

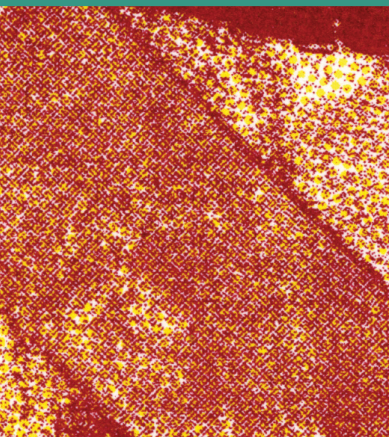
Salisbury Centre



1973 — 2023

Event Programme

May — 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.



50th Anniversary Celebration Week

19th – 25th June 2023

Hear stories from people whose lives have been touched 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.

Due to the flexible nature of the Centre, our website always contains the latest information including time/date changes. Some events may need pre-booking.

Monday 19th

Welcome Community Supper

18:00 – 21:00

Tuesday 20th

Songs of Healing and Peace

19:00 – 21:00

Wednesday 21st

Starting the Day with Love

08:30 – 09:00

Solstice Fireside Drumming

18:30 – 20:30

Thursday 22nd

Somatic Movement Day

11:00 – 17:00

Remembering our Loved Ones

18:45 – 21:00

Friday 23rd – “Honouring our Roots”

Opportunities for Reconnection and Presence

12:00 – 16:00

The Sempervivum Experience

10:00 – 13:00

Circle Dancing

14:30 – 15:30

Hear from the Founders – Evening Panel

19:00 – 21:00

Saturday 24th – “Celebrating the Present”

Transformational Breathwork Ceremony

09:45 – 11:00

Celebration Garden Party

12:00 – 18:00

Sufi Meditations, Spiritual Practices for Peace

11:00 – 12:00

Residents (Past/Present) Memories Lounge

14:00 – 15:30

Fireside Creativity Celebration

16:30 – 18:00

Sunday 25th – “Sowing Seeds for the Future”

A New Time for Collective Dreaming

11:30 – 13:30

Ecological Well-being and the Salisbury Centre

14:00 – 17:00

Fireside Closing Ceremony

17:00 – 18:30

Regularly updated event listings at: www.salisburycentre.org/whats-on/

Weekly Events

Monday

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

Black Box
Discussions 17:00 – 19:00

Tuesday

Meditation 08:00 – 08:30

Creative
Sculpting
Workshop 14:00 – 16:00

Regularly updated event listings at:
www.salisburycentre.org/whats-on/



Circle Dancing 14:00 – 16:00
(check website for dates)

Xiang Gong 14:00 – 14:30

Meditation 17:30 – 18:00

Many events require pre-booking. Event details and dates can change.
The website will contain the most accurate information about events.

Monthly and Fortnightly Events

Introduction to Spiritual Science: A
reading group of Rudolf Steiner's Theosophy
Fortnightly Mondays 14:00 – 15:30

Mindfulness Yoga
Fortnightly Tuesdays 11:00 – 12:30

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

Grief Tending: 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

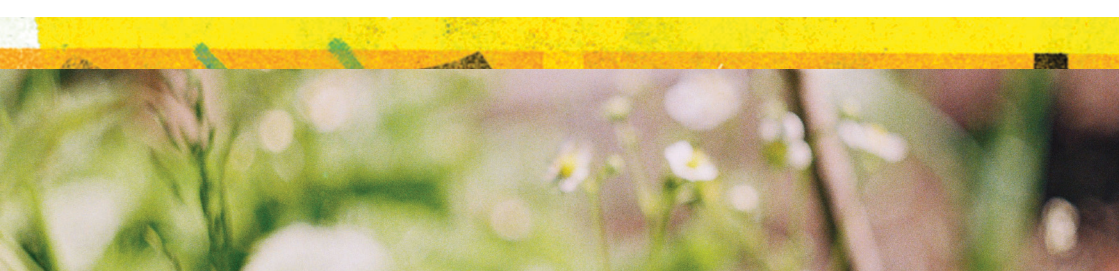
Polyphonic Georgian Singing
Last Saturday of the month 16:00 – 18:00

Traditional Advaita Vedanta seminars
Last Sunday of the month 16:30 – 18:00

Shine Your Light: Maintain light in your being
Fortnightly Sunday starting 23rd April 12:30 – 14:30

The Cotch: Toast & Jam, jamming and food
First Sunday of the month 18:30 – 21:30

Extended Community Supper
19th June – 50th Anniversary Celebration 18:00 – 21:30



Special Events

Tree Sisters Grove

Saturday 4th February, 11th March, 1st April

Sunday 30th April, Saturday 10th June 15:00 – 17:00

Life Journeys: A creative exploration of your
personal story (at Wellspring Centre)

Saturday 10th June 10:00 – 16:00

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

Sunday 25th June 14:00 – 17:00

Let's Talk About... (with Geetam)

3rd Sunday of month 15th January to 18th June 15:00 – 17:00

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

**Introduction to Spiritual
Science: A reading group of
Rudolf Steiner's Theosophy**

Fortnightly Mondays
14:00 – 15:30



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.

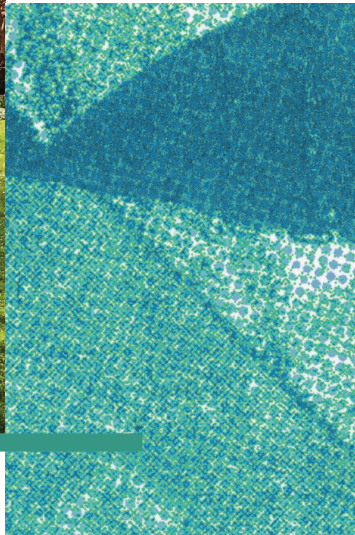
The founders of The Centre valued meditation, placing it at the heart of the centre's daily life as a focus of shared commitment; practice as service. It was considered important for those living and working here to cultivate their own interior life, and for the day to begin and end with stillness as 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

Traditional Advaita Vedanta seminars

Last Sunday of the month
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

Black Box Discussion

A safe and open space for dialogue centred around Blackness and its intersectional themes. We aim to amplify Black voices and challenge our ways of thinking to cultivate informed opinions. We hope people may leave feeling curious, fulfilled and heard within an intimate atmosphere for true discussion. Currently this space is for black students and black young people so as to provide a safe space to discuss arising issues.

Weekly Fridays
17:00 — 19:00



Ecological Wellbeing

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

We offer opportunities to connect with nature and support inspiration, resilience and capacity to act to protect the environment for a sustainable future.



Deepening Connection with Nature

A special new course with Dr Nadine Andrews, practicing ways to deepen our connection with nature, bringing us into a more harmonious relationship with ourselves, each other and the Earth. Attendance is by application and sliding scale donation. Must be able to attend all sessions. Maximum 12 participants.

Thursday 27th April,
4th, 18th, 25th May, 8th, 15th June
19:00 — 21:00
at The Salisbury Centre

Saturday 3rd June
10:00 — 16:00
at Bawsinch Nature Reserve

Featured Events

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

This workshop with Olga Bloemen will explore the themes of the 'Work That Reconnects' by Joanna Macy. It will explore how our interconnectedness can heal and transform climate grief and overwhelm into collaborative action for our community and the planet.

Sunday 25th June
14:00 — 17:00

Seed Library

Plant, grow, swap and sow your own seeds at Edinburgh's first Seed Library. Located in The Library, it is accessible on Fridays during our community afternoons, community suppers, at our monthly Seedy Socials, or by private hire.

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

Seeds of Vandana Shiva Film Screening

Friday 16th June
18:30 — 21:30



Get involved!

A Community-led Programme Volunteering Opportunities

Would you like to be part of our community-led events 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 events@salisburycentre.org

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

50th Celebration Week
If you would like to offer something during the celebration week (and beyond) please contact events@sailsburycentre.org

Booklet Design

Graphic design and
35mm photography
by Matt Scott
@mattyacino





Room Hire

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

Contact Us

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

The Salisbury Centre
2 Salisbury Road
Edinburgh EH16 5AB

www.salisburycentre.org/whats-on/

