

Majura Women's Group

Program - Term 1: Wednesdays, February – April 2012

Providing opportunities for women at home with young children. Come along at 9.30am* for sessions from 10am to 12 noon Wednesdays at Downer Community Centre. Low cost childcare available. New members are always welcome. For more information please contact Sarah on 0412542282.

Wednesdays 8 February 9.30am for 10am start*	△ Stress Relief Come and learn how to reduce your stress levels with Luciana Todd, from the Om Shanti College in Griffith. <i>All welcome.</i>
15 February 9.30am for 10am start*	Ω Term Project This week's topic is photography - and how to take great photos of your children. <i>All welcome.</i>
22 February 9.30am for 10am start*	△ Family Nutrition Rebecca Aherne, from the ACT Government <i>Division of Women, Youth & Children Community Health Programs</i> will run a one-hour family nutrition session from 10am. (Afterwards, members may have a general chat, or bring craft from home to do in the second hour.) <i>All welcome.</i>
29 February 9.30am for 10am start*	Ω Term Project Alex Ayala will be teaching us how to create a timeless, glamorous look, using vintage makeup techniques. Please bring your own foundation and mascara – all other makeup will be provided. <i>All welcome.</i>
7 March 9.30am for 10am start*	Ω Bollywood Dancing Bollywood dancing can be described as a mix of semi-classical Indian, Arabic, Jazz, Disco and Hip-Hop. It is a high-energy style that uses left and right brain function, overcomes coordination problems, and improves balance and bone density. It's fun, silly, sexy and totally engrossing as well as a great way to keep fit and active. Dancing is done in bare feet. Please bring a bottle of water. <i>All welcome.</i>
14 March 9.30am for 10am start*	Ω Term Project Vintage hairstylist Viki Allison will be teaching us some basic techniques to create an individual, classic look. <i>All welcome.</i>
21 March 9.30am for 10am start*	Ω Burlesque Come and learn how to make and use pasties, burlesque basics and a routine. Your teacher for the session will be "the current Kitten of the Year, Cherry Blossom". (aka Rebecca, of <i>Miss Kitka's House of Burlesque</i>) "Bring some water, comfortable shoes, and a smile." <i>All welcome.</i>
28 March 9.30am for 10am start*	Ω Term Project This session will be presented by photographer Emily Hanna of ESH Photo. Come and learn about photographic model poses. <i>All welcome.</i>
4 April 9.30am for 10am start*	Ω Planting Session with Bunnings Come and learn what is involved in growing plants for your garden, focusing on growing vegetables. Materials will be provided. <i>All welcome.</i>
11 April 9.30am for 10am start*	Ω Silk Painting Come and learn the <i>Serti Technique</i> (closing or fence) of silk painting, and make a beautiful suncatcher. Silk artist Kaye Lister will provide 10cm-diameter silk sun catchers on which she has applied a <i>Gutta</i> (water-based resin) outline of garden-themed images. Participants will learn how to use colour silk paint to fill in the images. <i>All welcome.</i>

*Sessions commence at 10am. Arrival at 9.30am allows time for settling your child(ren) into childcare, and for assisting with setting up. Packing up & cleaning at the end of the session is also a shared responsibility.

Ω Supported by the ACT Government

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♣ Committee meeting will be held after the session. All welcome. Venue to be advised