

# Salisbury Centre



1973 — 2023

## Event Programme

March — 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 50<sup>th</sup> 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

Meditation 08:00 – 08:30  
17:30 – 18:00

DIY  
Volunteering 10:00 – 16:00

Black Box  
Discussions 17:00 – 19:00

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

## Tuesday

Meditation 08:00 – 08:30

Creative  
Sculpting  
Workshop 14:00 – 16:00

Regularly updated event listings at:  
[www.salisburycentre.org/whats-on/](http://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, starting 13<sup>th</sup> March 14:00 – 15:30

Mindfulness Yoga  
Fortnightly Tuesdays 11:00 – 12:30

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

Grief Tending: Around the fire  
4<sup>th</sup> Tuesday of the month 19:00 – 21:00

The Cotch: Toast & Jam, jamming and food  
Fortnightly Wednesdays 12:30 – 15:30

Climate Café  
2<sup>nd</sup> 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 until April 28<sup>th</sup> 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 16:30 – 18:00

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

**Extended Community Suppers** 18:00 – 21:30

20<sup>th</sup> March — Creative Show & Tell

17<sup>th</sup> April — Ritualistic Georgian Supra

15<sup>th</sup> May — Celebrating & Welcoming Diversity

19<sup>th</sup> June — 50th Anniversary Celebration Week

## Special Events

Holi Festival of Colours and Spring Equinox  
Saturday 18<sup>th</sup> March 13:00 – 17:00

Touched by the Shimmering Sound — a Sufi  
Aramaic prayer, chanting & ritual evening  
Monday 3<sup>rd</sup> April 18:00 – 20:30

Methods in Physical Practice for  
Environmental Solidarity  
Wednesday 5<sup>th</sup> April 11:00 – 14:00

Sacred Well Ceremony: Singing for the Waters  
Wednesday 12<sup>th</sup> April 19:00 – 21:00

The 7-fold Chakras healing journey  
(with Sara Trevelyan)  
Talk — Friday 14<sup>th</sup> April 19:00 – 21:00  
Workshop — Saturday 15<sup>th</sup> April 10:00 – 18:00

Beltane Community Celebration,  
Tree Planting Ceremony and Singing  
Sunday 30<sup>th</sup> April 13:00 – 17:00

Play Therapy & the Children in Need  
Project at Wellspring  
Thursday 4<sup>th</sup> May 18:30 – 20:00

Harmonic Mirrors: A soulful concert of  
devotional music (with shared chanting)  
Saturday 13<sup>th</sup> May 18:30 – 20:30

Playback Theatre: Audience interactive  
performance (with Sempervivum)  
Sunday 14<sup>th</sup> May 14:00 – 17:00

Living with a sense of purpose  
(with Sara Trevelyan)  
Sunday 21<sup>st</sup> May 13:00 – 18:00



## Special Events

Living with a sense of purpose  
(with Sara Trevelyan)

Sunday 21<sup>st</sup> May

13:00 – 18:00

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

Saturday 10<sup>th</sup> June

10:00 – 16:00

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

Sunday 25<sup>th</sup> June

14:00 – 17:00



## Ongoing Special Events

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

3<sup>rd</sup> Sunday of month 15<sup>th</sup> January to 18<sup>th</sup> June

15:00 – 17:00

Sufi Mystic Hazrat Inayat Khan: teachings and  
spiritual practices (with Fateah)

Last Sunday of month 26<sup>th</sup> February to 28<sup>th</sup> May

15:00 – 16:30

Dreams and Vision Group  
(with Gelda McGregor)

Weekly Monday 30<sup>th</sup> January to 27<sup>th</sup> 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<sup>nd</sup> February to 16<sup>th</sup> March

17:45 – 19:30

## Ongoing Special Events

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

14:45 – 16:45

Tree Sisters Grove  
Saturday 4<sup>th</sup> February, 11<sup>th</sup> March, 1<sup>st</sup> April  
Sunday 30<sup>th</sup> April, Saturday 10<sup>th</sup> June

15:00 – 17:00

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

## 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  
30<sup>th</sup> Jan – 27<sup>th</sup> 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.

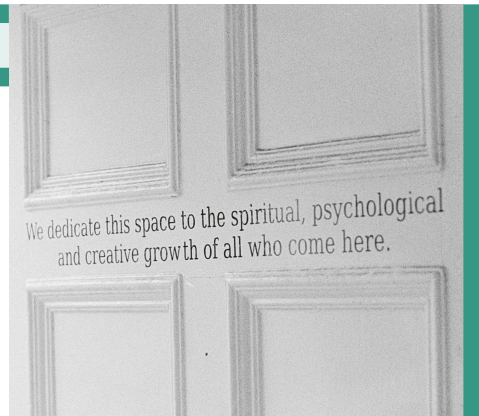
We recognise the inter-connectedness of body, mind and spirit as a basis for healing and growth.

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  
26<sup>th</sup> February to 28<sup>th</sup> 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  
24<sup>th</sup> Jan — 8<sup>th</sup> 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 only as to provide a safe space to discuss arising issues.

Weekly Mondays  
17:00 — 19:00

# Ecological Wellbeing

We are committed to working towards ecological sustainability, understanding that our 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 27<sup>th</sup> April,  
4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> May, 8<sup>th</sup>, 15<sup>th</sup> June  
19:00 — 21:00  
at The Salisbury Centre

Saturday 3<sup>rd</sup> June  
10:00 — 16:00  
at Bawsinch Nature Reserve

## Featured Events

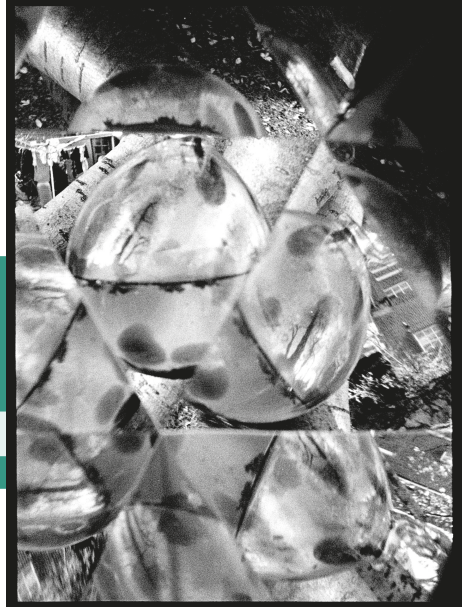
### Ecological Wellbeing and the Salisbury Centre: What does the next 50 years look like?

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 25<sup>th</sup> June  
14:00 — 17:00

# 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

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

Saturday 10<sup>th</sup> June  
10:00 — 16:00

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

Sunday 14<sup>th</sup> May  
14:00 — 17:00

**Play Therapy & the Children in Need Project at Wellspring**

Thursday 4<sup>th</sup> May  
18:30 — 20:00

# 50<sup>th</sup> Anniversary Celebration Week and Reunion

## 19th – 25th June 2023

### **Monday 19<sup>th</sup>**

50th historic exhibition  
Opening community supper

### **Tuesday 20<sup>th</sup>**

Building bridges with Findhorn

### **Wednesday 21<sup>st</sup>**

Solstice fireside drumming  
and celebration

### **Thursday 22<sup>nd</sup>**

Remembering Our Elders:  
A candle-lit ritual

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.

Due to the community-led & flexible nature of the Centre, our website always contains the latest information including time/date changes and how to book your place when details are available.

Regularly updated event listings at:  
[www.salisburycentre.org/whats-on/](http://www.salisburycentre.org/whats-on/)

### **Friday 23<sup>rd</sup>**

Daytime from 12:30 — opportunities for connection and presence, including a bring and share community lunch  
Evening discussion panel — Founders, early years dreamers & trustees stories

### **Saturday 24<sup>th</sup>**

Celebration garden party with community led workshops/discussions including a Living Library and a Past & Present Residents lounge. Do not miss the evening Ceilidh & Creativity sharing arty!

### **Sunday 25<sup>th</sup>**

Morning Celebration singing and dancing  
Ecological Wellbeing 14:00 – 17:00  
Fireside closing ceremony: visions & prayers for the next 50 years from 17:00





# 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](mailto:seeds@salisburycentre.com)

## Seed Library Events

Urban Seed Saving: Sowing the seeds of Spring  
17<sup>th</sup> 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](mailto:community@salisburycentre.org)

Interested in helping out or other ways to get involved? Email us on [volunteers@salisburycentre.org](mailto:volunteers@salisburycentre.org)

**50th Celebration Week**  
If you would like to offer something during the celebration week (and beyond) please contact [events@salisburycentre.org](mailto:events@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

The Salisbury Centre  
2 Salisbury Road  
Edinburgh EH16 5A

[www.salisburycentre.org/whats-on/](http://www.salisburycentre.org/whats-on/)

