



COMMUNITY EDUCATION WHANGAREI



Summer 2023

www.cew.ac.nz

ADULT COMMUNITY EDUCATION

Affordable, Accessible, Lifelong Learning



COMMUNITY EDUCATION WHANGAREI

Welcome to another year of exciting, inspiring and informative workshops. We know its difficult balancing work and family life and it can be hard to find time to do something for yourself, to learn something new. CEW offers short courses for busy people. Classes are held in the evenings and at weekends, so you can attend outside of work hours and have someone available to mind the children, or the dog! This year make some time for yourself, to relax and unwind.

Join one of our amazing workshops today!

Co-ordinator:	Shona Hill
Phone:	09 435 0889 (with answerphone)
Location:	Kamo High School, Wilkinson Ave, Kamo
Postal Address:	PO Box 4137, Kamo 0141
Email:	cew@kamohigh.school.nz
Website:	www.cew.ac.nz
Office hours: (term time only)	10am-5pm Mon - Thurs, 10am-4pm Fri open until 6pm the first night a class starts



The CEW office is closed over the summer break and will re-open Tuesday, 7 February

Enrol:	Online - www.cew.ac.nz Email— cew@kamohigh.school.nz Ph—435 0889 OR call into our office All enrolments are responded to, no response means it hasn't been received.
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Watch out for NEW classes this term



Some classes are subsidised,
look for this symbol



Art & Craft

*Every canvas is a journey
all its own!*

NEW

PAINTING A LANDSCAPE of MILFORD SOUND

Create your own painting of this iconic New Zealand scenery. Using a vibrant palette depicting water, sky and mountains, you will bring your own personal touch to this unique and spiritual setting known all over the world. Learn how to paint sunlight through the clouds, strong shadows and an aerial perspective. Elena will guide you step by step, making your creative process easy and relaxing. Suitable for students of any level of artistic experience. All materials are provided. Just come along and have some creative fun!

A35 Sat 4 March 9am-2.30pm
1 day \$115

Phone: 09 435 0889

NEW

PAINTING WORKSHOP WALKING IN THE RAIN

Picture a forest scene with warm, gentle rain. It gives a viewer a nice cozy feeling of harmony with nature, a quiet, peaceful environment with the pleasant sound of rain. One can almost smell the amazing fragrance of trees, grass and earth, dampened by the rain. Create your own personal painting of a forest walk in the rain, including how to paint streaks of rain and raindrops. Elena will guide you step by step. All materials will be provided including a medium size canvas and acrylic paints. Suitable for any level of artistic experience. Tutor: Elena Nikolaeva

A36 Sat 18 March 9am-2.30pm
1 day \$115

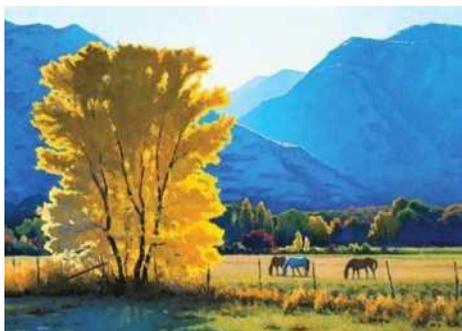
NEW

PAINTING A LANDSCAPE with A BACK LIGHT

BACK LIGHT is a certain state and position of light in nature when the source of light is placed behind the objects, creating a "halo" or a glow of light around them. Learn how to paint a landscape with this dramatic back light effect on a medium size canvas using acrylic paints. Explore how to make the illusion of a glow of sunlight, emphasizing dramatic contrast of colours and a dark/light contrast of your composition. Our tutor will guide you step by step through the creative process making it easy and enjoyable. Suitable for any level of artistic experience. All materials are provided.

Tutor: Elena Nikolaeva

A37 Sat 1 April 9am-2.30pm
1 day \$115



*The CEW office
will be closed over
the summer break
and will re-open on
Tuesday the 7th of February*



NEW**ENJOY WATERCOLOUR PASTELS**

Enjoy the relaxing benefits of using watercolour pastels to create quick and easy artworks. Watercolour pastels are also useful for new artworks, creative inspiration, therapeutic art techniques and exploring your inner creativity. This is a hands-on class where you will create many original designs using a range of different watercolour pastels. We will also discuss how you can continue to enjoy using watercolour pastels at home and mixed media art techniques. No art experience needed and all materials provided. Tutored by Shelley Chappory

A34 Sat 11 March 9am-3.30pm
1 day \$65

**NEW****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

A136 Sat 18 March 9am-3.30pm
1 day \$40

**NEW****ENJOY MANDALA ART**

A mandala is a geometric design that is usually circular in form. In this hands-on workshop you will create your own mandalas using paper and art tools. Drawing a mandala is known to be helpful for the brain, calming, relaxing and creatively inspiring. Mandalas are also often used in art therapy or spiritual practices. Once you have created a mandala you can continue to make new mandalas at home or on a computer or tablet. Discover why so many people in different cultures all over the world enjoy making mandalas. **No** art experience needed and all materials provided. Tutored by Shelley Chappory

A32 Sat 25 March 9am-3.30pm
1 day \$65

**VISION BOARD WORKSHOP**

A vision board is a collage of images, words and affirmations and is a visual representation of your dreams, desires and goals.

Refer page 11 for details

MAHI RĀRANGA: FLAX WEAVING (day)

Nau mai Haere mai! Come along and learn the beautiful art of mahi rārangā with our tutor, Kerrin Taylor. This is a one day workshop, suitable for absolute beginners as well as those who have done some weaving before. Learn some basic techniques, harvesting and tikanga. Beginners can expect to complete some small items such as putiputi (flowers) and a small basket (pāro or kono). Those with some experience will be guided on a project at their level. Venue is the tutor's studio in Kamo and the kōrari (flax) will be harvested onsite as part of the learning. Participants will have the opportunity to attend further sessions to build on their skills.

A17 Sat 25 Feb, 9am-4pm, 1 day \$45*

A18 Sat 11 March, 9am-4pm, 1 day \$45*

* plus koha for flax

(PTO for evening classes)



(Continued on page 6)

(Continued from page 5)

MAHI RĀRANGA – FLAX WEAVING (eve)

Nau mai Haere mai! Come along and learn the beautiful and practical art of mahi rāranga with Kerrin Taylor. This evening class is especially suitable for those who have already attended a one day workshop and would like to learn more. Beginners are also welcome and will learn some basic techniques, harvesting and tikanga. Beginners can expect to complete some small items such as putiputi (flowers) and a small basket (pāro or kono). Those with some experience will be guided on a project at their level. Venue is the tutor's studio in Kamo. All tools provided.

A19 Starts Thurs 23 Feb 6-9pm
6 weeks \$60* 
(* plus koha for flax)

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.

A41 Sat 11 March 9am-4pm
Sun 12 March 10am-12.30pm
2 days \$125



4 EASY WAYS TO ENROL



ONLINE: www.cew.ac.nz/enrol



EMAIL: cew@kamohigh.school.nz



PHONE: 09 435 0889 (with answerphone)



IN PERSON: call into our office at Kamo High School, Wilkinson Ave, Kamo

Business & Computers

*Success in business
requires training, discipline
and hard work*

CREATE YOUR OWN WEBSITE

Create a website that suits you. Set up your website so that it is easy for you to use and it achieves your goals. Make your website easy to find on the internet and enjoyable & useful for visitors. This is a hands on class where we will explore a range of website techniques on a FREE website that you can continue to use. We will also look at all the essentials you need to know before placing your website online. No website or business experience needed. Tutor: Shelley Chappory

A160 Starts Tues 7 March 6-8.30pm
4 weeks \$60 

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



NEW

A BEGINNERS GUIDE: USING YOUR TABLET & SMARTPHONE

Do you struggle to use your smartphone or tablet? 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 tablet or phone. Andrea will patiently explain the basics so you can turn fear into fun!

A120 Sat 4 March 9am-12pm
1 morning \$40

ENJOY THE INTERNET

Enjoy using the Internet with a range of easy-to-use techniques. This is a hands-on class where we will step through how to utilise browsers, download files & images, and upload items. We will also look at emails, online security, copyright, websites, blogs, and social media. This workshop is suitable for beginners. Tutor: Shelley Chappory

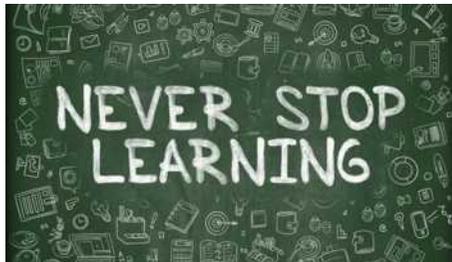
A135 Sat 1 April 9am-12.30pm
1 morning \$45

NEW

EXPLORE YOUR DNA

In this hands-on workshop we will explore DNA techniques that can help you find family members and understand your own DNA. We will step through how to use Ancestry.com, MyHeritage, and GedMatch, and how to get the most from a DNA test. You will make a FREE online family tree and practice some easy-to-use online techniques that you can continue using at home. Discover what you never knew about your family, and why so many folk around the world enjoy exploring their DNA. A DNA test is not essential however if you've completed a DNA test on Ancestry you will gain more from this class. Tutored by Shelley Chappory

A134 Sat 4 March 9am-3.30pm
1 day \$40 



(Continued on page 8)

*(Continued from page 7)***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!

A103 Sat 4 & 11 March (2 mornings)
9am-12.30pm \$50

*"The course was amazing!"***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.

A165 Sat 25 March & 1 April (2 mornings)
9am-12.30pm \$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

A136 Sat 18 March 9am-3.30pm
1 day \$40



Visit: www.cew.ac.nz



CEW TERM DATES for 2023

Term One:	7 February	-	6 April
Term Two:	24 April	-	30 June
Term Three:	17 July	-	22 September
Term Four:	9 October	-	8 December

NEW



Culinary Delights

*Good cooks
never lack friends!*

IT'S OFFAL GOOD

Love offal, but not sure how to cook it so it's succulent and tasty? Learn how to prepare and cook sweetbreads, make your own pate, prepare and cook lambs fry, kidneys, giblets, offal kebabs, tripe, rillettes and more using different methods, such as slow-cooking etc. Designed for the beginner cook or the more advanced person who wants to learn how to cook and present so the whole family wants to eat it. Demonstration only but students will get to try everything as it's prepared. Includes recipes and where to source supplies. No additional costs. Tutor: Grant Sipeli

A189 Sat 18 March 9am-1pm
1 morning \$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

A190 Sat 25 March 9am-1pm
1 morning \$60



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. Dates to be determined, please register your interest. Ph 435 0889 or email cew@kamohigh.school.nz.

A180 Saturday 1-3pm
1 afternoon \$60



*Can't find the
course you want?
Tell us what is
missing.
Ph: 435 0889*



Email: cew@kamohigh.school.nz

General Interest

*If you believe in yourself
anything is possible*

NEW

EXPLORE ACCELERATED LEARNING

Discover easy ways to learn. Accelerated Learning techniques can help you learn more quickly and effectively, with less effort, and make learning a more enjoyable experience. This is a hands-on class where you will be exploring your own personal way of learning. You will also create learning strategies that will help you remember the things you want to know so you can enjoy upskilling. Explore a range of learning techniques that you can use in everyday life and at the office.

A250 Tues 28 Feb 6-8.30pm
 1 eve \$30

Visit:

www.cew.ac.nz

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.

A390 Starts Wed 22 Feb 6-8pm
 7 weeks FREE



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

A260 Starts Wed 15 March 6-8.30pm
 4 weeks \$90



HOSTING JAPANESE STUDENTS

NEW

Attention, host parents! Are you interested in gaining more confidence to communicate with your Japanese student? You might have Google translator ready on your smartphone, but it's not enough. This is your opportunity to practice some basic useful phrases prior to your student's arrival. Pronunciation is key to being understood by your non-English speaking student. Our tutor, Mika Sakai, will also share some cultural insights to make your hosting experience more meaningful. For the last session Mika will offer 'Easy Japanese cooking' where you can master a simple rice dish.

A392 Starts Wed 15 Feb 6-8pm
 5 weeks \$80

NEW**ASSERTIVENESS WORKSHOP**

Do you want to learn how to express your point of view and ask for what you want in a clear and direct way, whilst respecting yourself and others? Do you want to achieve more positive outcomes in your day to day life? Discover how you can improve your relationships with friends, family and colleagues. Our tutor, Liz Gow, has worked with people in various capacities including as a life coach and counsellor. Join this workshop and explore what is possible in a supportive, respectful environment. If you are ready for change, all it takes is one small step!

A415 Starts Thurs 23 Feb 6-8pm
4 weeks \$55

**RONGOA:****MĀORI TRADITIONAL MEDICINES**

Experience the medicinal properties of our native plants. **Refer page 12 for details**

NEW**VISION BOARD WORKSHOP**

Do you have a burning desire to realise a long-held dream or aspiration? Then a clear vision is a must. A vision board is a collage of images, words and affirmations and is a visual representation of your dreams, desires and goals. It acts as a Law of Attraction tool designed to help you maintain focus on a specific goal. The effectiveness of a vision board comes down to self-belief and tuning in to your true potential. This workshop is about identifying your core self-beliefs, silencing the inner critic, and paying attention to what has heart and meaning. Set simple, realistic and achievable goals and create an effective vision board.

A455 Sat 25 Feb 9am-3.30pm
1 day \$65

**Email:****cew@kamohigh.school.nz****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, 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.

A230 Sat 25 Feb 9am-12pm
1 morning \$40

NATURAL SKINCARE*Raewyn Rouse*

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, salve, 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 take home samples of each of the products. The fee includes all ingredients plus jars.

A345 Sat 25 Feb 12.30-4pm
1 afternoon \$60

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. **Refer page 16 for details**

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. **Refer page 16 for details**

Health & Wellbeing



Take one step towards your dreams and they will take two steps towards you!

NEW

VISION BOARD WORKSHOP

Do you have a burning desire to realise a long-held dream or aspiration? Then a clear vision is a must. A vision board is a collage of images, words and affirmations and is a visual representation of your dreams, desires and goals. It acts as a Law of Attraction tool designed to help you maintain focus on a specific goal. The effectiveness of a vision board comes down to self-belief and tuning in to your true potential. This workshop is about identifying your core self-beliefs, silencing the inner critic, and paying attention to what has heart and meaning. Set simple, realistic and achievable goals and create an effective vision board.

A455 Sat 25 Feb 9am-3.30pm 
1 day \$65

RONGOĀ:

MĀORI TRADITIONAL MEDICINES

Experience a wonderful part of our heritage, the medicinal properties of our native plants. Learn more about your local bush and the plants within. Our tutor, HineAhuia Tokōtokō, will teach you some Māori traditional plant medicines using native plants that are all readily available. This is a practical hands-on workshop where you will discover some easily made treatments for common ailments and conditions. You will make your own tonic, teas, poultices and balm. Join our tutor as she shares with you some of the wonders of our native plants as you learn a little about traditional Māori plant medicines, rongoa rakau. This is part one of two workshops, and a prerequisite for the Māori Traditional Home Remedies workshop which will be offered at a later date.

A445 Sunday 26 March 10am-5pm 
1 day \$60

NEW

WOMEN'S HEALTH

How are you? What are your health needs? This course will look at the different health and wellness issues that impact on women's lives including menstruation, pregnancy, menopause, bladder infections, PMS, depression. The facilitator is Bianca Haux, a natural medicine practitioner. Join Bianca as she talks about hormone imbalances, hot flushes, sleeping issues, bone density, period cramps and pains, irregular cycles, heavy bleeding, contraception and fertility. Learn what changes you can make to manage your health. Discussion welcomed. Own your health!

A425 Wed 1 & 8 March 6-8pm
2 weeks \$50

Visit: www.cew.ac.nz

REFLEXOLOGY for BEGINNERS

NEW

Have you ever wanted to know what Reflexology is all about? Reflexology is a type of massage that works with different pressure points to keep the body balanced. Discover how a targeted foot massage can bring balance to the functions of the human body. Learn how to safely give comfort and relief to your friends and family. Our tutor, Bev Hart, has 20 years' experience as a reflexologist and will share her knowledge in a fun, memorable workshop.

A430 11 & 12 March 9am-3.30pm 
2 days \$70

NEW**ASSERTIVENESS WORKSHOP**

Do you want to learn how to express your point of view and ask for what you want in a clear and direct way, whilst respecting yourself and others? Do you want to achieve more positive outcomes in your day to day life? Discover how you can improve your relationships with friends, family and colleagues. Our tutor, Liz Gow, has worked with people in various capacities including as a life coach and counsellor. Join this workshop and explore what is possible in a supportive, respectful environment. If you are ready for change, all it takes is one small step!

A415 Starts Thurs 23 Feb 6-8pm
4 weeks \$55



Email:

cew@kamohigh.school.nz

NEW**HEALTHY BOUNDARIES FOR HEALTHY RELATIONSHIPS**

Healthy boundaries are necessary for self-care. Without boundaries, we can feel depleted, taken advantage of, taken for granted, or intruded upon. Whether it's in work or in our personal relationships, poor boundaries may lead to resentment, hurt, anger, and burnout. Boundaries protect a person's personal or mental space, much like fences between neighbours. They involve the physical and emotional limits of appropriate behavior between people, and help define where one person ends and the other begins.

A420 Register your interest for Term 2
Ph 435 0889 or email
cew@kamohigh.school.nz

Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.

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.

A475 Starts Sat 11 March 9am-12pm
4 mornings \$70



"It was amazing! So happy to have done this course."

AWAKEN YOUR REIKI - LEVEL 2**NEW**

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.

A476 Starts Sat 18 Feb 9am-1pm
3 mornings \$70



(Continued on page 14)

*(Continued from page 13)***DISCOVER YOGA***Donelle Mason*

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.

A498 Starts Mon 20 Feb 6-7pm
7 weeks \$50

**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.

A450 Sat 25 March 9am-3pm
1 day \$45



*ALL online enrolments are
acknowledged -
no response means we
haven't received it!*

SELF-HEALING (how can you be happy)

Do you wish to rid yourself of feelings of depression, anxiety, frustration, disappointment, or sadness? Are you wanting to understand yourself and reach out for your dreams? Learn how you can move from the dark side and let the light side shine through. Increase your happiness and improve your relationships with others. Learn the principles of a healthy life: sleep, diet, exercise, eliminations including self-lymphatic massage. Includes anger management, rewriting your subconscious mind, and boosting your self-esteem.

A485 Sat 11 & 18 March 9am-3pm
2 days \$65



Phone: 09 435 0889

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.

A480 Sat 25 Feb 9am-3pm
1 day \$45



NEW

INTRODUCTION to MINDFULNESS and MEDITATION

The greatest misunderstanding about meditation is the misconception that you need to clear your mind of all thoughts. Meditation is not about clearing the mind; it is simply about being in a relaxed state in which the mind is free of scattered thoughts and overthinking. Meditation and mindfulness have been proven to have many health benefits for the mind and body. In this six week introductory course you will learn simple techniques to help you find inner peace amongst the noisy confusion of life. Each week will build upon the techniques you learn, providing you with the skills to easily integrate the practice into your day-to-day life.

A410 Starts Thurs 16 Feb 6-7.15pm 
6 weeks \$55

DANCING QIGONG

Aiko Fukumoto

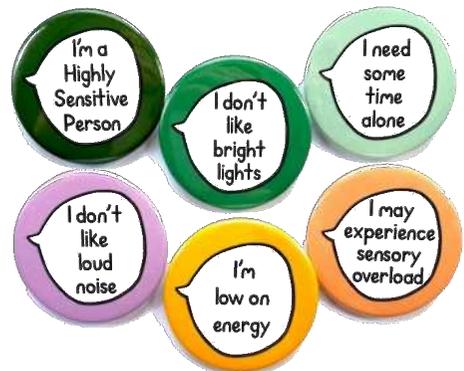
Qigong is an ancient mind-body-spirit practice that uses gentle repetitive movements, breathing techniques, self-massage, sound, meditation, and focused intent to cleanse, strengthen, and cultivate Qi. Finding the balance and flow of your Qi (energy) with dance is practiced as a healing art to integrate body, mind, heart and spirit. Dancing Qigong aims to support wellbeing 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.

A496 Starts Tues 21 Feb 6-7pm 
7 weeks \$50

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 HSP 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.

A470 Starts Tues 7 March 6-7.30pm 
5 weeks \$55



Visit: www.cew.ac.nz

Home and Garden



*Home is the anchor
in your storm*

GARDEN DESIGN

Linda Towers

What do you want from your garden? Does your garden need to accommodate children, pets, entertaining? Do you just want a quiet space to sit and enjoy your surroundings? Design a garden which will be attractive, practical and unique. Covers site analysis, concept development, use of themes, hard landscape and plant combinations, using a mix of theory and hands-on practice. Our tutor is a qualified landscape architect. Spaces are limited.

A220 Starts Tues 7 March 6-8pm
4 weeks \$85

"I enjoyed this course and it has helped me to plan my own space more thoroughly."

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.

A355 4 & 5 March 9am-4.30pm
2 days \$170

A356 25 & 26 March 9am-4.30pm
2 days \$170

MĀORI TRADITIONAL MEDICINES

Experience the medicinal properties of our native plants. **Refer page 12 for details**

LET'S SEW RETRO

NEW

Would you like to sew your own retro clothes? Dress for the sixties, make a flapper outfit from the twenties, or anything you desire. Purchase your own pattern or use a pattern from our tutor's collection of retro Burda Mode magazines (Viv is a qualified Burda teacher so knows all the ins and outs of using Burda Mode patterns). Viv will assist you to engineer your own individualised retro outfit. Wearing retro clothing is a great form of self-expression. Let your clothes reflect who you are!

A350 Starts Mon 27 Feb 6-8.30pm
5 weeks \$90

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.

A351 Starts Wed 22 Feb 6-8.30pm
5 weeks \$90

NATURAL SKINCARE

Raewyn Rouse

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, salve, 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 take home samples of each of the products. The fee includes all ingredients plus jars.

A345 Sat 25 Feb 12.30-4pm
1 afternoon \$60



Language & Culture

NEW

Language is to the mind more than light is to the eye

NEW

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.

A390 Starts Wed 22 Feb 6-8pm
7 weeks FREE



Recycle this brochure - share it with a friend!

NEW

LEARN ESPAÑOL

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 Español!

A394 Starts Tues 21 Feb 6-8pm
7 weeks \$115

HOSTING JAPANESE STUDENTS

Attention, host parents! Are you interested in gaining more confidence to communicate with your Japanese student? You might have Google translator ready on your smartphone, but it's not enough. This is your opportunity to practice some basic useful phrases prior to your student's arrival. Pronunciation is key to being understood by your non-English speaking student. Our tutor, Mika Sakai, will also share some cultural insights to make your hosting experience more meaningful. For the last session Mika will offer 'Easy Japanese cooking' where you can master a simple rice dish.

A392 Starts Wed 15 Feb 6-8pm
5 weeks \$80

TE REO MĀORI for BEGINNERS

Do you want to learn te reo Māori? Take that first step in this introductory course. 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.

A398 Starts Mon 20 Feb 6-8pm
7 weeks \$70

Ma te ora ka mohio

Through life there is learning

Music & Dance



*Dance is the hidden language
of the soul!*

NEW

BURLESQUE BASICS

The Wild Untamed's Sophie is excited to announce, Burlesque Basics! This is a 5-week dance course where you will learn the art of tease and seduction. Our classes are all inclusive of age, size, and fitness level. Classes are suitable for total beginners and are also an excellent refresher for those with some experience. Burlesque isn't just about dancing, it's about improving body confidence, empowering each other, building bonds, and celebrating all that we are. Join this fabulously fun workshop with a group of like-minded women.

A495 Starts Wed 1 March 6-7pm
5 weeks \$65



LEARN to PLAY the GUITAR *Bryan Owens*

Have you always wanted to learn to play the guitar? In this six week course you will 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. You will need your own acoustic guitar.

A530 Starts Tues 28 Feb 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.

A496 Starts Tues 21 Feb 6-7pm
7 weeks \$50



*Do you have a
skill you want
to share?*

*Do you want to
become a tutor?*

E: cew@kamohigh.school.nz



Visit:

www.cew.ac.nz

ARTS CENTRE:

- Main entrance:**
- A04 & A02 art rooms
- A06 drama
- A07 dance floor (upstairs)
- Side entrance:**
- A03 computer suite
- A08 & A09 music suites

B BLOCK:

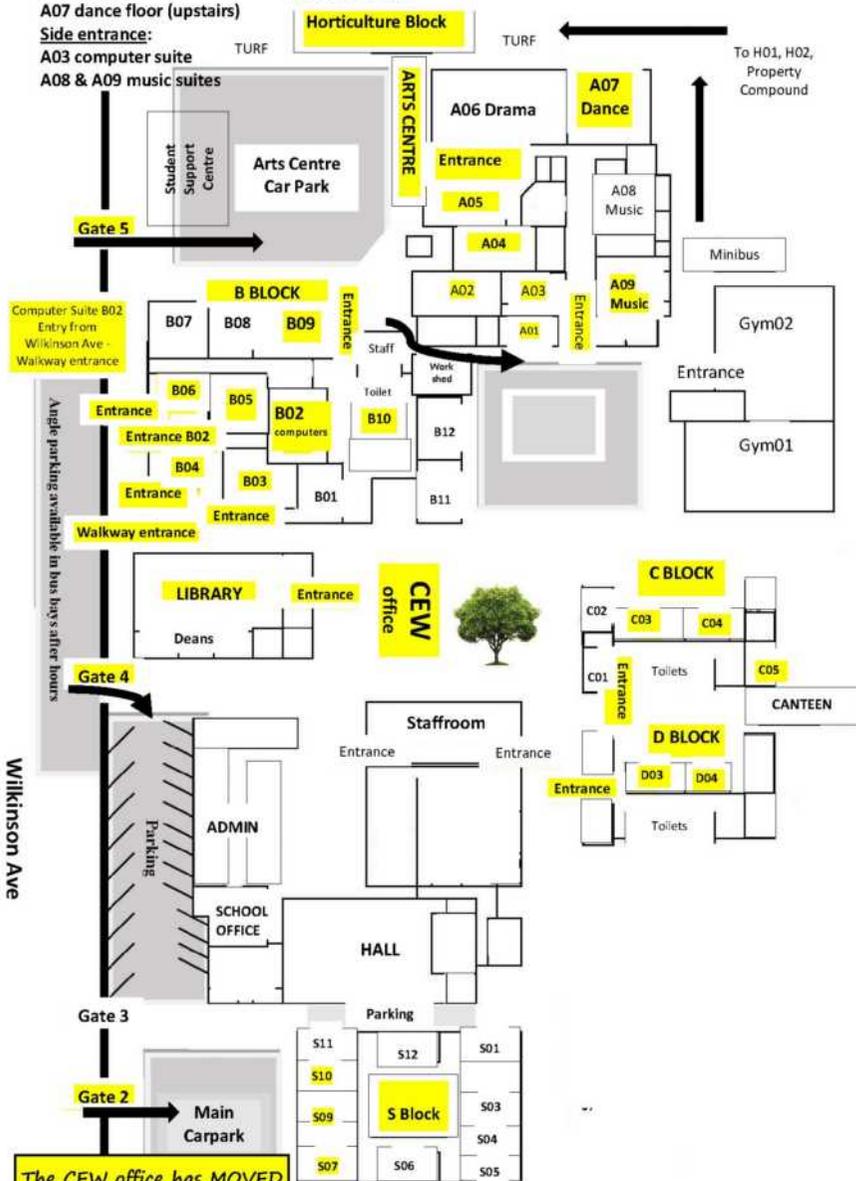
- B03 & B04 cooking rooms
- B06 sewing/textiles
- B09 woodwork

COMPUTER SUITES:

- Arts Centre – A03
- B block – B02

GENERAL CLASSROOMS:

- C block
- S block



The CEW office has **MOVED** and is now opposite the Library (gate 4)

Kamo Road

MAP of KAMO HIGH SCHOOL