



## Auction of Promises: Lot Sheet



1	Relax after a busy day with a <b>30 minute neck, back and shoulder massage</b> from qualified osteopath/naturopath <sup>1</sup> ( <a href="http://www.osteopathhovebrighton.co.uk">www.osteopathhovebrighton.co.uk</a> ).
2	Get back to nature on a <b>guided botanical walk</b> set in the beautiful South Downs.
3	Original <b>framed Aquatint print</b> 'Falmouth Street' by local artist, Esther Tidy <sup>1,3</sup> ( <a href="http://www.esthertidy.blogspot.co.uk">www.esthertidy.blogspot.co.uk</a> ).
4	Discover the secrets of authentic Bengali cuisine with a <b>2 hour cooking class</b> .
5	Gain behind the scenes access and the opportunity to meet Amnesty's expert staff with a <b>guided tour of the UK Headquarters of Amnesty International</b> .
6	Unleash your creativity with a two hour <b>Rag Rug making workshop</b> <sup>1,3</sup> .
7	<b>Hand-decorated sketch pad</b> perfect for watercolours <sup>1,3</sup> .
8	Ever thought about learning a language? Try a one hour session in beginners <b>German, French or English</b> <sup>2</sup> .
9	Enjoy a worry-free evening out with <b>three hours babysitting</b> .
10	Treat yourself to a delicious <b>home baked cake</b> (two up for grabs: one choc and orange, one of your choice) <sup>2,3</sup> .
11	Brighten up your garden with <b>two hours gardening</b> .
12	Jar of locally-produced, organic <b>honey</b> .

Contact Catherine ([crforman@hotmail.co.uk](mailto:crforman@hotmail.co.uk)) for more details.

- 1: Minimum bid amount applies to this item
- 2: Please specify choice/ language when placing bid
- 3: Photographs available on request