

# Hands-On Art & Crafts

Term 2, 2018 @ Nelson Women's Centre

All workshops \$7 or \$5 with membership

Art Workshops on TUESDAYS 9.30am - 12 noon unless specified

- 8 May**                      **Embellished Origami (easy) Gift Container - Sharron Martin**  
Paper embellished with paint and cellulose is manipulated into an easy- to- make and very useful, lidded box able to hold a small gift
- 16 May**  
Wednesday!  
2-4pm                      **Creative Writing - Laura Findlay**  
A fun workshop for writers and non-writers alike, that explores the nature of inspiration. Bring your journal or some scrap paper
- 23 May - 27 June**            **More fun with the Ukulele - Gretchen Howard**  
Wednesday!  
1.30 - 2.30pm            Beyond Beginners. Bring your singing voice, a sense of humour and a ukulele if possible.  
**6 week course**
- 29 May**  
materials \$5              **Pouring medium with acrylic inks - Yvonne Eggers**  
Have an adventure with Pouring Medium and Acrylic inks. Create a master piece on a small canvas
- 05 June**                      **Women's Suffrage 125 Art Project - Faye Wulff**  
Learn about the background and history of women's suffrage in NZ and create knitted, crocheted or fabric Camellia flowers
- 12 June**  
materials \$5              **Cat in the Moonlight (using Paverpol) - Gwen Nicholson**  
Make a fun canvas (15x30cm ) wall hanging of a cat sitting on a wooden fence in the moonlight. Fence created with ice-cream sticks and small satin flowers

**Bookings essential: phone: 546 7986; email: [nnwomenscentre@ts.co.nz](mailto:nnwomenscentre@ts.co.nz) or drop in at 44 Trafalgar Street, Nelson 7010**



NELSON WOMEN'S CENTRE  
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# Discovery Workshops

Discovery Workshops THURSDAYS 12.30am - 2.30pm unless specified

All workshops \$7 or \$5 with membership

- 10 May**                    **Magic of Meditation - Kindra Douglas**  
Time to tune in, drop down into quiet self, restore, reflect and then resume life renewed. Experience a wide range of guided meditations and get resources to start or renew your practice
- May 4th - 25th**        **Another Woman's Movement class - 4 week class**  
Fridays!!  
3 - 4pm                    Tension and Trauma release exercises (TRE) with **Patricia Greenhough** Master Trainer in NLP, Feldenkrais(R) Teacher and TRE Practitioner. At Wellness Studio Cnr Trafalgar & New St
- 15 May -5 June**        **Relaxation Techniques - Diane Clarke** (Relaxation Specialist)  
Tuesdays!  
1 - 2.30pm                This 4-week course is designed to teach various relaxation techniques to combat the effects of daily life stressors
- 17 May**                    **Style Coaching Workshop - Lynn Crossland** (Style Coach)  
Come and learn which styles from the season will flatter and enhance your body shape. Learn styling tips that will help you appear taller, shorter or slimmer. Note: ACC rooms
- \$20 to raise funds for Centre + great raffle prices
- 24 May**                    **Natural Face Care and Make-up**  
Learn how to make yourself look beautiful on a budget with trained beautician **Anna Marie Sinclair**
- 31 May**                    **Legal Workshop - Care of children & welfare law**  
This covers issue affecting where children live and what contact they have with their other parent/s; also Oranga Tamariki and care and protection issues with **Julia O'Connor** (Community Law)
- 2 June**                    **Grow Yourself More - one day Workshop**  
Saturday!!  
10am-5pm                Create a visual tree that holds aspects of the real you based on your needs, with **Victoria Moore**
- 07 June**                    **Chair Yin Yoga - Rebecca He**  
An ancient yoga practice designed to enhance joints mobility and energy flow
- 14 June**                    **Italian Classics made easy - Sally Rees**  
\$5 ingredients            The secrets of some Italian classics including the delicious Tiramisu