

Courses @ Nab Cottage 2021

| Course | Dates |
|---|-----------------------------------|
| General English for Adults | June 27 – August 21 |
| Experiential English for Teachers | July 11 – 17 |
| Yoga, Mindfulness and Nature in English | August 22 – September 4 |
| Personal Transformation in English | June 27 – July 3 & August 15 - 21 |
| English and Baking | August 8 – 14 |
| Communication and Sexuality | July 25 - 31 |

Prices per week

Shared twin room £585
Shared twin room private bathroom £625

Single room £715
Single room with private bathroom £755

Price includes:

- Registration
- Accommodation
- All meals (except for 2 evening meals)
- Full teaching/learning programme minimum 30 hours a week
- Activity programme

1.

General English for adults

Available anytime between June 27 and August 21

Nab Cottage is a family, a language school, and a small international community - all in one. On our courses you will only hear English, and be able to speak in English, all day and every day. Each course is fully residential, in our lakeside cottage. The programme is always varied and rewarding and will include:

- * small group classes, 5-9 students, with the emphasis always on communication
- * large group sessions where we explore new and exciting ways of learning
- * activating language sessions, including drama, vocabulary, and discussion workshops
- * creativity workshops including drumming, dance, art, baking
- * relaxation sessions including yoga, mindfulness, meditation and massage exchange
- * guided study sessions
- * one to one sessions

2.

Experiential English – a course for teachers

July 11 -17

This course is designed for teachers who want to look at whole person learning methods. It is practical and will equip you with an array of techniques to make lessons more person centred, motivating and rewarding. We include elements of NLP, Dogme, Imaging and Visualisation and will introduce a model for Experiential Learning based on the spiral:

- Spiritual
- Physical
- Intuitive
- Rational
- Artistic
- Linguistic

It is playful and interactive. Together we will work on developing positive group dynamics in a creative and relaxed classroom setting.

There will also be intensive classes to refresh your language skills, task centred learning activities as well as time for walks, conversation, and a varied evening programme.

3.

Yoga, Mindfulness, and Nature, in English

One or two weeks from August 22 – September 4

We believe that all life is interconnected. If we can take time to look beyond our 'story' we begin to notice that everybody has far more in common than we often think. We share our experiences, we share our fears, goals, troubles and hopes. During this course we begin to discover our true selves and develop skills to build more loving and compassionate relationships. Nab Cottage is an ideal place to take time out, to unwind, to feel the breeze blowing down off the mountains, to watch the colours changing on the lake.

Once we slow down a little and give attention to what is happening right now we begin to notice underlying forces in our lives, things which can hold us back as well as things which can help us. We introduce both formal mindfulness practices (meditation and mindful movement) and informal practices (exploring nature and creative self-expression). Together these bring us to a deeper understanding of ourselves, what has made us who we are, and how we can continue to grow, support each other and nurture the world we live in.

This course is limited to 12 participants. It is ideal for anyone with level A2 English and above who enjoys being in nature and who wants to live life to the full. No previous yoga or mindfulness experience necessary.

It is fully residential here at Nab Cottage. The location is perfect, overlooking a small lake and surrounded by mountains. The walks, in all directions, are wonderful. The food is largely organic and vegetarian.

During the morning there will be hatha yoga sessions, fun and interactive self-discovery, t'ai chi, and training in mindfulness and meditation.

Sessions in the afternoon and evening include yoga meets dance, movement meditations, voice and self-expression, mindfulness in nature and yoga nidra.

4.

Personal Transformation in English

June 27 – July 3 & August 15 - 21

Understand and transform the way you play your life.

Look closely at the kind of experiences you create, how you react to them and how you can change your responses to realise your highest potential and achieve your goals. Become more aware both of your personal strengths and of the limitations you place on yourself.

Liz trained as a Transformation Game facilitator at Findhorn in 2008. She guides you through, helps you process your insights and encourages you to take steps which you may find hard in real life, but which the Transformation Game allows you to do with support and clarity.

Why would I play it?

People often come to the Transformation Game because they're at a crossroads in their life, a moment of pivotal change, or because they feel stuck and want to find a way forward. The Transformation Game offers a way to see your dilemma from a different perspective with time for calm reflection, sharing and guidance. The Game offers a stimulating, safe, supportive group setting in which openness, co-operation and sharing are encouraged. It mirrors your life with accuracy, offering clear feedback and precise insights which can help you

- *Clarify important personal issues*
- *Understand patterns of stress and change non-productive habits*
- *Uncover, explore and allow new possibilities in your life*
- *Resolve interpersonal conflicts*
- *Handle transitions - health, career, marriage or relationship changes*
- *Incorporate increased relaxation, balance and peace of mind in everyday life*
- *Remove blocks to spontaneity, success and fulfilment*
- *Receive love, inspiration and support on your life path*
- *Transform fears or challenges with new insight and awareness of gifts and resources*
- *Gain immediate direction on your next steps*

2 new courses for 2021. Details to follow.

5.

English and Baking

August 8 - 14

6.

Communication and Sexuality

July 25 – 31