

The very first WLBC SKILLS AUCTION CATALOGUE

At the WLBC
23rd June
5 - 6.30pm

Advanced bids are welcome, even if you are not able to come to the auction in person. Please email Lilamani (lilamani@westlondonbuddhistcentre.com) clearly specifying the lot and the value of your bid. If yours is the winning bid, we will contact you by email on Monday 25th June.

Lot 1 - A thorough **kitchen cleaning** session lasting 2 full hours. Your kitchen will be sparkling!
Starting bid £25

Lot 2 - A Ragtime **guitar gig** for a group of up to 10 people. The recital will take about 40 minutes, and the audience can be up to 10 (sympathetic) people. It can take place at the Centre or in your own home.



Lot 3 - A **yoga class** for you and a group of friends (max 16 people) with our popular teacher Rose Govea. Remember you could arrange in advance for you and your friends to share the cost and make it a gigantic collective bid!

Lot 4 - One place in a Trauma and **Tension Release Exercises** (TRE) class. Wednesday 8-10pm
The class involves a set of stretching exercises designed to release excess tension and find a state of balance in the autonomic nervous system.

Lot 5 - A **cranio-sacral therapy session**, with Vilasamani. Your body will thank you.
Duration 50 minutes.

Lot 6 - A guided visit to a museum of choice - V&A, Science and Technology or Natural History - with a very knowledgeable guide.
(Guess who..? Yes, it could only be Ratnaprabha).
For a group of up to 5 people.

Lot 7 - A cute crocheted **doll that looks like you** or someone you like. See an example in the picture on the right.
Starting bid £20



Lot 8 - A **Guitar lesson** (or refresher) on acoustic guitar from Mark Furman. Classical, folk, pop or light rock (not jazz). For you or a friend or child!
Duration 1 hour.



Lot 9 - A very special **Eritrean coffee ceremony** for a group of 4 friends.
Starting bid £20

Lot 10 - A **one-to-one Yoga class** with Ita.
Duration 1 hour.

Lot 11 - Do you need to **repaint the walls of a room**? A professional interior decorator will help you. (She will also help to move any large/heavy items but would ask that smaller items are cleared from the space). It includes advice on colour and eco-friendly paint ranges to suit the buyers budget.



Lot 12 - A scrumptious vegan or vegetarian **Indonesian meal** for a group of 4 friends.
Surrounding a rice “volcano” are the side dishes and condiments, and together they form a full meal to be shared amongst guests.

Lot 13 - A **swimming lesson for improvers** (offered by a full-time mermaid). Duration 1 hour.

Lot 14 - Another **swimming lesson for improvers** (same as above, it could be a second lesson for the same bidder). Duration 1 hour.

Lot 15 - A **music lesson** for one person - jazz, groove-based & improvised music, largely on the piano, but could relate to other instruments, from Jonathan Cohen.
Duration 1 hour.

Lot 16 - A sequence of **3 osteopathic sessions**, with Peter Wright (BSc Hons OstMed).

Lot 17 - A **painting of a Buddha or Bodhisattva** of your choice by our artist-in-residence Tarakarunya (dimensions 1.6ft x 2ft, acrylic on canvas).
Starting bid £40 (high quality arts materials included)

Lot 18 - An in-depth **chat about therapy/counselling**, for those who would consider having psychotherapy but are shy to ask about it. Duration 50 min.

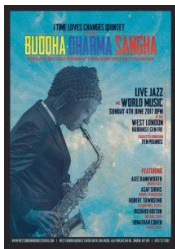
Lot 19 - A visit to a Tate exhibition (either Tate Modern or Tate Britain), accompanied by a Tate member.

Lot 20 - **Musical Accompaniment on Piano (& Voice if applicable)** for a singer (or instrumentalist) wanting to work on a cover of material from the 'Standards' repertoire (the 'Great American Songbook'), or from jazz, latin or popular music.
Duration 1 hour.

Lot 21 - An engaging **workshop on self-awareness through creative exercise**, led by an experienced facilitator. For a group of 10 people.
Duration 3 hours.

Lot 22 - Change your life, starting with a **decluttering session** - it could be decluttering your house or your spiritual life (they are probably connected anyway...).
Duration 2 hours.

Lot 23 - **A night at the opera** (or concert), in the company of our skilled musician Bodhilila. Tickets included (so please bid high...)



Lot 22 - **Live Music session** (Jazz piano or piano/vocal) for a party, gathering, reception etc.
Details to be arranged with the musician Jonathan Cohen, from Time Loves Changes jazz ensemble.
Duration 1 hour.

Lot 24 - **Gardening session of 8 hours**, spread over a number of days depending on what your garden needs. Yes, we mean 8 full hours of love and attention for your plants.
(It could also be arranged as two separate bids, 4 hours each)



Lot 25 - **French conversation session** with a native French speaker.
Duration 90 minutes.