



A playful **sanctuary**  
for the unfolding of  
**your soul**

## Friends of The Sand & Sound Centre Newsletter - April 2026

Dear friends,

It's been many years since I had a regular "newsletter" - these seem to have been superseded by blogs, social media posts, Substack - but here I am reviving it!

I would like to include various updates and offerings in this monthly newsletter - not only my own, but some of yours, too - as many of you I know and trust, and believe that what you have to offer is of value. Please submit your blurb to me by 25th of each month, to be included in the next months' edition (I may or may not be able to include all your offerings, and reserve the right to edit/ shorten your blurb)

### CENTRE UPDATES

I am delighted to say that we have a **new ADHD Support** group for late-diagnosed/self-diagnosed women starting on 23rd April.

This will take place fortnightly on Thursdays, 7.30pm to 9pm, facilitated by Julie Jones. I will be there for the first meeting and hope to attend at least intermittently for my own benefit!

Whilst I have self-diagnosed 15+ years ago, the formal diagnosis last December was a significant milestone for me and I am only beginning to appreciate the impact and significance of my ADHD journey, and the importance of community support.

### ADHD Support Group for Late-Diagnosed Women

Have you been diagnosed with ADHD as an adult, or do you believe you have ADHD, even without a formal diagnosis?

Would you like to be part of a supportive group of women with similar experiences?

Starting **Thursday 23rd April 2026**

**7.30pm-9pm**, meeting fortnightly  
at **The Sand & Sound Centre**, Hyde.

Facilitated by Julie Jones.

Email Masha to express interest:  
[admin@sandsoundcentre.co.uk](mailto:admin@sandsoundcentre.co.uk)



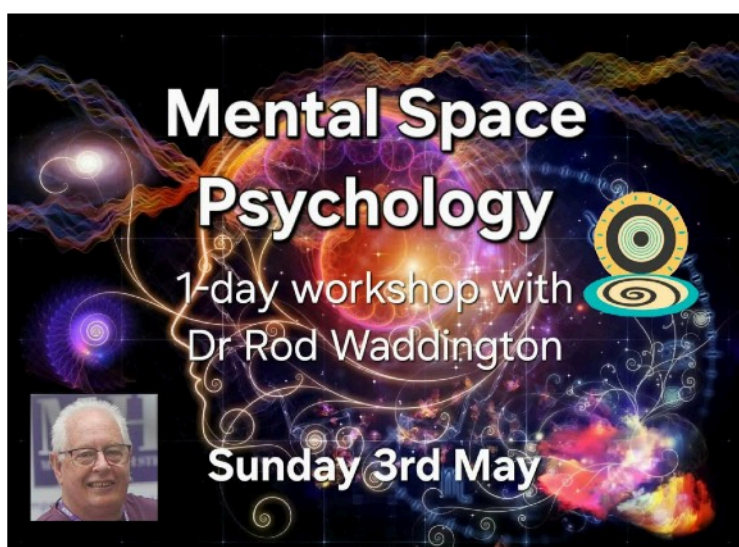
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# ONE SPACE for Low-Cost Counselling at The Sand & Sound Centre, Hyde, from April

We have one or possibly two spaces available for **Low Cost Counselling** with one of our trainee counsellors at the Centre. This is likely to be suitable for people wishing to explore current situations, life transitions, relationships, with mild to moderate level of difficulty. Email me in the first instance to express interest  
[admin@sandsoundcentre.co.uk](mailto:admin@sandsoundcentre.co.uk)

Our first two **Co-Working Retreats** for the members of our Therapist Network group went so brilliantly, that we've agreed to do this much more often! (Look how joyful we are in this pic!) I will aim to schedule these a couple of times a month wherever possible. The next two will be on Monday 13th April and Wednesday 29th April, 10.30am-12.30pm. Details here

I am delighted to host a 1-day workshop on the **theory and practice of MENTAL SPACE PSYCHOLOGY** with Dr Rod R Waddington at The Sand & Sound Centre on Sunday 3rd May 2026



Mental Space Psychology is a school of thought that proposes space as the primary organising principle of the mind. Human experience is not merely verbal or conceptual; rather, it is structured within three-dimensional mental space, which maps our thoughts and feelings. Unconscious representations associated with sub modalities such as position, distance, configuration, and relational orientation have a significant impact on meaning-making and cognition. In this framework, space becomes the canvas for psychological change.

Dr Lucas Derks, a social psychologist from the Netherlands, has led the exploration of the therapeutic implications of mental space for over thirty years. Drawing on several influential psychological traditions, he developed the Mental Space Psychology model and a practical set of tools and techniques designed to enhance therapeutic practice.

You will get:

- \* Introduction to the Mental Space Psychology model;
- \* Examples of applications of principles and techniques in clinical work
- \* Live demonstrations of techniques
- \* Practical exercises enabling participants to gain new skills in working with a range of client presentations in their own practice.

CPD certificates and abundant refreshments included.

Full workshop fee £150, deposit of £45 reserves your place.

You can see other happenings at the Centre at the bottom of this newsletter

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## Friends' Offerings

In this section I am delighted to introduce you to some of my dear colleagues, friends of The Sand & Sound Centre, and their special offerings.

### MARIA KEFALOGIANNI

I am a presence-centered psychotherapist with a strong relational and soul-rooted focus. I have also been a trainer in the Person Centred Approach, training therapists and supervisors for over 16 and 13 years, respectively, at the University of Salford.

I am a published author on studies of consciousness and the divine feminine consciousness, a poet, a sound healer with the voice and a non-dual guide supporting people's embodied awakening experiences and transformations.

I am the creator of the Ancient Mother Spiral: an ontological, alchemical framework for individuation birthed through my own embodied journey to



Soul. The framework is now here to hold and support mothers and women supporting them through thresholds of change and transformation (motherhood, perimenopause, mothering journey, pregnancy and post birth)...

I have the following offerings:

1) FREE **Ancient Mother Spiral** series coming up, next meeting is 19th April, join here <https://www.presencecenteredpsychotherapy.com/ancientmotherspiralzoomseries>

2) **Mother Alchemy group** for women and mothers navigating transitions in identity, that can be found here - we start 20th of April, £130-£198 for the 6 weeks <https://www.presencecenteredpsychotherapy.com/womensacredcircle/beyond-survival-mother-alchemy>

3) Online workshop as part of International Supervision Week 2026 - **The Alchemical Vessel: Accessing the Deep Heart in Supervision** on Tuesday, June 30th June 3-5pm <https://app.onlineevents.co.uk/events/1983077736894>

## JANE MIDDLEBROOK

I offer transformative therapy and coaching sessions to help you experience greater emotional and practical FREEDOM in your lives. £65 per session (reduced fee of £50 for members of Masha's Sand, Sound & Symbol Tribe)

I am an integrative therapist (MA) in Bolton, Greater Manchester and online, and offer:

- Emotional Freedom Techniques (EFT Tapping)
- Matrix Reimprinting
- Metaphors of Movement
- Integrative Sandplay
- Somatic self-help (acupressure and energy exercises)
- Creative arts
- Witchy / spiritual / intuitive elements



Bespoke in-house workshops and presentations for organisations are available for employee wellbeing, creative problem-solving and peak performance. From 1 hour to a full day as required. Pricing available on enquiry.

For further information and booking, please email [jane@rootsbrancheshealth.co.uk](mailto:jane@rootsbrancheshealth.co.uk)

## JULIA ROBINSON

### NEW Jungian Active Imagination group in Glossop

As a practitioner of Active Imagination, inspired by Carl Gustav Jung and evolved for our time, I work with individuals who are ready to move beyond inner blockages and deepen their self-awareness. Our process begins with a relaxing meditation, allowing us to center. From there, we engage in Active Imagination—an inner journey where we give form to images and symbols from the unconscious. Afterward, we write about what arose and share within the group. Each session emerges uniquely from the group dynamic, offering surprising, personal relevance for

each participant. Through witnessing one another's journeys, we see familiar challenges from different angles, empowering us all to grow in depth and insight.



The group sessions will take place every other Tuesday morning at 9.30am-11.30am. These sessions are face to face in Glossop with a max of 5 people (including myself). £20 per person (concessions are available).

If the timing doesn't work for you, please enquire about other possibilities.

For more info please visit <https://intenselypersonal.com/index.php/workshops/>

## KATE THORPE

*[Yes, it is me on one of Kate's magical fit20 machines!]*

We are hiring!

Due to strong customer growth at fit20 Glossop, we are looking to recruit **2 part time, freelance personal trainers** immediately to add to our fabulous team and help shape the future of our studio. Prior



experience is not essential, and all successful applicants will receive full training (at our expense).

If this is you, then we want to hear from you!

- You're a people person, you can talk with anyone, and you genuinely love working with and helping people feel stronger, healthier, and more confident
- You have a passion for good health, strength, and fitness
- You have a positive attitude, you embrace innovation, and have enthusiasm for learning
- You're professional, friendly, supportive, assertive, and approachable
- You're highly capable of working self-sufficiently but value being part of a team of like-minded professionals
- You want to make a meaningful difference to the lives of our members
- Please get in touch about joining us! To find out more, please email us at [katethorpe@fit20.co.uk](mailto:katethorpe@fit20.co.uk) with your CV, and we'll go from there.
- Any shares would be most appreciated, thank you

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## SPRING CALENDAR AT THE SAND & SOUND CENTRE

APRIL 2026

Fri 10th April - 7.15pm-8.45pm - **Gong Bath Meditation** with Julie (usually 2nd Friday of each month) <https://sandsoundcentre.co.uk/shop/ols/products/new-moon-gong-bath-meditation-with-julie-25th-june>

Sun 12th April - **Pesso Boyden Experiential** workshop (all Client places taken, one or two Observer places available) with Masha & Mary <https://sandsoundcentre.co.uk/pesso-boyden-therapy>

Mon 13th April 10.30am-12.30pm - **Co-working Retreat** for the Therapist Network members <https://sandsoundcentre.co.uk/therapist-network>

Wed 15th April - **Chant & Mantra Circle** with Masha (monthly) <https://sandsoundcentre.co.uk/shop/ols/products/new-chant-mantra-circle>

Thursday 23rd April - Start of **ADHD Support Group** for late-diagnosed women, facilitated by Julie Jones - fortnightly on Thursday evenings, please email Masha to express interest [admin@sandsoundcentre.co.uk](mailto:admin@sandsoundcentre.co.uk)

Friday 24th April - 7.15pm-8.45pm - **Gong Bath Meditation** with Leonie (usually last Friday of each month) <https://sandsoundcentre.co.uk/shop/ols/products/full-moon-gong-bath-meditation-with-leonie-thu-6th-november>

Wed 29th April - 10.30am-12.30pm - **Co-working Retreat** for the Therapist Network members <https://sandsoundcentre.co.uk/therapist-network>

Between 23rd-30th April - Membership subscriptions to my creative online community **Sand, Sound & Symbol Tribe** re-open <https://sandsoundsymboltribe.co.uk>

MAY 2026

Sun 3rd May - **Introduction to Mental Space Psychology** with Dr Rod R Waddington <https://sandsoundcentre.co.uk/shop/ols/products/mental-space-psychology-1-day-workshop-deposit>

Sat-Sun 9-10th May - **Pesso Boyden Experiential** workshop with Masha Bennett & Pete Joscelyne (1 Client participant place and 2 Observer participant places left) <https://sandsoundcentre.co.uk/pesso-boyden-therapy>

Wed 20th May - 10.30am-12.30pm - **Therapist Network & Support Meeting** <https://sandsoundcentre.co.uk/therapist-network>

Wed 20th May- 12.45pm-2.45pm - **Co-working Retreat** for the Therapist Network members <https://sandsoundcentre.co.uk/therapist-network>

Sat-Sun 23rd-24th May - **Colours of Sound** with Dimitri Gueskine (France) - specialist workshop for qualified and trainee sound practitioners (FULL, names taken for reserve list) <https://sandsoundcentre.co.uk/colours-of-sound>