

Workshops and Courses

Term 2, 2021 at the Nelson Women's Centre

Unless stated in the description, all workshops are \$7 unwaged/\$10 waged per session (for members of the Women's Centre - \$5 unwaged / \$7 waged a session). Please check for any materials costs.

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>5th May – 30th June, Wednesdays 1.30-2.30pm</p>	<p>Ukulele Intermediate Group (7 sessions) – Gretchen Howard This 8 week course is for those students who already have some Ukulele experience & are looking to expand beyond basic skills. If you have any questions about the learning content or the required level to participate, please email Gretchen on kitesfun@gmail.com This course is \$35 for the 7 week term (no sessions on 19th May or 9th June).</p>
<p>11th May Tuesday 1pm-2.30pm</p>	<p>Foods for Immunity – Sally Rees Boost Your Immunity for Winter! Join us for a workshop with Sally from 'Natural Nosh'. She will show you some simple ways to help you eat a more balanced diet that includes lots of immune-boosting foods. Please bring \$2 extra for ingredients and a container for food.</p>
<p>18th & 25th May, Tuesdays 10am-12.30pm</p>	<p>Writing for no good reason - Wild Women, Wild Voices (2 sessions) – Carol Neilson "Every word a woman writes changes the story of the world, revises the official version." - Carolyn See. No matter a woman's culture, language or experience, there are two words she instinctively responds to, wild and woman. There's a stirring of ancient lineages, an intuitive harkening to the wild feminine. These two writing workshops call into being the deep instinctual language of women; they invite women to tell their rich, intuitive, wild stories by kissing pen to paper. Open to all women - no writing experience required. Facilitator, Carol Neilson - You can read more about the workshop and Carol at www.CarolNeilson.com/WildWomen Please bring an exercise book/blank journal & pen.</p>
<p>8th June, Tuesday 10.30am-12pm</p>	<p>Intuitive Painting – Marianne Vetterli 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. Please bring \$2 extra for materials.</p>
<p>15th & 22nd June, Tuesdays 10.30am-12pm</p>	<p>Empowering Vision Boards (2 sessions) – Kiely Campbell Learn how to visualise your future goals and build a collage that represents your dreams. Inspire and motivate yourself! Clarify your goals. Set clear intentions and use your imagination to manifest your best hops. Please bring your favourite magazines, pictures, textiles, sentimental images, small objects or artworks to use on your vision board. Please bring \$2 extra for materials.</p>
<p>29th June & 6th July, Tuesdays 10am-1pm</p>	<p>Mandala Making – Victoria Moore Create your own Mandala using watercolours and ink in a fun, supportive space. Through your imagination and intuition watch your own colourful patterns emerge and take home your own special work of art created by you. We will mainly be using; Compass, pencil, brush, watercolours & ink, if you're already using any of these at home, you're welcome to bring any materials that are familiar to you for making your own Mandala. If not, these will be provided. Victoria Moore is a local artist & storyteller. Please bring \$2 extra for materials.</p>

Discovery Workshops

<p>13th May, Thursday 10-11.30am</p>	<p>Introduction to Mindfulness – <i>Lea Godfrey</i> Learn what mindfulness is and how to practice it. In this introduction session, through learning the techniques and attitudes of mindfulness you will develop skills to manage emotions and difficult thought patterns, and experience the benefits of mindfulness in daily life and in formal meditation practice. Meditation and mindfulness can be the key to a healthy body and mind. Lea is passionate for others to experience the benefits of mindfulness practice.</p>
<p>20th May, Thursday 10-11.30am</p>	<p>Meditation with Sound – <i>Marianne Vetterli</i> 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. Marianne is an experienced tutor who brings a warm and calming energy to the meditation session space.</p>
<p>27th May & 3rd June, Thursdays 10am-12pm</p>	<p>Emotional Intimacy (2 sessions) – <i>Dani Ferrier</i> Are you feeling hectic all the time and your emotions are all over the place? Are you prepared to try something new to get your life under control? Do you feel stuck and don't see a way out? This 2 part workshop will inspire you to change the course of your life by learning about yourself and what you can do to get more clarity. Take the time to say YES to you & finally start living life on your terms. Dani Ferrier has the gift of holding space for people & making them feel heard. Her training as a coach has given her the tools to empower people & give them the strength to change their lives.</p>
<p>10th, 17th, 24th June & 1st July, Thursdays 12.30- 2.30pm</p>	<p>I Like Me: Building healthy self-esteem & confidence (4 sessions) – <i>Ali Watersong</i> This in-depth course aims to improve your self-confidence, build healthy self-esteem and help you gain a stronger sense of self-worth and self-acceptance. We will explore what self-esteem is, how it develops and how it is maintained. Discover your full potential and develop confidence in your ability to fulfil goals. The course will include some group work, experiential learning and individual exercises.</p>
<p>8th July, Thursday 10.30am-12.30pm</p>	<p>12 Steps to Real Healing – <i>Dawn Grace Kelly</i> Spiritual teacher, energy intuitive and author Dawn Grace Kelly will share powerful healing steps from her new book Truth Spirit Love - The Essential Guide to Healing. Dawn's work includes past life regression, inner child work and Tarot. She is passionate about supporting humanity to come into their true power.</p>



NELSON WOMEN'S CENTRE
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