

Salisbury Centre



1973 — 2023

Event Programme

Jan — June 2023



Learning from the Past, Looking to the Future A programme of celebration

The Salisbury Centre is turning 50 years old!



The Salisbury Centre is one of the oldest holistic Centres in Edinburgh, founded in 1973 out of the combined effort and support of many people and creative influences, notably a local Sufi meditation group and the Jungian psychotherapeutic dream groups of Dr Winifred Rushforth.

Over the years the Centre has grown into an inclusive and much-loved community space for people of all faiths and none, and now hosts a diverse range of events and community activities that promote psychological, spiritual, creative and ecological wellbeing.

This programme, celebrating our 50th anniversary, draws from the incredible richness of people who have contributed, over 5 decades, to the evolution and resilience of this special place. The various workshops, activities and discussion groups led by community members past and present, include opportunities for us to learn from our past challenges as we create shared foundations for our future.





Weekly Events

Monday

Vinyasa Yoga 07:45 – 08:45
 Meditation 08:00 – 08:30
 17:30 – 18:00
 DIY Volunteering 10:00 – 16:00
 Hatha Yoga 19:00 – 20:00

Thursday

Being Elder Being Older 10:30 – 12:30
 Rising in the Body (Somatic Movement) 11:00 – 12:30
 Mindful Drawing 16:00 – 17:30

Friday

LGBT Yoga 10:00 – 11:30
 Silent Meditation 12:00 – 12:45
 Community Lunch 13:00 – 14:00
 Volunteering In The Garden 13:00 – 17:00
 Circle Dancing 14:00 – 16:00
 (check website for dates)

Tuesday

Meditation 08:00 – 08:30
 Mindfulness Yoga 11:00 – 12:30
 Creative Sculpting Workshop 14:00 – 16:00



Xiang Gong 14:00 – 14:30
 Meditation 17:30 – 18:00
 Silent Meditation 17:30 – 18:00

Monthly and Fortnightly Events

Community Supper
Mondays Weekly until 27th of February 18:00 – 20:00

Dance of Universal Peace
1st Tuesday of the month until 7th March 19:00 – 20:30

Authentic Connection Group
2nd and 4th Tuesday of the month 19:00 – 21:00

Grief Tending in Community:
Around the fire
4th Tuesday of the month 19:00 – 21:00

Climate Café
2nd Wednesday of the month 19:00 – 20:30

Open Community Art Space
Fortnightly Wednesdays 14:00 – 17:00

Soul Song: Vocal Activation
Ceremony and Chanting
Last Friday of the month 18:30 – 20:30

Polyphonic Georgian Singing
Last Saturday of the month 16:00 – 18:00

Traditional Advaita Vedanta seminars
Last Sunday of the month from 26th February 16:30 – 18:00

Tree Sisters Grove
Saturday 4th February, 11th March, 1st April
Sunday 30th April, Wednesday 10th June 15:00 – 17:00

Extended Community Suppers 18:00 – 21:30
20th March — Creative Show & Tell
17th April — Ritualistic Georgian Supra
15th May — Celebrating & Welcoming Diversity
19th June — 50th Anniversary Celebration Week

Special Events

Imbolc and Programme Launch (with Maggie MacKechnie from Wellspring) Sunday 29 th January	13:00 – 17:00
Imbolc: Gathering with Seeds Friday 10 th February	15:00 – 17:00
Honouring the Ancestors: The Golden Threads Tapestry (with Cathie Wright) Sunday 25 th February	17:00 – 19:00
Breathing into the Universal Heart: From suffering into joy (with Phyllida Anamarie) Sunday 5 th March	17:30 – 19:30
Urban seed saving: Growing in small spaces Saturday 11 th March	11:00 – 13:30
Wellbeing in body, mind and spirit workshop using Capacitar practices Tuesday 7 th March	14:00 – 17:00
Urban seed saving: Sowing the seeds of Spring Friday 17 th March	14:30 – 17:00
Holi Festival of Colours and Spring Equinox Saturday 18 th March	13:00 – 17:00
Touched by the Shimmering Sound — a Sufi Aramaic prayer, chanting & ritual evening Monday 3 rd April	18:00 – 20:30
Methods in Physical Practice for Environmental Solidarity Wednesday 5 th April	11:00 – 14:00
The 7-fold Chakras healing journey (with Sara Trevelyan) Talk — Friday 15 th April Workshop — Saturday 16 th April	18:30 – 21:00 09:30 – 20:00

Special Events

Beltane Community Celebration, Tree Planting Ceremony and Singing Sunday 30 th April	13:00 – 17:00
Play Therapy & the Children in Need Project at Wellspring Thursday 4 th May	18:30 – 20:00
Playback Theatre: Audience interactive performance (with Sempervivum) Sunday 14 th May	14:00 – 17:00
Living with a sense of purpose (with Sara Trevelyan) Sunday 21 st May	13:00 – 18:00
Ecological Wellbeing and the Salisbury Centre: What does the next 50 years look like? Sun 25 th June	Check Website for information
Life Journeys: A creative exploration of your personal story (With Gary Smith) Date TBC	Check Website for information

Ongoing Special Events

Let's Talk About... (with Geetam) 3 rd Sunday of month 15 th January to 18 th June	15:00 – 17:00
Sufi Mystic Hazrat Inayat Khan: teachings and spiritual practices (with Fateah) Last Sunday of month 26 th February to 28 th May	15:00 – 16:30
Dreams and Vision Group (with Gelda McGregor) Weekly Monday 30 th January to 27 th March	19:00 – 21:00
Self Knowledge and Global Responsibility: An enquiry drawing Ibn'Arabi and other masters of wisdom (with Aaron Cass) Thursdays 2 nd February to 16 th March	17:45 – 19:30

Ongoing Special Events

Reflective sessions using Philosophy for
Communities (with Vimala)
Fridays 3rd and 10th March

14:45 – 16:45

Self in the System:
Exploratory space against oppression
Mondays March 6th, 13th, 27th
and April 3rd, 17th, 24th

18:30 – 20:30

All our Community-led Events are by donation. This allows us to run events as inclusively as possible.

Many events require pre-booking. Event details may be subject to change. Please check our website for the latest information and event descriptions: www.salisburycentre.org/whats-on

Psychology and Dreamwork

Dreamwork was pivotal in the early vision for the Centre. Some of the people involved in a weekly Jungian dream group run by Winifred Rushforth went on to become early members of The Salisbury Centre when it opened. Talk therapies and other activities promoting psychological growth continue to find a safe and tranquil setting at the Centre.



Featured Event

Dreams & Vision at The Salisbury Centre (with Gelda Mc Gregor)

Gelda MacGregor has trained in Jungian Mandala Dreamwork and worked as a qualified counsellor.

The group will introduce dreamwork methods and ways to understand dream symbols.

Weekly Mondays
30th Jan – 27th Mar
19:00 – 21:00

Spiritual Exploration

The Centre has always been inclusive of a wide range of spiritual traditions, offering a welcoming space for those exploring their deepest nature to find and develop their own path, to meet with others and to be part of a vibrant, supportive community.

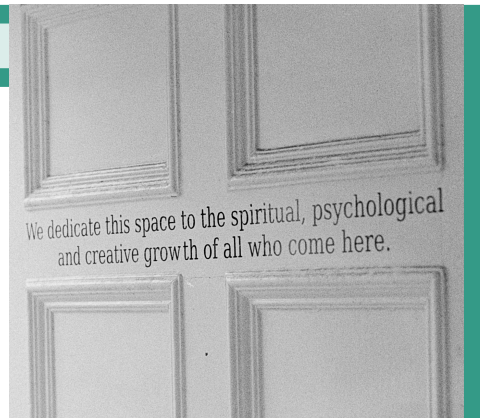
We recognise the inter-connectedness of body, mind and spirit as a basis for healing and growth.

The founders of The Centre valued meditation, placing it at the heart of the centre's daily life as a focus of share commitment; practice as service. It was considered important for those living and working here to cultivate their own interior life, and for the day to begin and end with stillness as a basis to move into action with mindfulness, and to re-dedicate oneself and the place. The Centre still offers silent meditation open to everyone.

Featured Event

Sufi mystic Hazrat Inayat Khan: teachings & spiritual practices (with Fateah)

The founding residents of the Centre were members of a group inspired by Hazrat Inayat Khan's Message of Universal Sufism and Spiritual Liberty brought by him to the west from India in the early part of the 20th century. Fateah Alice Saunders is an initiate in one of these Sufi streams. These meditative sessions will include experiential spiritual practices and chanting.



Last Sunday of the month
26th February to 28th May
15:00 — 16:30

Creativity

The Centre has always been a hub of exploration of creativity through numerous arts disciplines. What is now 'the Art room' originally held a pottery kiln. Several people who learned, practiced, and taught pottery at the Centre are still potters today.

The Wellspring Room originally housed a weaving workshop, and what is now 'The Studio' hosted art studio space and art-therapy classes.

Featured Event

Creative Sculpting Workshop

Explore various techniques, including air-dry clay. Come and work with your hands and realise your ideas, from conception to finishing touches.

Weekly Tuesdays
24th Jan — 8th June
14:00 — 16:00



Diversity

We strive to be a place of welcome for all and believe that everyone benefits from a space that is accessible and inclusive.

The Salisbury Centre is committed to proactively creating opportunities for participation for people from a diverse range of communities and backgrounds and offers spaces for education and dialogue to bridge differences and develop mutual understanding and appreciation.



Featured Event

Self in the System: Exploratory space against oppression

Come and explore systems of oppression, how oppression surrounds us, affects us and others and how it lives through us so that we can learn to transform it. We will look at racism/white supremacy, ableism, sexism, ageism, and other dominant systems including heteronormativity.

Weekly Mondays
March, 6th, 13th, 27th
and
April 3rd, 17th, 24th
18:30 — 20:30

Ecological Wellbeing

We are committed to working towards ecological sustainability, understanding that our wellbeing and that of the planet are inextricably linked.

We will be offering a series of opportunities to connect with nature and develop our personal resilience in the face of overwhelming climate catastrophe, as well as inspiring our capacity to act to protect our planet and create a sustainable future.

Featured Event

Ecological Wellbeing and the Salisbury Centre: What does the next 50 years look like?

This session will explore the themes of 'The Work that Reconnects' by Joanna Macy, including how interconnectedness can heal, transforming despair and overwhelm into inspired collaborative action for our community.



Sunday 25th June

Time TBC

Sempervivum and Wellspring

Sempervivum and Wellspring are two organisations which developed in parallel with The Salisbury Centre in the early 1970's to explore elements of self-development, social awareness and community, while fostering psychological and spiritual growth.



Events Offering

Imbolc and Programme Launch (with Maggie MacKechnie)

Sunday 29th January
13:00 — 17:00

Playback theatre: Audience interactive performance (With Edinburgh Playback Group)

Sunday 14th May
14:00 — 17:00

Life Journeys: A creative exploration of your personal story (With Gary Smith)

Date and Time TBC

Play Therapy & the Children in Need Project at Wellspring

Thursday 4th May
18:30 — 20:00

50th Anniversary Celebration Week and Reunion

18th – 25th June 2023

Sunday 18th

Salisbury Centre
Historic Exhibition Launch

Monday 19th

Welcome Community
Supper: Bring & Share

Tuesday 20th

Game of Transformation:
Day Workshop

Wednesday 21st

Solstice Celebration

Thursday 22nd

Remembering Our Elders:
A Memorial

Hear stories from people whose lives have been changed and blessed by the Salisbury Centre over the past 50 years, discover what the centre has offered and is currently offering, and help us to sow seeds and dream up visions for the next 50 years.

Every morning there will be a meditation session open to everyone. Any monies raised will go towards supporting our vision for the next 50 years. For up-to-date information, visit our website: www.salisburycentre.org

Friday 23rd — Honouring the Past

A day to honour original founders, dreamers, enablers, early community and their legacy. Do not miss the evening Ceilidh & Creativity Sharing Party!

Saturday 24th — Celebrating the Present

A day long celebration and garden party with shared food, a living library, workshops, film screening & discussion panels.

Sunday 25th — Sowing Seeds for the Future

A day to focus the broader picture and the future of the Centre. Expect morning singing, dancing, reflective opportunities, facilitated discussions as well as a final fireside ceremony to sow visions and prayers for the next 50 years.



Seed Library

Plant, grow, swap and sow your own seeds at Edinburgh's first Seed Library. Accessible on Fridays during our community afternoons, at our monthly Seedy Socials, or by private hire.

For more information visit our website or contact seeds@salisburycentre.com

Seed Library Events

Imbolc: Gathering with Seeds
11th February 11:00 — 13:30

Urban Seed Saving:
Growing in small spaces
11th March 11:00 — 13:30

Urban Seed Saving: Sowing the seeds of Spring
17th March 14:30 — 17:00

Get involved!

A Community-led Programme Volunteering Opportunities

Would you like to be part of our community-led event programme? Maybe explore an idea for offering a class or workshop? Or do you have an idea that you would like to see happening at the Centre? To find out more about our Community Empowerment Programme, email community@salisburycentre.org

Interested in helping out or other ways to get involved? Email us on volunteers@salisburycentre.org

Booklet Design

Graphic design and
35mm photography
by Matt Scott
[@mattyacino](https://www.instagram.com/mattyacino)





Room Hire

All of our rooms are available for hire. For more information including rates, please contact us with the details below.

Contact Us

Office@salisburycentre.org
Tel: 0131 667 5438
www.salisburycentre.org

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