class. Thursdays: 12 – 1pm , Llanfachraeth (contact for address). Small group basic class suitable for beginners, pregnant ladies and people with chronic conditions. Thursdays: 7 – 8.30pm, Aberffraw Village Hall. Beginners and improvers welcome. Also small group classes, private lessons, yoga workshops and more. Bookings: Claire 07970 409 724, claire@inspiratrix.co.uk Starts 7/1/19

Yoga for Health and Well-being Mondays: 7.30 - 9pm. Suitable for all ages. Newcomers and beginners welcome. First class free of charge. Held in Rowen Memorial Hall, nr Conwy. Lorna 01492 641560, lornashipp@yahoo.co.uk Details: rowenconwy.org.uk/memorial-hall/activities-in-the-memorial-hall/yoga/





Source Yoga Classes daily Monday through to Sunday in Mochdre and Rhuddlan. For more information ring 07704 437415, sourceyoga.org.uk

Mindful Yoga with Elaine Tuesdays: 7.30 - 9.25pm at Llanfair PG Primary School. Wednesdays: 10 -

11.55am at Capel Mawr, Menai Bridge; and 7pm - 8.55pm at Ysgol y Graig in Llangefni. Thursdays: 7.30 - 9.25pm in Newborough. £55 for 10 classes or £7 drop-in class. All term time only. Elaine 01248 430147, elaine.yoga@tiscali.co.uk ~ yoganorthwales.co.uk

Iyengar Yoga Class Thursdays: 7 - 8.30pm, £9 or £40 for 5 classes paid in advance. Rhoscolyn Village Hall, Anglesey. Ruth Johnson yogamon@myphone.coop

Simply Yoga & Therapies ~ Yoga and

Relaxation For people of all abilities, fitness levels and age groups, with classes tailored to the needs of each individual; all on a drop-in basis. Mondays: 11am - 12.15pm, £5, St. Pedrog's Church Hall, Llanbedrog, nr Pwllheli. Mondays: 7pm - 8.15 pm, £5, Abersoch Village Hall. Tuesdays: 10am - 11.15 am (term time only), £6, £15 if paid in advance for 3 classes, Llanoran Village Hall. Tuesdays: 7pm - 8.15 pm, £5, Llanengan Village Hall. Wednesdays: 10.30am - 11.45 am, £5, Abersoch Village Hall. Freddie 07833 663717, simplyyoga@btinternet.com

Yoga Classes with Rose Ann Preston. Mondays: 10.30am & Tuesdays: 10.30am and 7pm, held in Holyhead Sports Centre, all classes £5 each. Thursdays: 12.30pm and 7.30pm, Ysgol Aberconwy Sports Centre (both council run). Rose 01407 769571, 07759 105504, roseyoga.net *Restarting 7th January.*

Yoga with Tracey Mondays: Gentle yoga class 4.15 - 5.45pm. Dynamic yoga class 6 - 7.30pm. The Arts Room, Dragon Theatre, Barmouth (term time only). Tuesdays: Gentle yoga class 4.15 - 5.45pm. Dynamic 6 - 7.45pm. Calon Lan Yoga Studio, Penrhyndeudraeth. Thursdays: Ashtanga Yoga 6 - 7.30pm. Calon Lan Yoga Studio, Penrhyndeudraeth. All classes £7.50 drop in or £30/5 weeks. Tracey 01766 770610, 07809 485323, traceyyogamassage.co.uk

ZUMBA

Zumba Dance-Fitness Mondays: 6 - 7pm, £5, Telford Centre, Mona Rd, Menai Bridge LL59 5EA. Wednesdays: 6.30 - 7.30pm, £5 & Thursdays: 6.30 - 7.30pm, Academi, Deiniol Rd, Bangor, LL57 2UW. Helen McCreary 07751 017157, dance-classes-north-wales.co.uk

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The next Regular Groups listing will be in the APRIL Issue. Copydate: **March 18th**

WANT TO DONATE ITEMS TO HELP REFUGEES?

POBL I BOBL supporting refugees *cefnogi ffoaduriaid*

The best thing is to "think camping"! We accept good, clean but practical, casual clothes for adults (but nothing bigger than Large size), children and babies - tops, pyjamas, trousers, shorts, skirts, dresses, jumpers and fleeces, raincoats and casual shoes, trainers, sandals, flip-flops and crocs. Please donate summer clothes from February-August and winter clothes from September-January.

We also collect toys, pushchairs, travel cots, bicycles, scooters, sleeping bags, fleece blankets, tents (must be complete). Must be clean and in good working order.

WHERE TO DROP-OFF AID?

BANGOR: Dr Zigs Bubble Shop, Vaynol Estate (via Parc Menai), LL57 4BP Monday-Friday 10-4

CWM Y GLO: Y Frican. Anytime but please contact 07738 859585 to confirm

LLANRWST: Menter Iaith Conwy, The Square, Llanrwst. LL26 OLG 9.30-5 Monday-Friday.

Facebook: Pobl i Bobl

House Dowser

Geopathic Stress Affects Everyone!

Could your home be responsible for your illness?
Is your relationship being stressed by your house?
Is the earth giving off rays that are affecting you?



Does your house need healing?

You could be being affected by the earth's magnetic field. Fault lines and water veins deep under the ground concentrate this field, and they could very possibly be coming up through your house.



The Problem

The effect of Geopathic Stress is to depress the body's immune system, particularly when you are sleeping over a negative place, causing illness, depression and stress.

The Solution

- Your house is dowsered for all negative influences.
- A report is drawn up.
- The house is cleaned and all stress removed.
- House Dowsing brings back harmony, health and peace of mind.

Could this be the answer you've been looking for?

Chris Quartermaine

01244 509933 or 07921 783184
chris@wizdom.me.uk www.house-dowser.co.uk

Personal Voice Channeling®

Receive Spiritual Guidance and Healing, as Spirit Speaks Through
YOUR OWN VOICE, DIRECTLY !!!

Pauli Murphy is a North Wales-based, Certified Practitioner of Voice Channeling®, as taught by New Three® University of California.

This guided technique is unique, in that Pauli will facilitate you during a Session so that your Spirit Guides will, with your permission, lovingly answer your questions using your own voice during the Sessions.

Nothing is “off-limits” ~ 100% confidentiality guaranteed.

Sessions are £149.00 and last between 40 minutes and 1.1/2 hours.

Your first Session is at half-price

Have a gander at his Website, whence you can ask questions and/or book Sessions with Pauli, 1 to 1, or via Skype, Facetime, WhatsApp or phone 07768 603365

www.paulimurphy.com

Reiki Get Together and Share

with Vivien Candlish

Sunday 6th January 2019

** All previous students welcome*



Lunch to share at 1pm
Reiki sharing 2 -5pm

NB: The healing centre is now at

8 Fron Ogwen, Tregarth,

LL57 4NP

01248 601388

07771 280824



We have 50 acres of woodland with permanent Forest School sites, heated meeting rooms, covered workshops, wildflower meadow, apiary, heritage orchard, tree nursery, allotments and vineyard in the heart of the Clwydian Range AONB near to the village of Bodfari.

We run a wide range of courses in traditional crafts including coppice and greenwood crafts, basket making, timber frame building, making shave-horse and pole-lathe, stool and chair making, Gypsy crafts, charcoal burning, coracles, woodland management, home chain-saw and hedge laying. We run bushcraft courses and hold family days, weekends and weeks in the woods. We do special events such as birthday parties. We run level 3 courses in Social Forestry and Mindfulness. People on courses can have free camping with access to w.c and shower.

01745 710626

enquiries@woodlandskillscentre.co.uk
www.woodlandskillscentre.uk

Selenite: A Crystal For January

Jo-Anna Stuart



After all of the ups and downs, and the crazy energy of 2018, for 2019, we need to try to create our own stability from within. With this in mind, Selenite may not

be the obvious choice, however, allow me to explain...

2019 is a number 3 year – $2+0+1+9 = 12 = 3$. This is a number of CREATION, the Holy Trinity, and also the number 1 associate with the Ascended Masters. We are being supported and held by our Divine Guides in 2019, as we begin to create our new reality from within. Gone are the times where we must simply “get what we are given”. The 3D paradigm is giving way for the 5D consciousness, where we gain more and more freedom to create from our soul. And as we create from our soul, we are literally changing our physical reality.

This is no mean feat, and we can use all the help we can get! We are balancing mind, body, emotions and soul in a new dimensional reality - something which has never been done on this planet before. And we are creating it from the inside out. We are putting everything we have learned in 2018 into practice for 2019.

For all of this, Selenite is the perfect choice. Selenite connects us with those new, higher vibrations, and keeps us connected, as we travel into 2019. Selenite helps us to keep our eye on the prize, and

not get distracted by any 3D stuff which inevitably will come up from time to time. Selenite has such a pure and steady vibration, which will help us get really clear on what we need and want to manifest.

Selenite also helps us communicate with our Guides and Ascended Masters in these times of great change. These amazing beings are here to help us through these wondrous times of unprecedented

change. They will be of great support as we journey through 2019.

The denseness of our physical world can be stubborn to change, but change it must in 2019, as our physical reality shifts to match the new 5D vibration with which we are aligning. In my crystal healing work, I work with Selenite a lot to help rebuild and re-align the physical body, and to ease physical pain. Working with Selenite over the coming year can help facilitate these physical changes to our reality, and ease any “growing pains” we may experience.

In summary, we are creating something magnificent, and Selenite is a fabulous all-rounder that can help us in this plan. Have you got your Selenite ready?

Does this article resonate with you? If so, you may like to check out my website and Facebook pages. I also run accredited courses in Crystal Healing. The next one starts in February, and is taking place in Wrexham.

<http://cariadcrystalhealingandspiritualguidance.weebly.com>

Facebook: [cariadacademy](#)



All Money Is Local

Last of three articles on "Our Ethical Footprint"

Michael Chown

The birth of agriculture...

Echo-nomics was a lovely idea of 30 years ago. The belief that what you put out is what you get back. When we commit we reap rewards. The tomato plant you tend brings you tomatoes. A friend grows potatoes. You swap. Trade has begun. You trade in pounds, you know the lb kind, you trade in weight. Now the woman who grows courgettes in the next village can trade because you have a constant. You all have more than you need of what you are good at, and your rate of exchange is a given. So began the history of the world. 12,000 years ago someone started herding goats and sowing grain. This freed others to do other things; and hence to trade.

**In the beginning was surplus -
and the surplus was agriculture.**

and the end of economics...

But the financial world has lost sight of the most fundamental truth: that all comes from mother earth. The concept is finite. Banking has gone infinite. Money is the only thing mankind has ever invented that is infinite. It is completely out of sync with the world we live in. This disparity between finite and infinite, between the real world and banking, is the cause of the ever more frequent - and totally unnecessary - economic failures. The planet has no more hidden corners to which this tendency can run. It can only crash back upon itself - that means you and me. What was wrong with lbs, pints and inches? Why is our single greatest value system totally devoid of value, endlessly expanding towards its own demise?

Money is a bubble. 97% of it is debt!

through continuous collapse... until the Worgl.

The great crash before the 2007/8 was the 1929 stock market collapse that caused the Great Depression. The silver lining of that moment was a solution that was tried, succeeded and remains a beautiful example of where we now need to head. It would end these ridiculous cycles forever. The solution came about in a hundred different places, but Worgl, a small town in Austria, is the best recorded.

Silvio Gesell had written a book in 1904 called *The Natural Economic Order* advising on monetary, land and tax reform. Hundreds of towns and communities across Europe and the States jumped to it. Austria, France, Spain, Switzerland and German all joined in the 'free economy' movement and across the Atlantic the same, though more likely influenced by Henry George who had written similarly decades before.

A World Class Experiment

By 1932 the Mayor of Worgl had convinced his council to print their own notes. They issued 5000 Free Schillings (backed in the bank by 5000 Austrian Schillings). These were used to pay both wages and materials on council projects. The money passed on to butcher and baker throughout the town. Each month the person holding the note had to buy a 1% stamp, also local issue, to glue to the back. Each year the note would be repealed having raised 12% in "use-fee". They built a new bridge and repaired roads and in doing so brought down unemployment by 25% in 1 year! Because of the use-fee people were encouraged to spend, even paying their taxes early!



The currency therefore circulated twice as fast: 463 times while ordinary schillings circulated 213 times. $463 \times 5000 = 2.3$ million completely new schillings created within the town. The council generated 12% on their 5000, or 600 schillings. Phenomenal prosperity in the midst of recession.

Monetary Reform

No interest was charged, only the fee. This went back into the community *not* to the bank or the rich.

This in essence is monetary reform.

To dispense with interest for ever. Even economists refer to interest as 'the wrecking machine of the economy.' It is the source of the unnatural 'growth' in money. Nor does economics seem to understand that growth comes in three varieties; natural, arithmetic and exponential. Natural, grows to a predetermined limit - as does a tree - then stops. Arithmetic is a constant ratio, more input more output. But exponential growth doesn't know when to stop. This is the path of compound interest and we have to tell the system when to ease up - and we don't. But we could dispense with it altogether, just by replacing interest on borrowing with a **use-fee**.

Banks Are Unique... Why?

It is not the only anomaly in banking:

1. They make money out of fresh air. This is what central banks do. They don't have gold reserves any more. They don't use fiduciary balance. They just print more, recently in vast amounts, calling it 'quantitative easing'.
2. It is illegal if you do it. They do and they own it. And now they are going to charge you for this invention that cost nobody anything. Every religion calls this usury, but in 1833 a law was passed "scrapping usury"!
3. On the strength of the loan to you - money now has 'value' which they can now lend 'against'. When they have run out of things

to lend against, they will bet on the outcomes of those loans ... then bet on the outcome of those bets, and on.

They have created a virtual surplus - and treat it as if it were real!

2007/8

And that is what happened in the last great crash. The mortgage you bought, was bet on at 20 times its value, so that bankers could make 5% on every round. Once they realised that it was all going to crash they sold every layer they could, including your mortgage, to other banks around the world. Then they bet against all those bets which they already knew would fail, and that is known as the Big Short. Goldman Sachs not only bet against their own previous products, making \$4 billion in one go, but they also reregistered themselves as an investment bank to get inside the law for government bailout! Fraudulent in the extreme - except that it is all legal. It did not matter who owned which bet, the American banks alone claimed a \$700,000,000,000 bailout and got it. Then they payed themselves bonuses then they started doing it again, as they are right now.

What Now?

So. We have reached a position where fraud is not only legal, it is supported by government. Those who should have gone to prison received enormous payouts. Yet we all subscribe to this system with flaws. The banking process charges interest which is the same as inflation, which devalues your money. You own less value today than yesterday because currency has increased.

And the good news... ?

So what ever happened to the Free Schilling in Worgl? It solved all these problems and it created prosperity, equality and stability through a 'natural growth' economic mechanism. 300 other

communities in Austria alone were geared up to start in 1933. The Austrian central bank saw its monopoly of printing money (and wealth) threatened and tried to shut it down, which it finally succeeded through the high court. In America the same. No one anywhere to date has achieved a use-fee currency, because this was an attempt to reform national currency. In that sense top-down. What about starting from the bottom up?

Local Exchange Trading System (LETS)

This is precisely what happened in Vancouver in 1983. Residents on the outskirts were told that the school bus would cease running and parents would have to drive their children to school. A group was formed which took over the bus. Some agreed to drive, some to repair, some to paint, and so on. All contributions were recorded by time or dollar value. What you gained in service on the bus could be 'spent' in the community, and recorded. Everyone had a debit and credit column and anyone could join.

'Tabulated Barter' attracts no costs, no interest and allows anyone to enter the marketplace by simply opening an account. Soon it spread to industry and the local authority. A trainee dentist got his surgery build in its entirety against future dental treatment. There are no limits to such a free currency because in effect it does not exist, it's more like a diary. Thousands of LETS schemes now operate around the world but many have come up against governments requiring tax against 'income'. The first notable exception was in Blue Mountain Australia where the government recognised the enormous value of LETS to generate employment, wealth and self-belief across the community, and gave it tax free status.

The Euro

At the other end of the spectrum the Euro was actually brought about by government. Bernard Lieter from the Bank of Belgium, was commissioned with the structuring of the Euro to ease cross European trade. What he proposed was a floating layer that the corporations could use, with national currencies below and perhaps regional currency below that. The Commission and others took one look, said 'too complicated' and took it as a one size fits all. That's what they got.

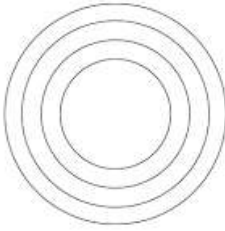
Leiter resigned and now lectures around the world on setting up systems more like Worgl and LETS. If the Euro collapses it will be because the bureaucrats did not recognise countries' particular monetary needs. Greece's problems were caused by the loss of their own central bank. Italy's current position is the same: wanting to borrow beyond European guidelines. They have been told they can't and Italy have replied by saying that they will form their own currency... watch this space.

New Layers of Currency

If we take Bernard Lieter's point that layers serve different things for different people then let us leave the Euro as a top layer. Then Gesell's idea that whatever currency we use for every day purposes must not be beholden to bankers, to interest, to inflation and especially to the endless growth and devaluation that is caused by these other aspects. A use-fee cures all that.

Local exchange mechanisms bring people into the economy rather than keep them out. LETS allows every unemployed person the means to do what they have dreamed of doing but for which there was no 'bank loan'. In LETS you sign off your own loan. Beyond this - and beyond Lieter - is the pure "gift economy".

Rings of Value



Now I want you to lay this out across the landscape. Start with yourself at home with all your ideas, needs and dreams. 'Shall I have coffee or go for a

walk?' Most of what we do every day is self determined and free. The Inca people had no money at all, they had no conception of why the Spanish wanted silver. Ancient peoples had none and the extended Italian family still uses none: *that's* gift economy.

So how far can you imagine your world of family and friends, extending in a ring around you - *without money*. I would suggest that it is a good 40% of all your imaginable needs. If you grow your own, cook your own, make your own, it just gets bigger and bigger. The next ring is further out from you (perhaps 30% of all your 'trade' activity). This includes that lady in the next village with an abundance of courgettes. In today's/tomorrow's economy you place your trade with her in the LETS computer file. All local transactions - from water rates to house building - can be tabulated with no loans and no fees.

The third ring covers things not made in the region that need a national/regional currency of the 'Free schilling' kind, with a use-fee (maybe 20% of your expenditure). White goods and computers may be in this category to begin with but such a localised and localising process could change that. Way beyond all of this, the fourth ring: a holiday, luxuries, one-offs. These come at whatever price they happen to be, but this last 10% is now your only dealing in Pounds and Euros!

From the parasitic global economy you are now completely free.

A World That Works

We have turned the whole process of globalisation on its head. Our awareness of the world is greater because we have more time and more communication. We are more able to respond to world problems. *But our involvement in creating those problems has fallen to zero.* Recognising that most of our transactions are local and dealing with them as such, disengages us from the world in which we have no choice, no control, no say. At the same time, it reestablishes those qualities and options in our own world, as it does for every other citizen on the planet. There is nothing complicated about seeing the world as four diminishing rings leading out from yourself. Nor is it difficult to imagine not engaging in the finance of world affairs. Currently you have no choice.

Wall Street is a casino.

But they gamble with your money.

The next collapse is anticipated for 2020. Now you'll know what to do: get together with your friends and start a LETS scheme.

Michael Chown is an Archiculturalist and early advocate of LETS in the UK

07976 155857

Full Moon Meditation Network

Aquarius: January 20th ~ February 18th

Full Moon: January 21st at 5:16am

The Great Invocation

**From the point of Light within the Mind of God
Let light stream forth into the minds of men.**

Let Light descend on Earth.

**From the point of Love within the Heart of God
Let love stream forth into the hearts of men.**

May Christ return to Earth.

**From the centre where the Will of God is known
Let purpose guide the little wills of men –
The purpose which the Masters know and serve.**

**From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.**

Let Light and Love and Power restore the Plan on Earth.

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“Beda the Preacher” by Nicholas Roerich, 1945

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A Network of Goodwill

In every neighbourhood we can find kindred spirits who share a vision of a beautiful and humane world, and who share a commitment to making it a reality.

They might be found planting organically - food, herbs, flowers, forests; or simplifying their lives, using less fossil fuels, recycling and repairing, going by bus and by bicycle, pouring less poison down the sink and less waste into the landfill. They might be working to restore the soul in science; or creating artefacts that are sustainable and beautiful; or sharing their craft in sound, colour or form.

Others are reaching out to those that society has abandoned; or reminding big organisations to respect life at human scale; or challenging "expert" opinions. They may be choosing a more compassionate diet, moving their money to a more ethical bank or credit union, raising their children without force or fear. They may be pioneering new ways to exchange ideas, skills and resources; experimenting with different kinds of household or community; or simply remembering how to play, sing and dance together without dependence on drugs or alcohol.

Some are learning to heal - bringing together wisdom and skills from different ages, cultures and dimensions. Then there are those who are advocates for the voiceless kingdoms - animal, vegetable and mineral - that depend on human beings for their welfare and survival.

Others are struggling to uproot violence - in the nation, the community, the home and the heart - learning to think, to speak and to act without cruelty.

Most are politically engaged, but each with their own unique mix of causes and ideals. Many prefer to "follow the money" rather than a party line - aware that every donation and purchase they make every day is a powerful vote for good or ill.

Most are spiritually active, but without a conventional creed. They may practice meditation or mindfulness, and use the insights and strength from their inner work to inform their service in the world.

Some are reclaiming the great seasonal rituals, aligning themselves with the cycles of Earth, Sun, Moon and Stars; or reinventing those essential rites of passage: the initiations of birth, coming of age, marriage, death and spiritual unfoldment.

Many sense that the world will need a vast outpouring of goodwill if it is to make it through the next few decades intact. Some found their deeper purpose through personal crisis - perhaps global crisis is humanity's great opportunity?

Do you recognise yourself here? Are you a member of this extraordinary group? Are you one of those resisting the great tide of materialism that would engulf our civilisation? Are you among those building little altars and centres and refuges of hope for a more compassionate world? If so, *you need support!* **Network News** exists to reach, encourage and support all members of this "network of goodwill". A space where members can meet, share their gifts and celebrate their unity and their diversity. A place to vision, to collaborate, and to affirm that, truly, **"another world is possible"**.