

Workshops and Courses

Term 4, 2020 at the Nelson Women's Centre

Unless stated in the description, all workshops are \$7 unwaged/\$10 waged per session
(or \$5 / \$7 a session for members of the Women's Centre)

TO BOOK: Phone 546 7986 or email: coordinator@nelsonwc.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/eftpos at 44 Trafalgar Street, Nelson.

Art Workshops

<p>14th Oct – 2nd Dec, Wednesdays 1.30-2.30pm</p>	<p>Ukulele Intermediate Group (8 sessions) – Gretchen Howard For students who already have some Ukulele experience and are looking to expand on their skills. Any questions about content, please email Gretchen on kitesfun@gmail.com Course is \$40 for the term.</p>
<p>16th Oct - 30th Oct, Fridays 10am-11.30am</p>	<p>An Introduction To Arts Therapy (3 group sessions) – Lynda Jessen-Tye Are you curious about arts therapy? If so, come along for a play! We will use visual arts making, creative writing, & nature-connected arts therapy to express and explore a variety of light-hearted themes. A maximum of 6 participants. A safe and supportive atmosphere will be fostered (Gold coin for each session).</p>
<p>20th Oct – 24th Nov, Tuesdays 10am-12.00pm</p>	<p>Painting & Creativity for Beginners (6 sessions) – Marianne Vetterli Join us for a guided course for women who may have no experience using paint for creativity, or self-expression. The tutor will build your confidence, skills & a solid process so that you can feel competent in starting your own projects after the course ends. \$30 for the 6 weeks.</p>
<p>21st Oct – 25th Nov, Wednesdays 2.45-3.45pm</p>	<p>Ukulele Beginner Group (6 sessions) – Gretchen Howard For beginners who have little or no Ukulele experience. Bring your own Ukulele (we may be able to help if you don't have one). Questions about content? Please email Gretchen on kitesfun@gmail.com Course is \$30 for the term.</p>
<p>27th Oct & 3rd Nov, Tuesdays 12.30-2pm</p>	<p>Life Writing (2 sessions) – Kindra Douglas This creative writing class will encourage you to write with sincerity and heart, drawing upon your own experiences as the basis for the creative non-fiction. Each piece of writing, however small in length or content, can be a building block for a memoir, a family tribute, a blog, a travel record. Or simply be a genuine expression of your experience. 2 sessions with the inspiring Kindra Douglas.</p>
<p>6th Nov - 27th Nov, Fridays 10am-11.30am</p>	<p>Exploring 2020 with Arts Therapy (4 group sessions) – Lynda Jessen-Tye There is no doubt about it, 2020 has been a year with its own flavour! These sessions are to allow time and space to process 2020 in all its unfolding, through the modalities of visual arts making, creative writing, and nature-based arts. Sessions are limited to a maximum of 6 participants. A safe & supportive atmosphere will be fostered. (Gold coin for each session).</p>
<p>10th Nov, Tuesday 10am-12.30pm</p>	<p>Beautiful Bags – Stella Wilson Make your own shopping tote, draw string or round bag with Stella. Using fabrics we have or bring your own to create a beautiful, practical shopping or carry bag!. All levels of experience welcomed. Bring \$2 extra for materials.</p>
<p>27th Nov & 11th Dec, Fridays 10am-12.30pm</p>	<p>Create a Clay Mini Wall Sculpture (2 sessions) – Esther McNaughton Join art educator Esther to have fun experimenting with texture and design, creating a decorative wall artwork of your choice. In Week One we will form our artworks out of slab rolled clay. In Week Two we will paint our pieces. Bring \$2 extra towards materials.</p>

Discovery Workshops

<p>22nd Oct, Thurs 10.30am-12pm</p>	<p>Meditation with Sound: from sound into silence – <i>Marianne Vetterli</i> In this meditation session, learn how to become present to our 'self' with the help of the pure sound of Crystal & Tibetan singing bowls. Being with this healing sound will help to quieten the mind becoming still, cultivate a sense of peace, increasing feelings of wellness & calm.</p>
<p>23rd & 30th Oct, Fridays 12.30pm-1.30pm</p>	<p>Creating the Life You Want (2 sessions) – <i>Rosey Whyte</i> A 1 hour course for 2 consecutive weeks which will show you the tools to free you from yourself. This is for people who have the vision for a life they want but are stuck in their heads. If you know that something is holding you back but you don't know what it is, this time is for you. Rosey Whyte offers wellness guidance and is a qualified teacher of the Alexander Technique, Mindfulness and Meditation.</p>
<p>29th Oct, Thurs 10.30am-12.30pm</p>	<p>Fabulous Ferments – <i>Sally Rees</i> In this class you'll learn how to make some different ferments from the usual Kombucha and Kraut. You'll not only be able to heal your gut, but you'll be able to reduce your allergies with what you learn in this session. Bring along 4 jam-jar sized jars to make the ferments, and some plastic containers for takeaways. This session is \$2 extra for ingredients.</p>
<p>5th Nov, Thurs 10.30am-12pm</p>	<p>Essential Oils to Support the Emotions – <i>Tania Smith</i> Learn how to use Essential Oils and how they can support you through times of stress, anxiety or emotional overload. In this relaxed workshop, you will get to sample the oils, learn how different ones can support your emotions in different ways & get to take away your choice of a rollerball blend.</p>
<p>19th Nov, Thurs 10.30am-12pm</p>	<p>Grounding & Centering: Tools with a Guided Meditation – <i>Tania Smith</i> In this workshop we will learn some tools to help with grounding, calming, centering & checking in with yourself & your energy field. Followed by a beautiful guided meditation connecting with your heart centre.</p>
<p>26th Nov, Thurs 1pm-2.30pm</p>	<p>Introduction to Psychodrama – <i>Ali Watersong</i> Psychodrama is an enlivening experiential action method where you can gain new perspectives and insights by setting out small scenes from your life using things and other people. Ali Watersong is a counsellor and certificated psychodramatist (AANZPA) with extensive experience in group work and has been facilitating a variety of personal development groups in the community for over 30 years.</p>

