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Only  
\$15

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# Kapiti Women's Centre

## Courses for Term 4, 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 once a course is paid for.

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

**Address:** 7 Ngahina St, Paraparaumu **Phone:** 04 902 6222 or 021924132 **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

### **Feldenkrais**

Improve the way you move and you change the way you feel, think and sense yourself in the world. This series of 4 classes based on the Feldenkrais Method® uses small, slow movements to guide your attention so you improve your posture, stability, range of movement and comfort. For most of each class you will be lying on the floor, so wear warm, loose clothing. I will provide mats but please bring a folded towel, along with your curiosity. Be prepared to feel better!

**Tutor: Cashy Yates**

**4 sessions, Fridays, October 10th - October 31st  
10am - 11am**

### **Neurographic Tree + \$20 Equipment Fee**

The Neurotree is a drawing or artwork created using the principles of Neurographica, specifically focusing on the theme of a tree. Neurographica is a creative method that combines art and psychology to help individuals work with their subconscious mind and emotions through drawing. The "Neurotree" within this context is a specific application of Neurographica, where the subject of the drawing is a tree, often representing personal growth, development, or a connection to one's inner self and inner healing is seen as an ongoing healing process.

**Tutor: Corinne Allan**

**1 Session, Monday October 20th, 9.30am - 2.30pm**

### **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 150mm x 150mm x 150mm in size.

**FULL SORRY**

**Tutor: Jean Kahui**

**2 Day Workshop, Monday/Tuesday, October 13th & 14th  
9.30am - 2.30pm**

### **Taking Back Your Health**

Come and join me on a journey of learning easy-to-use and practical ways to 'Take Back Your Health' through the use of powerful and effective healing modalities. We will cover Hand Reflexology, Emotional Freedom Technique, Life Coaching Tools, as well as understanding how stress occurs and impacts your days. Each week will give you tools and techniques for decreasing your stress levels, fostering a sense of balance, and bringing more joy into your days.

**Tutor: Yossarian Fay**

**4 Sessions, Fridays, October 10th - October 31st  
12.15pm - 2.15pm**

### **Collage for Wellbeing + \$10 Equipment Fee**

Do you need some space to nurture yourself?  
Do you long to be creative but don't know how?  
Explore this mindful, intuitive way of creating with paper and images. A great activity for slowing down, creating, and personal reflection without needing any artistic ability or expensive supplies. Guaranteed to be fun and full of surprises!

**Tutor: Val Roberts**

**2 Sessions, Tuesdays, October 21st and October 28th  
9.30am - 12.30pm**

### **Trauma Sensitive Yoga**

Join Bianca for Trauma Sensitive Yoga sessions to help relieve trauma-related health issues such as low mood, anxiety, insomnia, and gastrointestinal problems, while also improving emotional well-being and body awareness. The emphasis is not on doing yoga 'right', but on cultivating the sense of self which is often compromised as a result of trauma.

**Tutor: Bianca Begovich**

**6 sessions, Fridays, November 7th - December 12th  
9.30am - 10.30am**

### **Paint Pouring + \$35 Equipment Fee**

Embark on a colourful adventure guided by a passionate tutor. Discover the mesmerizing techniques that turn every canvas into a unique masterpiece. Dive into the world of colour-theory, unlocking the secrets of blending, contrast, and harmony. Our tutor will help you unleash your creative potential. Enjoy a relaxed, stress-free environment where you can experiment, laugh, and create vibrant art. Join us for a half day of artistic exploration and revel in creating 2 canvases with our dedicated tutor.

**Tutor: Aimee Bowden**

**1 session, Monday November 24th, 9.30am - 1pm**

### **Mindful Creating with Nature + \$15 Equipment Fee**

This class is for those who want to engage with natural materials in a creative and mindful way. Each session has a theme, such as rock drawing, leaf stitching, cordage making. They are all very slow and meditative activities. Over the six weeks we will cover Leaf Stitching, Rock Drawing, Cordage Making, Zen Stone Wrapping, and making Harakeke Christmas Stars. The materials/items we make can also be combined, – lets have fun!

**Tutor: Birgit Moffatt**

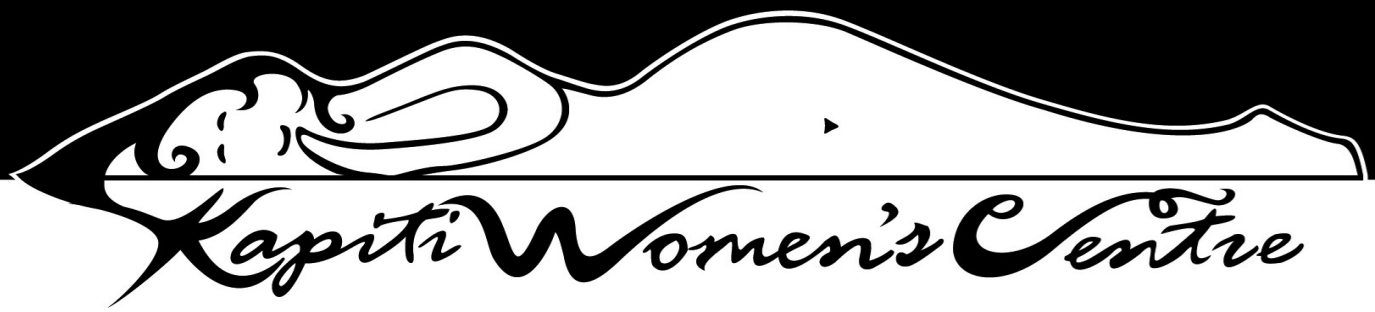
**6 sessions, Fridays, November 7th - December 12th  
12pm - 2pm**

### **Rongoa Māori Tikanga + \$20 Equipment Fee**

Join us for a unique and empowering workshop where you'll learn to create your own Rongoā products, connect with Te Taiao (the natural world), and discover the secrets of traditional Māori healing. We will be making our own hauora self care packs, which will include a kawakawa mānuka balm, foot and bath salts, and a whakawātea clearing spray.

**Tutor: Renee Grey**

**6 sessions, Tuesdays, November 4th - December 9th, 12.30pm - 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 or 021 924132.**

### **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 4 2025 - October 8th.**

### **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.....**

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