



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

Creative Mornings

Art Workshops TUESDAYS 9.30am - 12 noon; unless specified \$5 each

8 August <u>12.30-2.30pm</u>	Detox Clean your body from the inside out with liquid nutrition	Sally Rees
15 August	Painting with Colour Paint with colour to create a still life that oozes 'emotion'. Learn fundamental colour mixing techniques and experiment with glazing of colour	Larisse Hall
22 August	Spring Florals Teaching the Art of using your spring flowers in an arrangement for the home	Sarah Hutt "WILLOW FLORAL & DESIGN"
29 August	Winter Wonderland, chalk pastel fun Create a Winter scene using soft chalk pastels, Don't worry if you can't draw the tutor will guide you into creating a one off art work.	Maree Cathcart
5 Sept <u>10am-11.30!</u>	Language that changes lives Neuro-linguistic programming approach to positive change	Patricia Greenhough NLP Master trainer
12 Sept	Poetry Writing as a Therapeutic Tool A light-hearted approach to finding your inner voice	Mary Hickey
19 Sept	Introduction to Water Colours Learn the basics of watercolour painting and then create a small art work using your new skills	Maree Cathcart

Nelson Women's Centre 44 Trafalgar Street
Bookings essential - Ph: 546 7986;
email: nnwomenscentre@ts.co.nz

Workshops supported by





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Discovery Workshops

Discovery Workshops THURSDAYS 12.30 - 2.30pm unless specified; \$5 each

10 August	Home funerals 101 The legal question, cost, natural burials, cremation, embalming & shrouds	Kristine Rose
11 Aug - 1 Sept 9.30-10.30	Beginner's 4 week Qigong Course Daoist Health Qigong for Beginners: Liver Dao Yin. For springtime on <u>Fridays at the Library</u>	Talia Lyon-Devlin
12 August <u>10.00-11.30</u> <u>Saturday!!</u>	Introduction to Alexander Technique Learn how you can change pain producing habits to help relieve back pain, neck/shoulder tension, headaches and coordination <u>Sat at the Library</u>	Rose Whyte
17 August	Homeopathy for families Learn how to use homeopathy in first aid situations and with common childhood ailments.	Grace Catley
24 August	Compost and Worms How to make fabulous compost and set up and run a successful worm farm	Sarah Langi Nelson Envirocentre
31 August	Haircutting on a budget Hair & scalp analysis , colours that suit, easy styling tips, how to do a basic haircut, info about buying products, how to colour at home, Q & A	Tracey Bovey
7 & 9 Sept <u>10.30-12</u>	'Introduction to Slow Yoga' Ancient yogic knowledge combined with modern neuroscience creating a unique practice for your whole being. <u>Thursday & Saturday at the Library!</u>	Vikki Wilkinson
14 Sept <u>10 - 11.30!</u>	How to reduce stress Neuro-linguistic programming approach to positive change	Patricia Greenhough NLP Master trainer
21 Sept	7-chakra seed mantra meditation working through the seed sound of 7 chakra	Rebecca He