



## EVENTS PROGRAMME 2021

### 26 - 28 MARCH **SEASON OPENS**

### 2 - 5 APRIL **EASTER WEEKEND**

SOC members meet for an Easter Egg Hunt!

### 16 - 18 APRIL **WORKING WEEKEND**

An offer to all the Scrooge McDucks among you: spend the weekend on Inchmurrin for free! All you need to do is to help us doing work on our club grounds. After winter, there is usually much work to be done – fallen trees need to be removed and cut up for firewood, repairs need to be done to chalets and decking, the lawn will require some cutting, the club house will need a spring clear-out, maybe even some roofs will need fixing. Hence: this weekend will have free accommodation for all working visitors. We will also find work for those among you not equipped with a body like Hercules, don't worry.

### 7 - 9 MAY **MUSIC & OPEN WEEKEND WITH CEILIDH**

Come and join us for a weekend of merriment, enjoyment of our senses, sunbathing – and even enjoy a traditional Scottish Ceilidh! At this time of the year, the Scottish weather is normally at its best, the midges are not yet numerous, and the Loch offers a (still) very refreshing opportunity for skinny-dipping. Plus, Inchmurrin is just beautiful, and can be fully explored (in clothes, that is).

### 28 - 30 MAY **BODY-PAINTING & LIFE DRAWING WEEKEND**

The naked human body has served as inspiration to countless masterworks of art throughout the centuries. We will use it – both to be drawn or painted, and to be painted on! We can also include other topics, like landscapes (Inchmurrin offers spectacular vistas, which lend themselves to outdoor painting!). The weekend will be guided by an artist (name tbc). Given the hopefully warm and sunny weather, other activities like swimming, sunbathing and exploring the island will also be pursued. Price: £ 70.- for the whole weekend, including course fee, accommodation and all materials (paper, one canvas per person, charcoal, acrylic paint, body paint, brushes). Meals: lunch and breakfast will be on a bring & share basis. On Saturday evening, a meal can be booked for £ 10.

## 11 - 13 JUNE **BBQ WEEKEND**

Needs no explanation: a BBQ means tasty food, enjoyment, togetherness. You can bring your own veggies and / or meat, or we can provide you with a selection for a financial contribution. Other things to do: skinny dipping in the Loch, sunbathing, or just having a good time...

## 25 - 27 JUNE **DANCE WEEKEND**

Three introductory sessions to the practice of 5 Rhythms® dance with Angela Lord in the idyllic setting of Inchmurrin Island. 5 Rhythms® is a simple movement practice that anyone can do, no matter their age, size or level of fitness.

Each of the Rhythms has a different dynamic that allows us to explore different aspects of who we are. Together the 5 Rhythms form the “Wave”: dancing the Wave is the foundation of the practice.

There are no steps or sequences of movements to learn; instead we explore and find our own dance within the dynamic of each Rhythm.

Each session will be fully taught and guided.

### **Session 1 (Saturday morning): Invitation to the Dance**

A gentle introduction to the Wave, exploring how we move in each Rhythm, how each Rhythm moves through us.

### **Session 2 (Saturday evening): Dance Up!**

A lighthearted and energetic Wave!

### **Session 3 (Sunday morning): Moving Meditation**

The opportunity to experience the dance as a practice in mindful movement.

Please note: each session is priced individually and costs £10; once you have done Session 1 you are warmly invited to join session 2 or 3, or better still, both! All sessions will be fully clothed. There will also be plenty of free time between sessions to relax and enjoy the beauty of the Island and the facilities the Club offers.

This is a no-alcohol weekend, and any government health restrictions in place at the time will be strictly adhered to.

Angela is a certified teacher of 5 Rhythms®. She has been dancing since 1999 and teaching classes and workshops in Glasgow, Edinburgh and the Lake District since 2011. Further information about 5 Rhythms® can be found online, including at [www.5rhythms.com](http://www.5rhythms.com) and Angela's website [www.dancesweetfreedom.co.uk](http://www.dancesweetfreedom.co.uk).

## **30 JULY - 1 AUGUST SPORTS WEEKEND**

Spend the weekend on Inchmurrin exercising and steeling your body! We will embrace physical activity, both outdoors and indoors. Sports will include table tennis, miniten, swimming, also darts. And: there will be rewards for the winners! We may crown the weekend by doing another BBQ on Saturday evening.

## **27 - 29 AUGUST GARDENING WEEKEND**

On Inchmurrin, Nature is a strong (sometimes overwhelming!) presence. Enjoy this weekend digging in the soil, building planters, taming (& eating!) brambles and raspberries. Gardener James Miller will give presentations on various aspects of gardening as well.

## **10 - 12 SEPTEMBER PHOTOGRAPHY WEEKEND**

## **24 - 26 SEPTEMBER BRAMBLE JELLY WEEKEND**

Enjoy a weekend learning the joys of jam and jelly making whilst casting off your clothes and enjoying the freedoms that our club allows us. Plenty of nature walks, peace and tranquillity away from all the stresses of modern living. An opportunity to chill out in front of the club house wood burning fire. The humble and underrated bramble (*Rubus fruticosus*) is aka blackberry, black bides, and lady garters and many other names. Brambles are abundant here at Inchmurrin. Jam is fairly easy to make and is a great way to use up excess fruit.

There will also be plenty of time to skinny dip in the loch, followed by a relaxing session in our wood fired sauna. The weekend will cost £60 and includes accommodation, instruction, all ingredients and use of equipment etc. The ferry fare will be in addition to this and will cost £12/£6 per child. Meals may be available if there is enough of a demand.

## **1 - 3 OCTOBER SEASON CLOSES**