

**Still  
Only  
\$15**

**Still  
Only  
\$15**

# Kapiti Women's Centre

## Courses for Term 3, 2025

K.W.C. courses are very popular which means booking is essential. NO EFTPOS AVAILABLE

To register your interest in a course, telephone us or visit the Centre. Your place on the course will be confirmed by payment of a **\$15 fee per course** and any equipment fees incurred. We are unable to give refunds for late cancellations.

**Low cost childcare is available during courses, please enquire at the Centre for more information.**

**Address:** 7 Ngahina St, Paraparaumu **Phone:** 04 902 6222 **Website:** [www.kapitiwomenscentre.org.nz](http://www.kapitiwomenscentre.org.nz).

**'OPENING HOURS'** Monday to Friday 9:00am to 3:00pm — School Holidays Monday to Friday 9:00am to 12 noon



### Yin Yoga

Yin Yoga is a slow paced practice that uses longer held asana to target fascia and aid the release of any tension held with the body. It is the perfect opportunity to nourish both body and mind. A good practice for beginners or people who have tried Yin Yoga before.

**Tutor: Bernadine Rangi**

**6 Sessions, Tuesdays, July 29th - September 2nd**

**9.30am - 10.30am**

### Creative Yoga and Wellbeing + \$5 Equipment Fee

Press pause and recharge. Come along to a fun and relaxing Yoga workshop offering different tools to support your well-being. You will experience a variety of breathing sequences to calm your mind, gentle yoga to stretch and create balance, and we will end with Breathe & Draw, a form of meditation using only pen and paper. This workshop is for anyone who wants to improve their health and well-being, yoga beginners are welcome.

**Tutor: Anja Wilhelmer**

**One Day Workshop, Tuesday September 9th, 11am- 2pm**

### Holistic Wellbeing - Te Whare Tapa Whā

Explore the four pillars of hauora through Te Whare Tapa Whā, framework. The four pillars of our whare (self): taha tinana (body), taha hinengaro (mind), taha wairua (spirit) and taha whānau (relationships). Kim creates a welcoming space for all, to develop foundational tools related to each (taha) pillar, to invigorate a thriving life force (state of mauri ora). She facilitates by blending, mātauranga Māori with ancient modalities of yoga, breathwork, guided meditation, orokoroa (sound healing), waiata and more.

**Tutor: Kim Tasker**

**7 sessions, Thursdays, July 17th - August 28th, 1.15pm - 2.30pm**

### Landscape Design

A great opportunity to learn about the garden design process and to plan your outdoor space. This workshop will focus on planning smaller spaces. We will also cover: working with a modest budget, planning a garden that can be transportable, and conservation ideals.

**Tutor: Rosemary Nelson**

**2 sessions, Mondays, September 8th & 15th, 9.30am - 1pm**

### Visible Clothing Repair Workshop + \$5 Equipment Fee

Embrace the repair process and make your clothing unique to you! This class is the perfect blend of learning practical clothing repair skills, celebrating sustainability, and letting your creative side run wild. Just bring along your clothing that needs a bit of love and care; all of the fabric pieces and embroidery threads are provided. This friendly and supportive class is suitable for all ages and skill levels. **NOTE - Hand Sewing, no machines.**

**Tutor: Juli Hunter**

**1 Day Workshop, Friday September 5th, 9.30am - 1.30pm**

### Spring Fresh: Renew with Intention - For those with life in Transition

In spring we are met with an opportunity for movement and change - an invigorating time that invites us to step forwards, outwards and to expand. This season is the perfect time for our individual growth, blossoming and to consciously support transitions into a next chapter — all perfect if you're navigating change or just ready for a vibe shift. Let's welcome an abundant space, warmth and vibrancy within and around us with this seasonal workshop combining mindful reflection, intentional seed planting, journaling and group activities. If you're after an uplifting dose of inspiration and connection to welcome in the warmer season, let's shift and create together

**Tutor: Michelle Kliczkowski**

**1 Day Workshop, Friday, September 12th**

**9.30am - 12.30pm**

### Goddess For Your Garden + \$45 Equipment Fee

A two day workshop where you will learn how to use clay to create a goddess for your garden. Your finished art work is fired by the tutor and will be approximately 50mm x 50mm x 10mm. Please note: Additional \$50 for shipping.

**Bring a shared lunch for this workshop.**

**Tutor: Jean Kahui**

**2 Day Workshop, Monday/Tuesday, July 21st & 22nd**

**9.30am - 2.30pm & 9.30am - 2.30pm**

### Wet Felting + \$25 Equipment Fee

Learn the basic techniques of this ancient art. Explore the possibilities of wool, create small items to take home each week. Felt has therapeutic benefits, join to benefit from this wonderful craft. This course will give you lots of skills and ideas for you to follow up at home.

**Tutor: Birgit Moffatt**

**5 sessions, Fridays, August 1st - August 29th**

**9.30am - 11.45am**



### Relax Your Nervous System With Somatic Awareness

In this series of lessons based on the work of Moshe Feldenkrais, you lie on the floor on a mat and are guided through a series of slow and unusual movements which help your nervous system soften and learn new possibilities of movement. This allows long held patterns to dissolve and allows your time letting you move and think with more ease, pleasure and relaxation. This class is an exploration of the process of moving, so not a fitness/exercise class. Think of it as mindfulness in movement!

**Tutor: Rachel Tobin**

**6 sessions, Mondays, July 28th - September 1st**

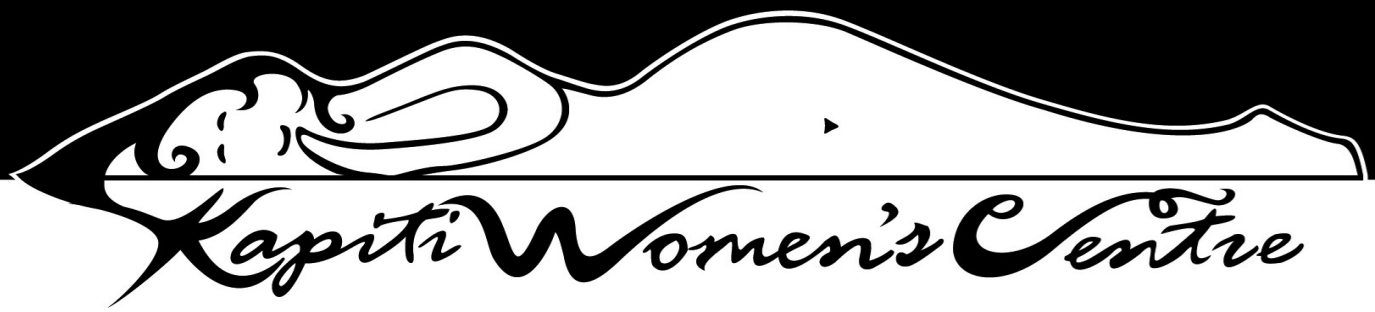
**12.30pm - 1.30pm**

### Dealing With Anxious Children — Koha

The world we live in is a challenging place and we are exposed to many fears, pressures and worries in our daily life. As a result, we are seeing more anxiety in children. This shows in poor performance at school, problems with peers, low feelings of self-worth, psychosomatic illness. This workshop will use strategies and skills from positive psychology to provide your family with ways to enhance their general well-being and the ability to be resilient when tough stuff happens.

**Tutor: Clare Perkins**

**1 Day Workshop, Thursday September 4th, 1pm - 2.30pm**



...a closer look at some of the Kapiti Women's Centre's groups and services.

***For more information, please drop in or call us on 902 6222.***

### **Meeting Room Hire**

Our lovely Meeting Room is available for hire to the community. It is equipped with chairs and couches to seat approximately 20 (additional chairs and tables available), whiteboard, kitchenette, heat pump and separate bathroom. It has a ramp for access. We have a sliding scale of cost for hire, please enquire with the administrator.



### **Low Cost Child Care**

During courses, an experienced caregiver is available to care for children in our onsite crèche. The crèche fee is \$2 per child per hour. This can be paid weekly, or in advance. If paid in advance for a course with 4 or more sessions, you will get one crèche session free. This service **MUST** be booked in advance. Please talk to a centre worker for more information.

### **Free Counselling Service**

A team of dedicated counsellors volunteer their time at KWC, so that we are able to offer you approximately 8 counselling sessions. We are committed to providing a free, safe and confidential service. Please visit the centre to learn more about this service, and to register.

### **Women Older and Wiser (W.O.W)**

A fortnightly gathering for women "older and wiser" of the community. Join them for a cuppa, discussions, ideas, friendships and outings. Bring your lunch and enjoy a hot drink. This groups meets at the Centre **every second Wednesday, from 12.30pm—2.30pm**. There is no need to register and no cost, just come along!  
**First meeting for Term 3 2025 - July 16th.**

### **Massages and Mini Manicures**

Beauty Therapist Niccy is here on Monday afternoons offering a file and polish, or a head, neck and shoulder massage. Each treatment is 30 minutes, file and polish is \$12. Head neck and shoulder is \$18, half of which Niccy donates to the KWC. Please phone Niccy on 02109048677 for an appointment.

**You are very welcome to just drop in for a cuppa, a chat or some time out! We also offer.....**

- |                              |                                  |                         |
|------------------------------|----------------------------------|-------------------------|
| ♀ Free counselling           | ♀ Free pregnancy tests & condoms | ♀ Free library          |
| ♀ Info on Community Agencies | ♀ Free clothing cupboard         | ♀ Low Cost Photocopying |