

# Hands-On Art & Crafts

Term 1, 2018 @ Nelson Women's Centre

All workshops \$7 or \$5 with membership

Art Workshops on TUESDAYS 9.30am - 12 noon unless specified

- 21 Feb-28 March**  
**Wednesdays!**  
1.30-2.30pm
- 6 weeks more fun with the Ukulele - *Gretchen Howard***  
Beyond Beginners. Bring your singing voice, a sense of humour and a ukulele if possible. Enthusiastic beginners welcome  
NOTE: ACC Community Room
- 27 Feb**
- Create Your Own Cards - *Sharron Martin***  
Come along & enjoy a morning creating & having some me time.
- 6 March**
- Pouring medium with acrylic inks - *Yvonne Eggers***  
Have an adventure with Pouring Medium and Acrylic inks. Create a master piece on a small canvas
- 13 March**
- Drawing workshop #1 - *Maree Cathcart***  
Basic Practice, looking and seeing. "Getting it down", the art of fast sketching. Please bring a small sketchbook
- 20 March**
- Project for Women's Suffrage - *Faye Wulff***  
Looking at the background and history of women's suffrage in NZ and creating knitted, crocheted or made from fabric Camellia Flowers for a Community Arts Suffrage Project
- 27 March**
- Drawing Workshop #2 - *Maree Cathcart***  
Landscape, working from a sketch, develop it into an understandable drawing
- 29 March**  
**Thursday!**  
12.30-2.30pm
- 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

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

# Discovery Workshops

Discovery Workshops THURSDAYS 12.30pm - 2.30pm unless specified

All workshops \$7 or \$5 with membership

- 20 Feb -27 Mar**  
**Tuesdays!**  
1.30-2.30
- The self-replenishment project - 6 weeks - Naomi Dakin**  
'A holistic course using mindfulness, yoga & relaxation skills to cope with the stresses & strains of being female in the 21st Century
- 22 Feb**
- Discover the joy of belly dancing - Gretchen Howard**  
Learn gentle, fun & feminine movements to Middle Eastern music. Hips scarves & veils will be provided  
NOTE: ACC Community Room
- 23 Feb- 20 April**  
**Friday 3-4pm**
- Feldenkrais® 8 weeks - Patricia Greenhough**  
Mindful movement for your body mind and spirit  
At Wellness Studio Cnr Trafalgar & New St, Nelson. Level one, entrance on New St.
- 24 Feb**  
**Saturday**  
10am-5pm
- Grow yourself - one day workshop - Victoria Moore**  
ARE YOU STUCK and WANT THE NEXT STEP? Then start digging and plant the seeds. Create the book of you and how you grow.  
\$10 for the day, \$8 with membership
- 1 March**
- All Things Cycling - Marty Clark**  
Covering general maintenance and care of you bike and beginner road safety skills
- 8 March**  
\$2 for ingredients
- The magic of Milk Kefir and non-dairy milks- Sally Rees**  
We'll make kefir from nut milks and talk about the benefits.
- 15 March**
- Homeopathy for emotional healing - Grace Catley**  
Come along and learn about the use of remedies to help ease the symptoms of stress and trauma.
- 22 March**  
\$2 for ingredients
- Healthy Breakfasts for a high energy day - Sally Rees**  
Quick and nutritious that will last you the whole morning, using oats, chia, smoothies and other whole ingredients



NELSON WOMEN'S CENTRE  
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