

Winter Wellbeing!

zero/low cost community classes for you to try

2 APRIL

Ecstatic Dance

6-8 pm
Little Wanganui
Hall \$15-20

29 APRIL

**Menopause
Stories**

6-8 pm
35 Wharf Rd

13 MAY

Reiki

1-3 pm
35 Wharf Rd

27 MAY

Yoga Nidra

6-8 pm
35 Wharf Rd

10 JUNE

Simple Yoga

5-6 pm
35 Wharf Rd

17 JUNE

**Menopause
Stories**

10am -12
35 Wharf Rd

24 JUNE

Bio-regioning

6-8 pm
35 Wharf Rd

8 JULY

Simple Yoga

5-6 pm
35 Wharf Rd

22 JULY

Simple Yoga

5-6 pm
35 Wharf Rd

29 JULY

Prostate Yarns

6-8 pm
35 Wharf Rd

12 AUGUST

Simple Yoga

5-6 pm
35 Wharf Rd

26 AUGUST

Ecstatic Dance

6-8 pm
Little Wanganui
Hall \$15-20

9 SEPTEMBER

Ho'oponopono

1-3 pm
35 Wharf Rd

23 SEPTEMBER

Sound Bath

6-8 pm
Little Wanganui
Hall

7 OCTOBER

**Somatic
Movement**

6-8 pm
School Hall

21 OCTOBER

Yoga Nidra

6-8 pm
35 Wharf Rd



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About the classes

Age 13 and above. Stay for a cuppa and chat and to give feedback.

Ecstatic Dance 2 APRIL 26 AUGUST

Self expression through free form dance. Connect with your body without choreography, judgment, or talking - just allow the music to guide you.

Simple Yoga 10 JUNE 8 JULY 22 JULY 12 AUGUST

Gentle and simple movement and breath to strengthen and relax.

Menopause Stories 29 APRIL 17 JUNE

For those pre-menopause, mid menopause or post menopause a facilitated opportunity to share your story and listen to and learn from others.

Yoga Nidra 27 MAY 21 OCTOBER

Restore your mind and body and aid sleep through guided meditation to relax the body along with a sound bath that calms the nervous system.

Bring what makes you warm and cozy: mat, blanket, pillow, eye mask etc.

Reiki 13 MAY

An explanation and exploration of Reiki and your own healing energy. Participate in Reiju, a gift of healing energy that anyone can do.

Bio-regioning 24 JUNE

A practice that links wellbeing and permaculture. Spend time together connecting to our local place (bio-region) and leave feeling grounded and connected.

Prostate Yarns 29 JULY

For all those with a Prostate gland - or used to - an opportunity to share a yarn about living with prostate issues.

Ho'oponopono 9 SEPTEMBER

A Hawaiian practice to help find peace and forgiveness in your Life. It provides an opportunity to release anger, guilt, resentment and other emotions that keep you stuck.

Sound Bath 23 SEPTEMBER

A chance to lie comfortable and snug and be surrounded by a variety of sounds to relax and rejuvenate you. **Bring what makes you warm and cozy: mat, blanket, pillow, eye mask etc.**

Somatic Movement 7 OCTOBER

Movement that's practiced focusing on the internal experience of the movement rather than the external appearance or the end result of the movement.

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