

# Workshops and Courses

Term 3, 2020 at the Nelson Women's Centre

All workshops are \$7 (or \$5 a session for members of the Women's Centre)

TO BOOK: Phone 546 7986 email: [coordinator@nelsonwomenscentre.org.nz](mailto:coordinator@nelsonwomenscentre.org.nz)

Please pre-pay online to secure your place. Nelson Women's Centre 03 1355 0736361 00

Use your initials / Last Name as a reference & "WORKSHOP" or pay cash/efpos at 44 Trafalgar Street, Nelson.

## Art Workshops

<b>28<sup>th</sup> July, Tues</b> 10am-12.00pm	<b>Intuitive Painting – Marianne Vetterli</b> Learn about how you can confidently and joyfully create a painting without having any previous knowledge. How to access your intuition and experience the uplifting effects of colours using different mediums.
<b>4<sup>th</sup> &amp; 11<sup>th</sup> Aug,</b> <b>Tues</b> 10am- 12.30pm	<b>Floral Watercolours (over 2 sessions) – Nicole Russell</b> Watercolours are the ideal medium for painting gorgeous flowers. To start with, learn basic watercolour techniques and end with your floral painting(s). Have a real flower that you would like to paint or a photo that you find particularly beautiful? Bring it along. All watercolours or watercolour brushes are welcome. So are pencil and eraser for your initial drawing. Some materials will be available if you don't have your own. Bring \$2 for costs.
<b>7<sup>th</sup> Aug – 11<sup>th</sup> Sept, Fridays</b> 10am-11.30am <b>(6 sessions)</b>	<b>Arts Therapy Group – with Lynda Jessen-Tye</b> In Term Three trainee arts therapist Lynda will be offering a six week arts therapy group 'Sharing Stories About Lockdown Through The Arts'. The sessions run for six consecutive weeks and require a commitment to attend all sessions as they are progressive in nature. 6 places are available. A donation of \$10 is requested to contribute towards the cost of arts materials across the six weeks.
<b>18<sup>th</sup> August,</b> <b>Tues</b> 10am-12.30pm	<b>"What's Sewing On?" version 2 – Stella Wilson</b> Bring in a garment you would like to jazz up, fix up, or re use the material. An op shop is onsite if you don't have anything in your own wardrobe. Stella can help with threading a machine or winding a bobbin for beginners, & hemming / darting / cloning for those that would like to know more. Recycle, reinvent! Bring \$2 extra for materials.
<b>29<sup>th</sup> July – 2<sup>nd</sup> Sept, Weds</b> 1.30-2.30pm	<b>Ukulele 6 week course - Gretchen Howard</b> For students who already have some Ukulele experience and are looking to expand on their skills. Any questions about content, please email Gretchen on <a href="mailto:kitesfun@gmail.com">kitesfun@gmail.com</a>
<b>25<sup>th</sup> Aug, Tues</b> 10.30-12noon	<b>Learn to make Herbal Balms – Chrystal Pitcher</b> Come along and make a Kawakawa healing salve and a moisturising balm with almond oil and essential oil to take home. \$2 extra for ingredients.

# Discovery Workshops

<p><b>23<sup>rd</sup> July, Thurs</b> 10.30am-12noon</p>	<p><b>Meditation with Sound – <i>Marianne Vetterli</i></b> In this meditation session we tap into the present moment with the help of the pure sound of the Crystal and Tibetan singing bowls. Being immersed in this healing sound will help to quieten the mind, becoming still and access peace.</p>
<p><b>30<sup>th</sup> July, Thurs</b> 10.00am-12noon</p>	<p><b>Homeopathy Cold &amp; Flu Busters – <i>Grace Catley</i></b> Get some fantastic tips for keeping your immune strength up and dealing to cold and flu symptoms, using homeopathy. Homeopathy is a natural way to support your family's health.</p>
<p><b>6<sup>th</sup> Aug, Thurs</b> 10am-12.30</p>	<p><b>Managing Anxiety during troubling times – <i>Anne Bate</i></b> If all the world is going crazy, can I stand strong? This 2 and 1/2 hour workshop gives understanding and key strategies to those that struggle with over-anxious minds.</p>
<p><b>13 August, Thurs</b> 10am-12pm</p>	<p><b>Reflexology for Menopausal Health – <i>Liz van Beek</i></b> Menopause; where our hormones seemingly go crazy 😊 Hot flushes, emotional fluctuations, dryness, insomnia, anxiety... Reflexology and acupressure points that help ease and rebalance our womanly systems have been utilized across the globe for centuries. Learn which areas relate directly to your endocrine and reproductive systems, allowing rebalance and harmony.</p>
<p><b>20th August, Thurs</b> 10am-12pm</p>	<p><b>Emotional Healing with Homeopathy – <i>Grace Catley</i></b> “If you carry joy in your heart you can heal in every moment” - Carlos Santana. We all have times when joy is hard to find. Come and find out how using homeopathy can help.</p>
<p><b>3<sup>rd</sup> Sept, Thurs</b> 10-12pm</p>	<p><b>Building Resiliency – <i>Anne Bate</i></b> What makes some people stand tall after several knock backs, and others fold after slight upsets? If you're needing help in building personal resiliency, or are wanting to help your loved one stand stronger, then this workshop is for you.</p>
<p><b>18<sup>th</sup> Sept, Friday</b> 10.30am – 12pm</p>	<p><b>Meditation &amp; Mindfulness – <i>Rosey Whyte</i></b> The emphasis for this session is on making meditation accessible to all so we will feel better, more focussed and less stressed. It will be friendly and practical with; instruction, guided meditation and discussion. Come along and learn what it's all about. Rosey is an experienced and qualified teacher.</p>

Supported by: