



NELSON WOMEN'S CENTRE
TE WHARE ĀWHINA MO NGĀ WĀHINE PUAWAI

Creative Mornings

TUESDAYS 9.30am - 12 noon *unless specified*

All workshops at **Nelson Women's Centre**,
44 Trafalgar Street, unless specified

Bookings essential - Ph: 546 7986; email: nnwomenscentre@ts.co.nz

\$5 min or more if you can afford.

25 Oct – 29 Nov
Wednesdays
1.30-2.30pm

6- week fun with the Ukulele class
Learn basic chords and easy strums. Bring your singing voice, a sense of humour and a ukulele if possible

Gretchen Howard

31 Oct

Creating Natural Beauty on a Budget
Skin care, body care & make-up

Anne-Marie

7 Nov

Mono Printing
Enjoy the surprises printing offers through layers of colour, using cut and torn paper stencils. No experience needed

Melanie Riley

14 Nov

Drawing Class
Draw an urban landscape. Looking at the perspective of buildings

Maree Cathcart

21 Nov
10am-11.30!

Turning Failure into Fuel
Neuro-linguistic programming approach to positive change

Patricia Greenhough
NLP Master trainer

28 Nov

Colour Mixing
Using the gardens of the Women's Centre as inspiration.

Larisse Hall

5 Dec

Mixed Media
Using various materials, paint, and glue
Build a beautiful abstract work

Maree Cathcart

Starts 9 Nov onwards
9.30 - 10

Move it Class
Join Maree for a slow easy half hour walk in the open air around the centre. This class is for those that's don't walk much but need to

Maree Cathcart



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Discovery Workshops

THURSDAYS 12.30 - 2.30pm unless specified;

26 Oct	Raw Food - Condiments Make delicious condiment eg pesto, relish, harissa, cucumber pickles, sour cream, gomasio	Sally Rees
31 Oct-21 Nov <u>Tuesd, 5-6 pm</u>	Meditation (4 Weeks) Exploring a range of mindfulness practices for encouraging calm and nurturing peace	Rose Whyte
1st - 29th Nov <u>Wed, 6-7pm,</u> <u>at Prajna Studio</u>	Kundalini Yoga - to build confidence <i>Awareness</i> to the breath to centre & calm the mind. <i>Exercise</i> to strengthen your self esteem & confidence. <i>Meditation</i> - to overcome fear	Kathy Valler
9 November <u>10am-11.30!</u>	NLP approach to Positive Change Neuro-linguistic programming approach to positive change	Patricia Greenhough NLP Master trainer
9 Nov – 30 Nov <u>9.30-10.30</u> <u>Thursdays!!</u>	Beginners 4 week Qigong Course Daoist Health Qigong : Heart Dao Yin: Summer <u>Nelson Women's Centre</u>	Talia Lyon-Devlin
10 Nov – 1Dec <u>9.30-10.30</u> <u>Fridays!!</u>	Beginners 4 week Qigong Course (for those who completed the Spring Course) Daoist Health Qigong : Heart Dao Yin: Summer <u>ACC Community Rooms</u>	Talia Lyon-Devlin
16 Nov <u>1 -2.30pm</u>	Life Coaching Practical insights, plus exercises to anchor new learning for your enjoyment and ease in life <u>ACC Community Rooms</u>	Angelika Barnes
23 Nov	Shopping with Sustainability in Mind “How to shop for Christmas and care for the planet at the same time!”	Sarah Langi Nelson Envirocentre
30 Nov	Love Mantra Chanting Meditation Powerful mantras for purification and love attraction. Simply bring yourself and enjoy the positive vibe.	Rebecca Jackson