

Workshops and Courses

Term 2, 2022



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

44 Trafalgar Street, The Wood, Nelson 7010

COURSE FEES	EACH SESSION: <ul style="list-style-type: none"> NELSON WOMEN'S CENTRE NON-MEMBERS: \$7 unwaged / \$10 waged NELSON WOMEN'S CENTRE MEMBERS: \$5 unwaged / \$7 waged Please check for any materials costs.
PAYMENTS	Please pre-pay online to secure your place at least 2 days before the workshop. Nelson Women's Centre 03 1355 0736361 00 Use your initials / Last Name as a reference & "WORKSHOP" On-site: Pay cash/Eftpos
3 WAYS TO BOOK A COURSE	PHONE: 546 7986 EMAIL: accounts@nelsonwc.org.nz IN PERSON: Drop by the front reception to inquire and sign-up

Discovery Workshops

Tuesday 3 rd May 10:00am- 12:00pm	<p>Surviving a breakup - Lizzie Nicolson</p> <p>Relationship "issues" from a shamanic view are about what is mirrored within us.</p> <ul style="list-style-type: none"> learn how to break away from cyclic - repetitive situations . When you change your perspective internally your outer world shifts along with it. learn about challenging 'core beliefs'. understand narcissism and how this is a common theme getting exposed now (20% approx of the population). Learn that it is so important to move away from the anger, fear, anxiety, blame, "victim" perspective that is so common in a situation. Learn how to harness your life again and create a positive new outlook on life. <p>After all - the most important relationship you will ever have is with yourself. When you understand that loving yourself is key to success - everything shifts.</p>
Wednesday 4 th May 1:00pm- 3:00pm	<p>Learning how to grow Self-Love - Jo Say</p> <p>In this two-hour session, Jo will introduce participants to key ideas and processes that can help us to fall in love with ourselves. Self-love is a foundation for what we experience and create in our lives.</p> <p>Jo has been working as a life coach for ten years, specialising in helping her clients to grow their self-love.</p>
Tuesday 10 th May 10:00am- 12:00pm	<p>Creating abundance - Lizzie Nicolson</p> <ul style="list-style-type: none"> you will learn to dive deep to challenge your mindset around finances - abundance in general (it's always related to our self worth). you will learn practical techniques and harness the obstacles set up in your sub-consciousness which prevent you creating abundance. learn about soul retrieval and how to mend lost/broken parts of yourself. <p>Life can shift when you challenge your thinking and put in practical aspects. I will teach you in this 2 hour workshop. Handouts included.</p>

<p>Wednesday May 11th, 18th, 25th & 1st June 10:00am- 12:30pm</p>	<p>Living Life with Freedom & Vitality, a weekly psychodrama Group for Women - Ali Watersong Pre-requisites: No acting experience is required. Previous attendees can attend again. Psychodrama is an action method where you can gain new perspectives and insights by setting out scenes from your life using things and other people. This course will help you to live a rich and fulfilling life and develop your ability to respond effectively to old situations or new challenges. We will develop a supportive group atmosphere where women can learn from each other. <i>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.</i></p>
<p>Tuesday 31st May & Tuesday 7th June 10:00am- 11:30am</p>	<p>Qi Gong Classic (2 sessions) - Jingjing Jackson Note: Each class can be taken separately Learn some graceful and easy-to-follow QiGong movements from ancient Chinese wisdom tradition to take care of your body and mind. No experience required. <i>Jingjing Jackson is a Yin Yoga Teacher, Tai chi and Meditation practitioner with over 10 years teaching experience in NZ, UK and China.</i></p>

Art Workshops

<p>Monday 9th May 10:30am- 12:00pm</p>	<p>The Art (and Science) of Spanish Cooking: Paella and Simple Tapas - Anna Mae Angeles (additional \$2.00 to cover ingredients costs) No cooking experience is required. Learn the basics of making simple and quick tapas. Tapas are Spanish appetisers and snacks. <i>Anna Mae is a self-taught home cook and avid traveller specialising Filipino-Spanish cuisine.</i></p>
<p>Tuesday 17th May & Tuesday 24th May 10:00am- 12.30pm</p>	<p>Painting - Nicole Russell During this workshop we will practice how to easily paint a landscape painting by choosing the right colours and understanding atmospheric perspective. We will briefly discuss 2-point perspective to understand the theory behind what you see in a landscape. Also, we will practice flexibility with your composition.</p>