

**From:** How To Academy <[REDACTED]>

**To:** j <jeevacation@gmail.com>

**Subject:** how to: Academy - Last courses before the Summer and new events: Mindfulness, Ham Yard Hotel  
Vegetable growing, Iranian Photography.

**Date:** Wed, 11 Jun 2014 14:15:28 +0000

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## How to: June

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Graphene is the new wonder-material developed by Nobel Prize winners, Andre Geim and Konstantin Novoselovin, at the University of Manchester. The thinnest known fabric, it is also one of the strongest - and it is going to revolutionise the 21st Century. But how? Is there enough investment available to ensure the UK is at the forefront of its development? George Osborne committed £21.5m in the Budget, but is this enough now that Samsung , IBM and a host of other companies are investing heavily in Graphene research?



NEXT FORTNIGHT



13.06.2014

Daytime Event, 9:30am-11:00am

**how to: Disruptive Thinking in Fashion**  
with Katrina Dodd

The Fashion industry is built on change, but with digital technology as a catalyst, evolution has been replaced by revolution. The creativity and innovation celebrated on the runway is now matched by the creativity and innovation made manifest through every aspect of the business, from product development right through to delivery.

In this session, Katrina Dodd, senior consultant at innovation and marketing consultancy Contagious, will offer a global perspective on disruptive developments in physical and online retail, brand building and customer relationships. With case ...

[Read more and book.](#)



17.06.2014

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

**how to: Speak in Public**  
with Edie Lush

All of us have to do it – “say a few words” – at one time or another. Most of us are terrified by the thought of it. But don't panic. This three-hour workshop will enable you to make fear of your audience a thing of the past.

Does the prospect of addressing a roomful of people leave you weak with terror? Does your mouth dry up and your stomach turn over at the invitation to speak? Can you imagine a future in which you can stand up and speak to a crowd without feeling like a fool? Make your fear a thing of the past. This practical and interactive session is for...

[Read more and book.](#)



17.06.2014

Evening Event, 6:30pm-9:00pm

**how to: Read Emily Dickinson**  
with Lyndall Gordon

Emily Dickinson is recognised as one of the greatest poets who ever lived. At the same time she remains elusive. Why did she imprison herself for life in a room of her own in what she always called 'my father's house'? Why did she not publish, when many poems exult in their 'immortality'? Who is the unnamed Master of the 'Master Letters' and related poems of her outpouring between 1858 and 1863? And who is her night-time 'Guest'?

In this evening seminar, led by Emily Dickinson's award-winning biographer and one of her finest critics, we will discuss these questions and ...

[Read more and book.](#)



18.06.2014

Evening Event, 6:30pm-8:30pm

**how to: Art Quarterly**

with Sarah Douglas, Eliza Bonham Carter, Kathleen Soriano, Matthew Collings, Nathalie Hambro

We invite you to join us for the launch of Art Quarterly, a curated round-up of all the must-sees and hidden gems in the worlds of art and design. Each season, a team of experts will brief you on what's current, what's coming next, and all you need to know about the most critically important and exciting shows on the national and international cultural agenda.

For our inaugural evening the writer and broadcaster Matthew Collings will discuss, in advance of Tate Modern's major exhibition, the work of groundbreaking Russian painter Kazimir Malevich...

[Read more and book.](#)



25.06.2014 - 30.07.2014

Evening Event, 7:00pm-8:00pm

**how to: Be More Mindful at Grace Belgravia**  
with Mindfulness at Work

Six informal weekly one-hour group mindfulness sessions: a great opportunity to learn, develop and deepen a personal mindfulness practice with a highly-experienced Mindfulness at Work trainer.

Whether you are a seasoned practitioner or new to mindfulness and want to learn more about it, Grace Belgravia, the Private Members Club, Fitness, Wellbeing, Cuisine and Culture, offers the perfect environment for this powerful programme.

Each week you will learn how to apply mindfulness to a different aspect of your life, helping...

[Read more and book.](#)



26.06.2014

Evening Event, 6:30pm-8:00pm

**how to: Understand Bitcoins and the Future of Money**

with Arwa Mahdawi

Once dismissed as 'the Harlem Shake of currencies,' Bitcoin has gone from being a temporary trend to a watershed moment in the future of money. We now live in a world with Bitcoin millionaires. A world in which the Jamaican Bobsled team qualified for the winter Olympics thanks in part to funds raised in Dogecoin, a cryptocurrency that is part Bitcoin, part Internet dog meme. Technology is changing the way we think about money and mainstream investors are struggling to keep up, as they shift from considering virtual currencies as 'fool's gold' to seeing them as the new gold. Indeed, VC investments...

[Read more and book.](#)



01.07.2014

Evening Event, 6:30pm-8:00pm

**how to: Be Well Read**  
with John Sutherland

How do we sort the wheat from the chaff when it comes to the world's best fiction? How do we know what is bad, what is good, what is better, and what is the very best? Which novels should we pack in our hand luggage, which should we put by our bedside, and which should we store in a box in the attic?

Professor John Sutherland, the best-read man in Britain, is on hand to help with his own personal guide to the must-read books. His taste is impressively catholic: from *The Golden Bowl* to *Goldfinger*, *Jane Eyre* to *Jaws*, you will be led through the dark alleys of murder mysteries, spy novels and...

[Read more and book.](#)



07.07.2014 - 11.07.2014

Daytime Event, 9:30am-5:30pm each day

**how to: Student Life Skills**

The How To Academy has programmed two jam-packed life-skills jamborees to meet the needs of sixth formers and students. Taking place in central London during the summer holidays, each five-day event will provide the essential package for students of all ages preparing for the next stage of their lives. Whether it is leaving school, home, or university, planning for an interview, cooking on a shoe-string or choosing a career, our team of experts will guide you through the process of decision-making, self-presentation, and survival.

This fun and informative festival will give you insider information you can get no where else...

[Read more and book.](#)



08.07.2014

Evening Event, 6:30pm-8:00 pm

**how to: Learn Mandarin: An Introductory  
Masterclass.**

with Mike Hainzinger

Mandarin is the world's fastest growing language, and Mike Lǎoshī (Teacher Mike) is the world's fastest growing YouTube sensation. Filmed from his garage, Mike's hilarious video lessons, Chinese with Mike, have an audience of over a million viewers. His rock star approach has been endorsed by university language directors and is being adopted by the Educational Services in Australia. He has now brought his garage, his bandana, his mullet and his Hawaiian shirt to London, and in this utterly cool and totally off-the-wall evening, he will give us the the basics of the language of the future.

[Read more and book.](#)



## NEW EVENTS



01.07.2014

Afternoon Event, 4:00pm-5:30pm

**how to: Grow Vegetables in a London garden  
(Taking place on the roof of the stunning new Ham  
Yard Hotel)**

with David Riddle

This is a workshop for all those who want to pluck newly grown carrots from your window box, or fresh peas from your balcony. The How To Academy has found a secret vegetable garden at the heart of Piccadilly, on the roof of London's newest and most exciting hotel. And we have invited horticultural expert David Riddle to join us up there on July 1st, and show us how to make our gardens grow. Afterwards, the rooftop bar will be open and we can enjoy the fruits of our labours over a cool glass of wine.

[Read more and book.](#)



10.07.2014

Evening Event, 6:30pm-7:45pm

**how to: Read Contemporary Iranian Photography**  
with Professor Abbas Daneshvari

Iranian photographers have found circuitous routes, both viscerally and intellectually, of expressing what may be deemed unacceptable by the theocratic State of Iran. Abbas Daneshvari is the curator of a radical new exhibition which showcases contemporary Iranian photography. Featuring a range of photographers including Mohammad Ghazali, Shirin Aliabadi, Parastou Forouhar, and Peyman Hooshmandzadeh, this lavishly illustrated and illuminating evening will take us straight to the heart of contemporary Iran; by unlocking their meanings, Daneshevari will show the most apparently simple photographs contain...

**Free Event**

[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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