

# *Rhythms and Thresholds on a Woman's Journey*



*A Women's Presentation and Workshop*

**13<sup>th</sup> – 15<sup>th</sup>  
October 2006**  
**Holy Rood House**

## **Rhythms and Thresholds on a Woman's Journey** *A Women's Presentation and Workshop*



**Dr Althea de Carteret**, a doctor and freelance photographer, and **Ann Crean**, community worker in women's health, will explore the rollercoaster experience of the menopause years for women between the ages of 45 and 60. Using the photographs from the exhibition '*Celebrating A Wealth of experience: Women Growing older, having fun*'. The workshop will also include an opportunity for gentle Yoga stretches, breathing and relaxation with yoga teacher **Jane Cluley**.

**From  
4pm 13th –  
2:30pm  
15th  
October  
2006**



**Suggested  
donation £120**

Some  
bursaries may  
be available.

For more information please contact:  
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**Booking Form**  
***Rhythms and Thresholds on a Woman's Journey***  
***13<sup>th</sup> – 15<sup>th</sup> October 2006***

Please send this form with your donation to the address overleaf by Monday 2<sup>nd</sup> October

Cheques should be made payable to **Holy Rood House**  
**If you would like a receipt please include a stamped addressed envelope**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Special diet and/or other information:

\_\_\_\_\_

\_\_\_\_\_

I enclose a cheque for £ \_\_\_\_\_

We are a registered charity wholly supported by donations from guests, visitors, friends, financial partners, local organisations and some grant making trusts. If you are a tax payer and can sign a Gift Aid form this will greatly enhance the value of your gift at no extra expense to yourself. We can claim back 28p in the pound out of the tax that you have already paid.

By signing I Confirm that I am a UK tax payer and I pay income, or capital gains tax, at least equal to the amount of tax to be reclaimed, (currently 28p per £1 donated) and that it is my wish to make this and all future donations under the Gift Aid Scheme.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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