

Sangha Skills Auction

Monday 10th December 2018

1. Knitted Mandala Socks (Two Pairs available - £25 pound min per pair -Dharmaprabha)

Finnish style woollen socks. Lovingly handmade to your own unique specifications. Details to be given to the maker by 21st December at latest.

2. Sangha photo and reception tour 1 hour Individual /group. Kusala

Want to know more about the NLBC's rich history and Sangha community? All your questions answered and more by NLBC's very own Kusala.

3. Music tuition (for 1 person – min £20 bid)

Refine your musical skills with this 1 hour session tailored to your needs – anything from reading music, guitar, clarinet, or harmony skills.

4. Colour customised Knitted ear warmers – 2 pairs

Give your ears a snugly treat with these handcrafted ear warmers – a delightful gift for yourself or a loved one.

5. Sound Bath with Tibetan bowls, Crystal bowl, and other instruments (4-5 people min total bid £30)

Float off into a world of magical sound vibrations with this ancient form of sound therapy that goes back thousands of years.

6. Yoga Class (4 to 6 people)

Join Sian, one of our lovely in house yoga teachers, for an intimate class that will help harmonise body and mind.

7. Tour of the BBC Broadcasting House W1A (Group Activity – up to 6) Min total bid £20

A fascinating behind the scenes tour of the BBC; learn all the tricks of the television trade with someone who has insider knowledge.

8. Lemon Drizzle Cake

Treat yourself or friends or family, or maybe just yourself!(), to a tantalisingly lemony sweetly mouthwatering experience baked by Visuddhimati's own fair hands. Vegan version available on request.

9. De-stress massage min £30

Soothe your mind, body and being with a deeply relaxing destress massage to melt all that tension away after the whirlwind Christmas.

10. Sangha Sauna with Santva (3 hours, 1-3 people - £15 each)

Take some well deserved time out from your busy life and let off some steam in a relaxing evening held in a garden sauna (near Santva's home).

11. Mindfulness and Drama Workshop S (Group Activity)

Whether you are a budding actor or shy and enthusiastic, this is a great opportunity to play, exploring performance and mindfulness with a group of friends.

12. Breadmaking and meditation workshop (6-8 hours)

Plunge into sourdough culture and discover the joys of making your own bread with a meditative flavour.

13. Singing lesson with professional Gospel singer (1 hour – with Monty Joseph)

Take advantage of this amazing opportunity to sing out your heart and soul with the talented Monty.

14. Dharmic Charades (Group Activity – any number)

A great chance to laugh and play with friends, facilitated by our delightful charades guru Michelle.

15. Poetry writing workshop (Group Activity - 90 minutes, 2-4 people)

Enter more fully into your imagination and nurture your artistic and literary talents, and invite your friends along too.

16. Sangha Lunch with Santva near the NLBC (1 person – min bid £5, on a Mon/Tues/ Wed)

Take time out for a special lunch and savour the delightful company of dear Santva and the gastronomic delights of the Islington.

17. Online Transformational Career or Life Coaching Session (1 person for 1 to 1.5 hrs – min £50 per hr)

Would you like to revamp your professional or personal life? This one on one session could be the key to you finding your new direction in life or simply finding your feet in your current situation.

18. Personal Yoga Session (1 hour ,1 person) with Bernadette

A wonderful opportunity to discover the unique requirements of your body and energy. Together with Bernadette you can explore what works for you and maximise your yogi potential.

19. Garden Maintenance (half day)

Has your garden seen better days but you don't have the time, skills or equipment to achieve ? Have your gardening problems solved quickly and easily by an experience landscape gardener having someone else do it for you.

20. Landscape art slide show with artist (Group Activity, min 6 people) Wed 6 Feb 7pm

Don't miss out on this unique opportunity to experience your own private art slide show as Visuddhimati guides you through landscape artworks by various artists.

21. Cranio-sacral therapy session 1 hour £20

The perfect opportunity to treat yourself or know someone you know to some healing TLC with this gentle, holistic approach to health and vitality. Using a light touch, Val, the therapist, will listen to the body's deeper rhythms and tides.

22. Outdoor Korean Chi Kung session – The 8 Silken Movements (1 hour, 1-6 people)

A unique opportunity for a Chi Kung session in the glorious surroundings of Highbury fields, learn the flowing sequence of Movements (passed down to Margot from a Grandmaster).

23. Shiatsu Treatment (1 hour minimum bid £20)

Create some restorative space in your busy life with this health-giving shiatsu treatment guaranteed to reduce stress, tension, anxiety and depression by leaving you relaxed and calm.

24. Climbing Lesson with Sangha friends (90 minute at The Castle, 1-2 people, £15pp)

Connect with your spirit of adventure - reach new heights ,quite literally, and develop your climbing skills at a local climbing centre.

25. Painting of Buddha/ Bodhisattva Roughly A4 size. Minimum bid £108

Spruce up your shrine or bring a touch of the transcendental to your interior design with a Visuddhimati original. Your choice of figure (Acrylic on Canvas).

26. Alexander Technique Session (45 minutes for 1 person)

Explore how you could improve your wellbeing through the body.

27. Foraging and wild food walk/course in a local park (a morning or afternoon)

Get out in the wilds of a London park and learn all about the hidden foods you never knew existed.

28. Full Body Massage - 1 glorious hour

You can feel good about this luxurious treat as all proceeds are Dana for the centre. Relaxation and merit gained! With Michelle.

29. Memoir writing / creative non-fiction 90 minute workshop (2-4 people)

A chance to nourish your creative side and tell your story! Explore your imagination or appreciate the landscape of your life in this fun and fascinating workshop.

30. 90 minute massage including Myofascial Release and a range of other massage techniques. Minimum bid £50

Revitalise yourself and enjoy all the benefits of this a long, deeply relaxing massage tailored to your specific needs to increase flexibility, free up those blockages and tensions, and alleviate any aches and pains.

31. One on One Mindful Pilates 1 person £40

Explore Pilates and the natural breath and receive expert guidance with a physiotherapy trained Pilate's teacher and regular meditator.