



COMMUNITY EDUCATION WHANGAREI



Autumn

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Watch out for NEW classes this term

NEW

Some classes are subsidised,
look for this symbol



Art & Craft

Art is an international language understood by all

NEW

PAINTING WORKSHOP: THE FARM AT SUNSET

Enjoy painting a peaceful sunset scene in a typical New Zealand farm setting. At the end of the day, when all the work is done, envisage a family relaxing and enjoying the peace and quiet as the sun sets. Elena will guide you through the process, step by step, as you paint this landscape on a medium size canvas using acrylic paints. No experience necessary. All materials provided. Tutor: Elena Nikolaeva

B35 Sat 13 May 9am-2.30pm
1 day \$120



MINI ART MURAL

Liven up your garden by painting a mini art mural onto corrugated iron. Ideal for your garden fence, shed or entrance-way. Explore your inner creativity with a relaxing day of painting. Bring along some simple designs or adapt one of ours. No experience needed. All materials provided. Visit <https://www.cew.ac.nz/gallery.html> to view examples from previous classes. Tutor: Shelley Chappory

B24 Sat 17 June 9am-3pm
1 day \$115

NEW

MINDFULNESS COLOURING

A creative self-expression course designed to develop the practice of mindfulness relaxation through the exploration of colour and colouring using a range of media including felt tip pens, colouring pencils and watercolour pastels. In the busyness of our everyday lives it is important to find ways to become attuned to our inner state. Colouring can be used as a way to reduce feelings of anxiety. The act of colouring pre-drawn images allows you to engage in an activity that sets aside any negative thoughts. Join Shelley for a relaxing day in the art room and leave your stresses at the door! All materials provided.

B30 Sat 10 June 9am-3.30pm
1 day \$60



Visit:

www.cew.ac.nz

WATERCOLOURS for BEGINNERS

Watercolour is a very spontaneous and individual method of painting, making it both fun and challenging. It can be used to sketch ideas or to complete more complex, finished works. Follow a step-by-step process with exercises that will explore both traditional (wet on dry) and contemporary techniques (wet on wet). Further explore these drawing techniques into painting geometric/organic objects in monotone, or for the more daring, polychrome. Watercolour is about suggestion, gestural marking, saying "a lot with a little". All materials provided. Tutor: Gayle Forster

C33 Sat 19 August 9am-3pm
1 day \$125

Email:

cew@kamohigh.school.nz

(Continued on page 4)

*(Continued from page 3)***MOSAICS: AN INTRODUCTION**

A messy, creative, FUN weekend! Explore your creative side. Learn about materials, tools, basic skills, gluing and grouting, creative inspiration and finishing touches. Create a mosaic using tiles, ceramics, glass. No experience necessary. All materials provided but you're welcome to bring along your own china and/or glass beads to use in your project. To view work from previous classes visit <https://www.cew.ac.nz/gallery.html>. Create your own design or use the examples provided for inspiration. Our tutor, offers a relaxed, friendly environment and will provide support and guidance as you create your very own artwork.

B41	Sat 10 June	9am-4pm
	Sun 11 June	10am-12.30pm
	2 days	\$125

ART JOURNALING

Explore the benefits of art journaling. Use your art journal as a means of relaxation, for artistic inspiration, as a therapeutic art technique or to explore your creativity. Art journaling can help ease anxiety and express feelings that you may be struggling to put into words. Try out a range of fun creative techniques in an artist quality journal you can take home and continue to enjoy. Not an artist? You don't need to be, no experience needed. All materials provided. Tutored by Shelley Chappory

B32	Sat 20 May	9am-3.30pm	
	1 day	\$60	



*Recycle this
brochure -
share it with
a friend!*

MAKE your OWN JOURNAL

Journals make great gifts and can be individualised to suit any occasion. Your journal can be used as an everyday diary, a travel journal, a record of your child's milestones, a memory book. Learn the step by step process of gluing, stitching, binding to make an A5 size journal. Materials provided. Join our tutor, Anne McRae, for a fun day and create your very own journal.

B16	Sat 24 June	9am-2pm
	1 day	\$60

SOAP MAKING WORKSHOP

Learn the basics of soap making in this practical hands-on workshop. Using the Cold Process method and oils that may be in your pantry you will produce a mild soap, that will be gentle on your skin yet will still clean the grubbier of hands. All ingredients provided. Tutored by local soapmaker Chloe King. Spaces are limited, enrol early to avoid disappointment!

B20	Sat 20 May	9am-12pm
	1 morning	\$50

CREATE A DIGITAL MONTAGE

Combine photos and a range of digital techniques to create your own original Montage. Get inspired by digital art processes used by contemporary Artists that can help develop your creativity in new directions. This is a hands-on class where you will use a range of Apps including Photoshop and FREE Apps you can continue to enjoy at home. We will also discuss digital formats, saving files, printing processes and copyright. No art experience needed, basic computer skills required. Tutor: Shelley Chappory

B136	Sat 13 May	9am-3.30pm	
	1 day	\$55	

Ph 09 435 0889

Business & Computers


NEW

*Life is like riding a bicycle,
to keep your balance you
must keep moving*

NEW

BASIC COMPUTING SKILLS

Are you feeling left behind with computers? Are you lacking confidence dealing with emails? Do you struggle with filing photos and documents on your computer? Do you want to build your confidence with some simple computer tasks to use at home? Would you like to start building your computer literacy for the job market? Designed for those with little or no ability in how to use a PC (personal computer). Not suitable for Apple MacBooks. Join this small group and our patient tutor will teach you the basics of using a PC. Tutored by Shelley Chappory.

B130 Starts Wed 31 May 6-8pm
4 weeks \$65



- SMALL CLASSES
- EXPERIENCED TUTORS
- ACCOMPANYING NOTES
- RELAXED ATMOSPHERE


NEW

SEO for SMALL BUSINESS

Are you running or considering setting up a small business website? This is a beginner level course and will expose learners to the basic concepts of Search Engine Optimisation (SEO) for small businesses. You will be introduced to the following topics: keywords, title tags, meta description, anchor links, page ranking, search engine monitoring consoles and ongoing website tuning process for better SEO. Basic computer knowledge required.

B150 Sat 24 June 9am-12.30pm
1 morning \$50

CONTENT MARKETING

Create your own Content Marketing that will attract more customers to your products and services. This class is designed for those new to Marketing. Build your confidence in making your own marketing items and dealing with marketing options and solutions. This is a hands-on class where you will create content items and design your own Content Marketing Strategy. Marketing topics covered will include content for your Website, Blog & Social Media, and print content including business cards, flyers, posters and business documents. This is a beginners level course, basic computer knowledge required.

B155 Starts Tue 9 May 6-8:30pm
4 evenings \$70



USING YOUR SMARTPHONE & IPHONE

Do you struggle to use your Smartphone or iPhone? Then this workshop is for you! Learn how to confidently use technology so you can stay connected with your children and grandchildren. Our tutor, Andrea Nagy, runs a family technology business and has extensive knowledge of handheld devices. This is a hands-on class so bring your Smartphone or iPhone. Andrea will patiently explain the basics so you can turn fear into fun!

B120 Sat 6 & 13 May 9am-12pm
2 mornings \$80

“Andrea was welcoming, well organised, deeply conversant with technology, willing to help pupils on an individual basis and provided clear concise notes.”

(Continued on page 6)

*(Continued from page 5)***NEW****INTRODUCTION to ILLUSTRATOR**

Are you new to Adobe Illustrator? Explore the main features of this powerful graphic design tool which is used to produce logos, letterheads, business cards, posters etc. Adobe Illustrator is fun to use and easy to learn. Existing computer skills required. Tutored by Shelley Chappory.

B135 Starts Tues 6 June 6-8.30pm
4 weeks \$70

**WORD WORKSHOP***Jo Martin*

Are you new to using Microsoft Word, or need to fill in some gaps? Learn how to create, edit, format, print, save and open a document. Add images, bullet points, numbering and borders. Spell and grammar check your document. Add headers and footers and change line spacing. Gain confidence in using Microsoft Word.

B165 Sat 20 & 27 May 9am-12pm
2 mornings \$60

**EXCEL WORKSHOP***Jo Martin*

An introduction to this popular program. Learn how to create spreadsheets, charts, perform calculations with formulae, make and sort lists, format data, etc. This course is designed to help build your skills and confidence. No previous knowledge of spreadsheets required. Make Excel work for you!

B103 Sat 10 & 17 June 9am-12pm
2 mornings \$60



Visit:

www.cew.ac.nz**CREATE A DIGITAL MONTAGE**

Combine photos and a range of digital techniques to create your own original Montage. Get inspired by digital art processes used by contemporary Artists that can help develop your creativity in new directions. This is a hands-on class where you will use a range of Apps including Photoshop and FREE Apps you can continue to enjoy at home. We will also discuss digital formats, saving files, printing processes and copyright. No art experience needed, basic computer skills required. Tutor: Shelley Chappory

B136 Sat 13 May 9am-3.30pm
1 day \$55



Email:

cew@kamohigh.school.nz**FAMILY HISTORY BOOK**

Make your own FREE Family History Book. Preserve and record your ancestor's stories for future generations. Pick one interesting or favourite ancestor, or a famous (or infamous) family member. Combine images and stories from their life including photos, records, maps, memorabilia, and world events. Unlock more family facts and folklore with some online research. You can continue to add to your Family History Book at home and share it online or have it printed for a family reunion or as a family heirloom. Tutored by Shelley Chappory.

B137 Sat 27 May 9am-3.30pm
1 day \$55



The CEW office will be closed over the Easter & school holiday-break and will re-open on Wednesday the 26th of April



*Let food be thy medicine, and
medicine be thy food*

Culinary Delights

NEW

HEALING MEALS

Discover how a change of diet can be beneficial for your health, prevent disease and help you recover from sickness. Your diet plays an important part in the self-healing process. This course is a guide to the benefits of natural foods for your health and wellbeing. Each week, using ordinary and economical ingredients, you will cook a meal with healing properties. Aiko will teach you how to make 'healing meals' for common symptoms i.e. diabetes, hyper/hypo blood pressure, fatigue, colds, diarrhea etc. Understand the causes of your systems and how to make improvements. Learn how to grow your own herbs and veggies to use as a natural medicine. This is a hands-on workshop where you will cook a meal each week. Ingredients extra: \$20/week (payable in advance). Tutor: Aiko Fukumoto. Aiko has studied traditional Chinese medicine and herbal medicine and is passionate about natural healing power and self-sufficiency.

B170 Starts Sat 20 May 9am-12pm 
4 weeks \$70 * plus ingred

NEW

HERBAL TEA TASTING WORKSHOP

Herbal teas are very popular but sometimes they are not always to our taste. This is an opportunity for you to sample a range of herbal teas and learn the benefits of each one. Aiko will provide you with information about both the health benefits of herbal teas and will also offer cautionary advice on how to use them safely. Aiko has studied traditional Chinese medicine and herbal medicine and is passionate about natural healing power. Learn how to choose the right herbal tea for you!

B172 Sat 13 May 9am-12pm
1 morning \$55

ARTISAN SOURDOUGH BREAD

Learn how to bake your own artisan-style sourdough loaf in this hands-on 2 hour workshop suitable for all levels. Discover how to maintain a healthy sourdough starter, learn how to make your own loaf with guidance for each step, have lots of time for asking questions and learn all the techniques needed to prepare an overnight, rustic sourdough bread. Each participant will go home with their own live or dehydrated starter, an unbaked loaf to bake at home the following day, a detailed sourdough recipe, and loads of sourdough knowledge! All ingredients provided, including a sourdough starter. Check our website for vacancies and additional dates.

B180 Saturday 13 May 1.30-3.30pm
1 afternoon \$60
B181 Saturday 20 May 1.30-3.30pm
1 afternoon \$60
B182 Saturday 27 May 1.30-3.30pm
1 afternoon \$60

CURING & SMOKING

Learn how to prepare, cure, and cold smoke your own fish, bacon, ham and salami. Includes what equipment you will need so you can do this at home. Demonstration only but samples will be available. Tutor: Grant Sipeli

B190 Register your interest ph 435 0889

LOVE FOOD, HATE WASTE?

Save time and money by making the most of the food you buy. Join Bronte from EcoSolutions on the 7th June for a FREE and fun workshop showing you ways to use up all your food so that nothing goes to waste. Demo only, but you'll get to taste what is made in class. Includes a FREE seasonal cookbook, meal planner and storage tips. REGISTER directly with EcoSolutions, email bronte@cbec.co.nz or phone 09 438 8710



General Interest

*"I want to try that someday."
Make 'someday' today!*



WRITING YOUR OWN LIFE STORIES

Start recording your own life journey! Talk and write about childhood memories, loved people and places, celebrations, challenges. Even the most ordinary of lives may have extraordinary moments, capture these in writing. Be guided by our trained facilitator, Margo Irvine, in a supportive group environment. In the years ahead your life stories may be looked upon as taonga by your children and grandchildren.

B245 Sat 27 May 9am-4pm 
1 day \$55

PHOTOGRAPHY WORKSHOP

Sharpen up your photo skills! Take your photos to the next level. Get the best results from your camera by learning the fundamental skills and theory of good photography. Break away from 'auto mode'. Discover shutter speeds, apertures and look at composition and lighting. Learn to use the full capabilities of your camera to produce professional looking photos. This is a practical workshop designed for beginners and is suitable for both SLR and compact digital cameras. Bring your camera, and manual (if possible). Tutor: Sally McGunnigle

B260 Starts Wed 17 May 6-8.30pm
4 weeks \$95



SOAP MAKING WORKSHOP

Learn the basics of soap making in this practical hands-on workshop. Using the Cold Process method and oils that may be in your pantry you will produce a mild soap, that will be gentle on your skin yet will still clean the grubbier of hands. *Refer page 4 for details*

WILD ABOUT WEEDS

Bianca Haux

Discover how to forage for wild herbs on a short field trip and learn how to identify and use edible wild herbs that are full of vitamins, minerals and essential phytochemicals, in short: they are way more nutritious than cultivated veggies. Challenge your taste buds and get to know some of the weeds/herbs that you will find (almost) anywhere. Are you curious and open to new tastes? Then join Bianca on this herbal excursion.

B230 Sat 20 May 9am-12pm
1 morning \$40

IS ENGLISH YOUR SECOND LANGUAGE?

This ESOL (English for Speakers of Other Languages) course is intended to help students with listening, speaking, reading and writing. The course will cover a variety of regular daily interactions and situations. Students are also welcome to bring along any reading material or add to the group discussions with topics that they want assistance with. Our tutor, Shanti Land, has taught ESOL classes both in New Zealand and Spain. If you, or someone you know, needs help with their English then this is the course for you/them. Shanti enjoys working alongside and encouraging speakers of other languages to improve their English and looks forward to meeting you.

B390 Starts Wed 17 May 6-8pm 
7 weeks FREE

NATURAL SKINCARE

Making skin and body care products can be quite addictive. *Refer page 12 for details*

UPHOLSTERY WORKSHOP *refer page 12*

THE SEWING BEE *refer page 12*

Health & Wellbeing

Nurturing yourself is not selfish, it is essential to your survival and wellbeing

HERBAL TEA TASTING WORKSHOP

NEW

Herbal teas are very popular but sometimes they are not always to our taste. This is an opportunity for you to sample a range of herbal teas and learn the benefits of each particular one. Aiko will provide you with information about both the health benefits of herbal teas and will also offer cautionary advice on how to use them safely. Aiko has studied traditional Chinese medicine and herbal medicine and is passionate about natural healing power. Learn how to choose the right herbal tea for you! All teas provided.

B172 Sat 13 May 9am-12pm
1 morning \$55

HEALING MEALS

NEW

Discover how a change of diet can be beneficial for your health, prevent disease and help you recover from sickness. Your diet plays an important part in the self-healing process. This course is a guide to the benefits of natural foods for your health and wellbeing. Each week, using ordinary and economical ingredients, you will cook a meal with healing properties. Aiko will teach you how to make 'healing meals' for common symptoms i.e. diabetes, hyper/hypo blood pressure, fatigue, colds, diarrhea etc. Understand the causes of your systems and how to make improvements. Learn how to grow your own herbs and veggies to use as a natural medicine. This is a hands-on workshop where you will cook a meal each week. Ingredients extra: \$20/week (payable in advance). Tutor: Aiko Fukumoto. Aiko has studied traditional Chinese medicine and herbal medicine and is passionate about natural healing power and self-sufficiency.

B170 Starts Sat 20 May 9am-12pm
4 weeks \$70 * plus ingred 

NEW

NUTRITION: A HEALTHIER YOU

Have you wondered if you can influence your health with what you eat? Do you know that cancer, heart disease, diabetes, macular degeneration and many more can be influenced and even reversed with diet! What is the "microbiom" and how can we get our internal microbes to be happy and supporting us? Everybody knows that a car needs petrol or diesel, but what is it we really need? Join this class and find out the answers to these questions and more! Our tutor, Bianca Haux, is a natural medicine practitioner

B415 Starts Tues 16 May 6-8pm
4 weeks \$65 

NEW

DEPRESSION, ALZHEIMERS AND PARKINSON'S JUST HAPPEN TO US...IS THAT TRUE?

Did you know that all brain diseases have a link to our gut microbiom, that food choices influence them heavily, that exercise and sunshine, light exposure and trauma all contribute in a positive or negative way and that there are some easy ways to improve and even reverse all kind of brain diseases. Our tutor, Bianca Haux, is a natural medicine practitioner

B420 Starts Tues 13 June 6-8pm
3 weeks \$55 

Email:
cew@kamohihigh.school.nz

*(Continued from page 9)***AWAKEN YOUR REIKI**

Reiki is the life force, prana and chi, that runs through all of us. It guides us, helps us to heal from the inside and out. With Reiki you will be guided to find your own healing process, a process that is unique to you. This gentle, loving healing system is based on embodying the precepts within oneself and one's life. It's not just about hands-on healing for others. The true aim of Reiki is rediscovering our true self. This course is designed to Awaken Your Reiki. At the end of the workshop you will receive a Level One certificate and will have the opportunity to continue your Reiki journey by moving onto Level Two. Our tutor, Kim Simpson, is a qualified Reiki Master.

B475 Starts Sat 27 May 9am-12pm
4 mornings \$70



Email:

cew@kamohigh.school.nz

AWAKEN YOUR REIKI - LEVEL 2

This next level provides a wonderful expansion of the concept of Reiki as you will be introduced to some new perspectives about how to work with the Reiki symbols. As part of this, you will be strengthening your connection to the Reiki as you open up to a very special and unique set of healing symbols. As you start practicing and connecting with these new symbols and healing practices, you will quickly realise the depth, flexibility and magnification of Reiki that is being gained through the Level 2 teaching. The prerequisite to this workshop is certified completion of Reiki Level 1. It is hoped that the guidance offered will help strengthen your connection to Reiki so that you can find more peace, joy and love in your life.

B476 Starts Sat 6 May 9am-1pm
3 mornings \$70



Visit: www.cew.ac.nz

USING HOMEOPATHY AT HOME

Homeopathy is a natural form of healthcare. Find out how to easily use remedies at home for complaints such as bumps and bruises, injuries and broken bones, after surgery and birth, teething and insect bites, sunburn and rashes, infections and flu. Learn how to support your body this coming winter. This short introductory session will cover how to choose and use remedies at home for your family. Our tutor, Jess Coleman, has over 11 years of clinical experience in homeopathy. As well as seeing clients virtually from around NZ, she runs a Facebook community for homeopaths and volunteers with the Homeopathic Society. Jess also provides over the counter remedies and advice from Just Thrive in town. Join Jess for some simple homeopathy hacks to support you and your family in everyday life.

B430 Sat 27 May 9am-12 noon
1 morning \$50

Phone: 09 435 08889

EMOTIONAL FREEDOM TECHNIQUES

Discover how EFT can help change what is not working in your life. Tapping into the body's acupressure points/energy meridians can help restore and heal the body's energy system. The body and mind are inexplicably linked so while using acupressure points on your body you can focus your mind on any emotional or physical problems. EFT can be used to help relieve stress and anxiety, including past trauma. It can also be used to enhance your performance at work or sport and shift any limiting negative beliefs. Create real and lasting change by learning how to effectively use EFT in your life. Our tutor, Monique Murphy is a trained EFT practitioner and also has a degree in Psychology. Join this fun, interactive one day workshop.

B450 Sat 10 June 9am-3pm
1 day \$55



SELF-MASSAGE

Discover how to boost your immune system with self-massage. The fluid in the lymphatic system helps remove waste and toxins from the body tissues and is the key part of the immune system. Some health conditions can cause blood and lymph fluid to build up that may lead to sickness. In this one-day workshop you will learn how to help improve the lymph fluid and blood circulation and prevent illnesses such as the flu. The self-massage involves a gentle touch, so is also suitable for older students, but is very effective. It can be beneficial for swelling or edema, fatigue, stress, sinus, skin care, sleep difficulties and digestive problems. Learn the basic mechanisms of the lymph system and some acupressure points for boosting your health. Our tutor, Aiko Fukumoto, is a qualified massage therapist with over 12 yrs experience.

B480 Sat 24 June 9am-3pm 
1 day \$55

DANCING QIGONG

Aiko Fukumoto

Qigong is an ancient mind-body-spirit practice that uses gentle repetitive movements, breathing techniques, self-massage, sound, meditation, and focused intent to cleanse, strengthen, and cultivate Qi. Finding the balance and flow of your Qi (energy) with dance is practiced as a healing art to integrate body, mind, heart and spirit. Dancing Qigong aims to support wellbeing. Learn how to cultivate healthy energy waves with graceful, relaxed and fluid movements it is energy in motion (emotion). Emotions (also called energy waves) are always changing, never stopping. In Dancing Qigong the flow of qi is mostly internal. Dancing Qigong offers spiritual and emotional benefits and helps you harmonise with the way of dancing. Aiko has been a Qigong instructor since 2015.

B496 Starts Tues 16 May 6-7pm 
7 weeks \$60

ARE YOU A HIGHLY SENSITIVE PERSON?

Are you deeply and easily moved by music or nature? Are you easily overwhelmed/overstimulated by violent films, crowds, bright lights? Are you empathic, understanding others' feelings without being told? Do you have a rich inner life and process experiences deeply? Do you have a real need for time alone, or downtime? If you answer yes to these questions you are probably a Highly Sensitive Person (to find out more take this ESP quiz <https://hsperson.com/test/highly-sensitive-test/>). The work of Elaine Aron, PhD. and others has shown that HSP's make up about 20% of humans and yet we live in a culture which strongly favours the competitive, ambitious and high stimulation-resistant characteristics of A-type people. Experienced teacher and group leader Gail Varga will facilitate a small discussion group for HSP's looking at the ways in which life uniquely affects you as a highly sensitive person, such as relationships, vocation, etc. with a focus on how to manage, nurture and make use of your HSP characteristics. This workshop will be available Term 3, Tuesday evenings, 6-7.30pm, for five weeks.

C470 Register your interest, 09 435 0889 or email cew@kamohigh.school.nz

DISCOVER YOGA

Let go of the day's stresses! Learn to relax, improve your posture, tune into the needs of your body. Yoga can help increase flexibility, builds strength and stability, improves breath, energy and vitality. A gentle introduction to yoga suitable for beginners but also those with previous yoga experience.. Please disclose any injuries i.e. a bad back or neck, any recent or major surgery, if you are pregnant.

B498 Starts Mon 8 May 6-7pm 
7 weeks \$60

Home and Garden



*Home, a place where people
share and understand
each other*

AN INTRO to NATURAL SKINCARE

Making skin and body care products can be quite addictive. Ingredients can come from your garden, the supermarket, the bush. Using plants such as chillies, herbs and lavender you will learn how to make an infused oil, lip balm, hand cream and body lotion. Discover how to prepare the herbs for use from infusing to bottling. This is a practical hands-on workshop where you will learn the basic skills for making skincare products. The fee includes all ingredients plus jars and you will take home samples of each of the products. Tutor: Raewyn Rouse

B345 Sat 27 May 9am-12.pm
1 morning \$50

NEW

NATURAL SKINCARE (continuation)

This course will delve deeper into the theory of how to make good skincare products. Gain an understanding of basic skin structure, learn about fatty acids and why they matter, why pH is important, discover the basic structure of a cream/lotion and learn how formulas are created. In addition, you will get to make two different facial moisturisers and a facial serum to take home. (This is a follow-on workshop designed to build on the knowledge learnt in the introductory course). Tutor: Raewyn Rouse

B346 Sat 17 June 9am-12.30pm
1 morning \$65

WILD about WEEDS

Discover how to forage for wild herbs on a short field trip and learn how to identify and use edible wild herbs that are full of vitamins and minerals. **Refer page 8 for details**

UPHOLSTERY WORKSHOP

Do you have a chair or stool that needs recovering? Have you always wanted to learn how to upholster but don't have the skills or equipment? Learn the basics of upholstery in an intensive weekend workshop with our experienced tutor. Gain the confidence to give it a go! Meet the tutor, Ken Brain, at the info evening so you can discuss your project. Materials are extra and basic sewing skills are recommended. This is a popular workshop so register early to avoid disappointment.

B355 27 & 28 May 9am-4.30pm
2 days \$185

THE SEWING BEE

Have you never sewed before? Are you an amateur sewer who needs some guidance? Sewing is a practical life-skill and also allows you to be creative. Learn how to make your own garment with the help of our experienced tutor. Suitable for both beginners and those with some experience. Join Viv in a social and fun environment. Due to demand two workshops are available this term. An information evening will be held prior to the start dates, phone 435 0889 for details.

B350 Starts Mon 15 May 6-8.30pm
5 weeks \$95

B351 Starts Wed 17 May 6-8.30pm
5 weeks \$95



SOAP MAKING WORKSHOP

Learn the basics of soap making in this practical hands-on workshop. Using the Cold Process method and oils that may be in your pantry you will produce a mild soap, that will be gentle on your skin yet will still clean the grubbier of hands. All ingredients provided.

B20 Sat 20 May 9am- 12 noon
1 morning \$50

NEW



Language & Culture

You live a new life for every language that you speak



IS ENGLISH YOUR SECOND LANGUAGE?

This ESOL (English for Speakers of Other Languages) course is intended to help students with listening, speaking, reading and writing. The course will cover a variety of regular daily interactions and situations. Students are also welcome to bring along any reading material or add to the group discussions with topics that they want assistance with. Our tutor, Shanti Land, has taught ESOL classes both in New Zealand and Spain. If you, or someone you know, needs help with their English then this is the course for you/them. Shanti enjoys working alongside and encouraging speakers of other languages to improve their English and looks forward to meeting you.

B390 Starts Wed 17 May 6-8pm
7 weeks FREE 



For further information
Ph 435 0889

LEARN ESPAÑOL

Hola! Learn a new language, discover a different culture. Did you know that Spanish is the second most widely spoken language in the world? Enjoy the camaraderie of a small class and learn a language that is spoken by more than 500 million people in more than 20 countries. Join Maria as she teaches you some basic phrases. Learn to speak a little Espanol!

B394 Starts Tues 16 May 6-8pm
7 weeks \$115

FRENCH for BEGINNERS

Have you always wanted to learn a new language or refresh your memory of concepts learned a long time ago? What about impressing your guests by saying something like "Bonjour chers amis, s'il vous plaît prenez place à la table, le repas vous sera servi sous peu"? Or just knowing how to introduce yourself and communicate simple phrases in French. Come and join Jimmy, your French Canadian guide, in this introductory French course.

B365 Starts Tues 16 May 6-8pm
7 weeks \$115

Fun fact: French is the only language, other than English, to be spoken on all five continents

TE REO MĀORI

Do you want to learn te reo Māori? Learn the proper pronunciation of names for people, places and things, how to introduce yourself and to greet others as well as some popular phrases you can use every day. Gain an understanding of tikanga Māori as you are introduced to some common customary practices. Join our tutor in a fun, safe and comfortable environment where your confidence can grow. Tutor: Jason Tepania.

B398 Starts Mon 8 May 6-8pm
7 weeks \$70 

*Ka puāwai te koru,
ka puāwai te tangata*

*As the koru opens,
so too does the person*

Music & Dance



*Where words fail,
music speaks*

NEW

UKULELE FUN and GUITAR for BEGINNERS

Ukelele and Guitar in the same class? Luckily the basic skills are the same when playing both. Learn the fundamentals such as how to tune, play chords (strumming and picking), and play a number of popular songs. You will quickly learn how the basics can be applied to almost any new song that you want to learn. Our tutor plays many stringed instruments and has over 20 years experience teaching, performing, and recording music. Bryan has combined these classes so both ukulele and guitar players can attend this six week workshop. You will need your own ukulele or acoustic guitar. Tutor: Bryan Owens

B530 Starts Tues 16 May 6-7pm
6 weeks \$80



DANCING QIGONG

Aiko Fukumoto

Qigong is an ancient mind-body-spirit practice that uses gentle repetitive movements, breathing techniques, self-massage, sound, meditation, and focused intent to cleanse, strengthen, and cultivate Qi. Finding the balance and flow of your Qi (energy) with dance is practiced as a healing art to integrate body, mind, heart and spirit. Dancing Qigong aims to support wellbeing and you will learn how to cultivate healthy energy waves. With graceful, relaxed and fluid movements it is energy in motion (emotion). Emotions (also called energy waves) are always changing, never stopping. In Dancing Qigong the flow of qi is mostly internal. Beyond physical health, Dancing Qigong offers spiritual and emotional benefits and helps you harmonise with the way of dancing. It is meditation in motion! Practice Qigong with your favourite music – classic, pop, rock'n roll, country music, jazz and blues. Aiko has been a Qigong instructor since 2015.

B496 Starts Tues 16 May 6-7pm
7 weeks \$60



Visit: www.ceb.ac.nz

CEW TERM DATES for 2023

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Term Two:	24 April	-	30 June
Term Three:	17 July	-	22 September
Term Four:	9 October	-	8 December

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