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From: "How To Academy" [REDACTED] on behalf of How To Academy [REDACTED]
Sent: Tue 10/29/2013 7:03:24 PM
Subject: Things to learn this fortnight: Ballet, First World War, Telegraph Crossword, Negotiate, Japan, Dante, Stand Up Comedy.

Title: Things to learn this fortnight: Ballet, First World War, Telegraph Crossword, Negotiate, Japan, Dante, Stand Up Comedy.

How to:

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As we head into a blustery autumn the theme of our next two weeks is pleasure, culture, and relaxation. We are spending Halloween with a drizzle of restaurateurs discussing 'The Recipe for the Perfect Restaurant'; for [REDACTED] night we have a quiet evening devoted to How To Sleep; on November 7th there is choice between our major Ballet Masterclass at the Royal Opera House and an invaluable session for artists on how to sell your work online.

Over the weekend of the 9th and 10th, [REDACTED] will be deepening our understanding of Opera in a fabulous studio in Notting Hill, while author [REDACTED] will be sharing the secrets of how to write the perfect children's book.

THIS WEEK

31.10.2013

Workshop, 6.45-8.30pm,

how to: The Recipe for the Perfect Restaurant
with [REDACTED]

What is your ideal restaurant? Something totally new, where everything from the cuisine to the way we make a reservation is done differently, or familiarity - simple dishes, an excellent pizza menu, and a tried-

and-tested format? The culture of restaurants is currently thriving, and in this feast of an evening the experts will give you the recipe for opening your dream eatery..

Read more and book.

NEXT FORTNIGHT

04.11.2013

Weekday Event, 8:30am - 1 pm

**how to: Start a Business. In association with
Financial Jam Sessions**

with [REDACTED] from Hiut Denim, [REDACTED]
[REDACTED]

This innovative and streamlined event is designed to serve as an indispensable guide for the entrepreneur. Our aim is to inspire you to conceive of your own business idea, and teach you everything you need to know to make it happen.

With an introduction from [REDACTED] Director General of the Institute of Directors.

Read more and book.

05.11.2013

Evening Event, 7-8:30pm

how to: Sleep

with Professor [REDACTED]

Are you one of the third of the population losing sleep over insomnia? Do you have a problem getting to sleep, staying asleep or sleeping deeply? Sleep is as necessary as the air we breathe, the water we drink, the food we eat. Birds do it. Bees do it. Even flowers do it. But that doesn't mean that getting your 8.1 hours per night is easy.

In this unique event sleep expert Professor [REDACTED]
[REDACTED] will show you how to close our eyes and

sink into the land of nod.

[Read more and book.](#)

07.11.2013

Evening Event, 7.30pm - 9pm

how to: Ballet Masterclass at The Royal Opera House

with Dame [REDACTED]

Whether you're a long time balletomane or new to the art, the next performance you see will be hugely enhanced by this informative and entertaining evening with Dame [REDACTED] former Director of The Royal Ballet Company. A step-by-step guide to the language of ballet will be illustrated by dancers from the Company.

[Read more and book.](#)

07.11.2013

Evening Event, 6:45pm - 8:45pm

how to: Understand the Online Art Market

with [REDACTED]

The internet has revolutionised the market for artists themselves and the buyers of paintings, drawings, sculpture, and photography. In How To Understand the Online Art Market, [REDACTED] will help make sense of the online galleries, gallery listing sites, sales platforms and artist websites.

[Read more and book.](#)

09.11.2013 - 10.11.2013

Weekend Event, 10am-5pm

how to: Deepen Your Love of Opera

with [REDACTED]

A weekend course for those who like to understand more fully this most challenging and yet viscerally enthralling of the performing arts - led by eminent critic [REDACTED]

Read more and book.

09.11.2013 - 10.11.2013

Weekend course, 10am-4pm

how to: Write Children's Fiction

with [REDACTED]

It's not all vampires and werewolves. This unique and innovative weekend course, led by celebrated children's author [REDACTED] is designed to immerse you in the wider world of writing for children so that you can develop your ideas, build characters, and leave with the confidence to embark on your own.

Read more and book.

12.11.2013

Workshop, 6:45 - 8:45pm

how to: Write Better English

with [REDACTED]

Tips from the professionals, with [REDACTED]

We all know how to write. We may know how to write well. But is our writing the best that it can be? How many of us can produce strong and clear sentences, getting our point across in as few words as possible - and all of them the right words? Whether we are writing an essay, a report, a memo, or simply a straightforward letter, making our prose seem effortless can be the hardest part of the day.

Read more and book.

13.11.2013

Evening Event, 7pm - 8:30pm

how to: Understand Your Dog

with [REDACTED]

*Why does my dog treat me as staff?
How much of what I say does my dog really understand?*

Every dog-lover must wonder what their hound is thinking. Why do they bark at trees? Why do they bite men in uniform? What are they up to when they roam about in gangs? In this event, author Dr [REDACTED] explains all you need to know about your best friend.

[Read more and book.](#)

NEW EVENTS

27.11.2013

Evening Event, 6.30-9pm (and at 9pm the fun starts with a stand-up show of sorts)

how to: Do Stand-Up Comedy and Never Be Afraid of Anything Ever Again (Within reason doesn't include Shark Attacks)

with [REDACTED]

How to... Stand Up. Always wanted to try stand-up comedy but too scared to give it a go? Looking for the ultimate confidence boost? Have a go at stand-up in a relaxed, no-pressure environment. Learn the tricks of the trade which can be applied in any public speaking situation. And unlock your natural funniness. (We all have some. No, really, we do.)

[Read more and book.](#)

9.12.2013

Evening Event, 7-8:30pm

how to: Understand the Origins of the First World War

with [REDACTED]

The Great War created the modern world. Fourteen million combatant deaths, four empires destroyed (Hapsburg, German, Tsarist, Ottoman), the victors themselves irreparably damaged: a conflict which ended the era of relative peace and benevolence, destroyed the culture of Europe, and unleashed the twentieth century - ushering in a yet more destructive war, and giving birth to ideas that continue to shape

our world today: in the arts, in psychology and medicine, in economics and society.

[Read more and book.](#)

15.12.2013

Weekend event, 10am-5pm

how to: Read Chekhov
with Dr [REDACTED]

We are delighted to announce that Dr [REDACTED] will be teaching a one day Sunday seminar on How To read Chekhov. Full course details to follow. Advanced booking now open.

Lunch included.

[Read more and book.](#)

17.01.2014

Daytime Event, 9:30am-12:30pm

how to: Negotiate
with How To Academy

How To negotiate. Advance booking is now open for this important session in which one of London's leading experts will reveal the secrets of successful negotiation. Limited to 30 people tickets are expected to sell out fast so early booking is recommended. Full details will be posted to the website shortly.

[Read more and book.](#)

22.01.2014

Evening Event, 6:45-8:15pm

how to: Explore Japan (via its museums)
with [REDACTED]

Explore a private modern art collection and then take a hot spring bath; remove your shoes and gaze at Monet, explore a little-known treasure house built by a celebrated architect, journey to Tokyo and Kyoto

via mountains, islands and gardens. There is no better way to unlock the aesthetics, customs, and heritage of Japan than through its idiosyncratic galleries and museums, and no better virtual tour guide than Sophie Richards whose eagerly anticipated book, *The Art Lover's Guide to Japanese Museums*, is about to appear. This event is for those who are planning the trip of a lifetime, and those who want to absorb Japan without leaving their armchairs.

Tickets are £30 which will include the Sake tasting.

[Read more and book.](#)

11.02.2014

Evening event, 6:30pm-9pm

how to: master the Telegraph crossword (and most other cryptic crosswords)

with [REDACTED]

Confidence, n: Doing the Telegraph crossword puzzle with a pen.

For enthusiasts at all levels who are still using pencils, this evening event will provide the clues you need to cracking cryptic crosswords. [REDACTED] will explain the Ximenes rules and take you through the basics, after which - with the help of a Hendricks Gin break - you will divide into pairs to solve a puzzle of your own. In the words of Stephen Sondheim, 'The nice thing about doing a crossword puzzle is you know there is a solution.'

[Read more and book.](#)

01.03.2014 - 02.03.2014

Weekend Event, 10am-5pm

how to: Read Dante

with Professor [REDACTED]

The *Divine Comedy*, completed just before Dante died in 1321, is one of the greatest works of European literature. It is a vision of the entire universe, an epic journey that spans the lowest circle of hell to the highest heaven, and its structure was

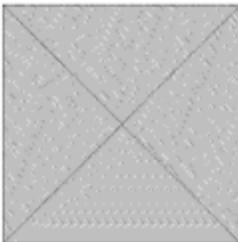
described by the poet Osip Mandelstam as a crystal
'of thirteen thousand facets, so monstrous in its
exactitude'.

[Read more and book.](#)

If there's a Course you'd like to take which isn't currently included in our programme, email us with the details of what you'd like us to organise and if there's sufficient demand, we will contact our extensive network of distinguished teachers, lecturers and writers to arrange a course tailored to your needs.

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