



COMMUNITY CLASSROOM



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With thanks to our sponsors:



*flourish*  
Thorough, practical health solutions



\*\* Most class sizes are small, and book out quickly.  
Please call or email the tutor directly to secure your place

# SUMMER CLASSES

Dunedin • Friday 17th Jan - Sunday 2nd Feb 2020 •

Follow  communityclassroom.nz for all class listing and updates.

More classes may be added.

## FRIDAY 17th JAN

**School of Rock** (band mentoring)  
with Jae Bedford.

Working in a band, improv, interplay  
and much more.

Fred Hollows Room @ The Valley  
Project 262 North Rd NEV

**\$60 - 11:30am - 1:30pm**

Jae: 0274 182 136 or email  
tbsom@live.com

## Guitar Bootcamp

with Jae Bedford.

Technique, chords, scales, musical  
alphabet. **All ages.**

Fred Hollows Room @ The Valley  
Project 262 North Rd NEV

**\$30 - 2pm - 3pm**

Jae: 0274 182 136 or email  
tbsom@live.com

## Cultivating Mindful Kids

A unique workshop integrating the art  
and science of mindfulness and  
meditation.

**8 - 12 years**

7 Bond St., Level 4 Consultancy House  
@Decompression Zone

**\$25 - 9am - 10:30am**

Aine Cha 021 201 6704  
ainecha.lifecoaching@gmail.com

## SATURDAY 18th JAN

### Introduction to Beekeeping

Information on setting up your own  
beehive, comprehensive theory in  
classroom, then field trip to Careys Bay.  
**18+**

Fred Hollows Room @The Valley Project  
262 North Rd NEV

**\$50 - 9am - 1pm**

Danny Vinbrux: 022 123 1348,  
danielvinbrux@hotmail.com

### Healthy Gut for 2020!

Understand your gut function, how to  
support and repair it. **18+**

The Habitus Ctr, 4th Floor, Consultancy  
House, 7 Bond St

**\$25 - 10am - 12pm**

Tracey Loughran 021 154 8384,  
flourishonline@gmail.com

### Cloth Pads Workshop

Make your own reusable sanitary pads.  
**10+**

Stitch Kitchen, 88 Vogel St

**\$20 - 12pm - 2pm**

Fiona Jenkin 021 026 11412,  
info@stitchkitchen.nz

### Mindfulness for Beginners

Understanding the science and art  
behind the practice, and how to start  
your own practise to help you stay  
grounded. **18+**

7 Bond St., Level 4 Consultancy House  
@Decompression Zone

**\$65 - 9am - 1pm**

Aine Cha 021 201 6704  
ainecha.lifecoaching@gmail.com

### Mindfulness as a "Strategic Intervention" for Teens

This workshop is crafted to suit teens,  
incorporating mindfulness,  
meditation, and a thought based  
approach to help them deal with  
challenges. **13 - 17 years**

7 Bond St., Level 4 Consultancy House  
@Decompression Zone

**\$30 - 1:30pm - 4pm**

Aine Cha 021 201 6704  
ainecha.lifecoaching@gmail.com

### Digital Camera 101 - Moving out of auto

Introductory course on learning the  
basics, come away with a deeper  
understanding of your camera's  
abilities. **18+**

Fred Hollows Room @ The Valley  
Project 262 North Rd NEV

**\$89 - 4:30pm - 7pm**

Ted Grenfell 0274 435 455,  
Jac Grenfell 022 010 8236,  
workshops@grenfell.co.nz

### Easy Organic Gardening for Absolute Beginners

Learn to grow your own organic food,  
hands on workshop in garden setting.  
**12+** (Under 16 needs an enrolled adult)

Garden TBA

**\$45 - 1pm - 5pm**

Michelle Cox @ Organics Unearthed,  
029 771 0212,  
organicsunearthed@gmail.com

### Taichi for Health

Learn a simple qigong, Shi-Ba-Shi and  
taiji form sequence Grasp Bird's Tail  
medical and martial applications.

Sargood Centre, 40 Logan Park Drive

**9am - 12pm** (Kate Clapham-Dorjee) &  
**1pm - 4pm** (Brenda Rae) **\$30 for One**  
**class, \$50 for both.**

Kate 027 216 2618,  
taichi4healthdn@gmail.com

## SUNDAY 19th JAN

### Ebike, Etrike and Scooter Sunday School

Baptising newbies. Strong tea, gingernuts  
and a gossip on all things wheels! **18+**  
Valley Community Workspace,  
11 Allen St NEV

**FREE - 9:30am - 11am**

Nathan Parker  
dunedinlectricbikes@gmail.com

### Introduction to Beekeeping

Information on setting up your own  
beehive, comprehensive theory in  
classroom, then field trip to Careys  
Bay. **18+**

Fred Hollows Room @The Valley  
Project 262 North Rd NEV

**\$50 - 9am - 1pm**

Danny Vinbrux: 022 123 1348,  
danielvinbrux@hotmail.com

### Photoshop 101 - An introduction to the Adobe Creative Cloud

Learn the basics of how to setup and use  
Lightroom and Photoshop to save and  
edit. **18+**

Fred Hollows Room @ The Valley Project  
262 North Rd NEV

**\$89 - 5pm - 7:30pm**

Ted Grenfell 0274 435 455,  
Jac Grenfell 022 010 8236,  
workshops@grenfell.co.nz

## MONDAY 20th JAN

### Weave Your Own Merino Shawl

(please note: this is a 5 day class)  
All materials provided, dye and weave  
your own shawl on table looms. **18+**

Dunedin's LoomRoom, 11 Allen St NEV,

**\$500 - 9am - 4pm, 20th - 24th Jan**

Christine Keller, 022 628 6199,  
mindmade@hotmail.com



## TUESDAY 21st JAN

### An Intro To Reiki For Self Care

Japanese system of Reiki for healing. 14+

*Decompression Zone, Level 4, 7 Bond St.*

**FREE - 10am - 12pm**

Mary Hambly 021 071 3308, or  
admin@decompressionzone.co.nz

### An Intro to Reiki for healthcare professionals, therapists and carers

Insights into the teachings of Reiki and a chance to experience it first hand. 18+

*Decompression Zone, Level 4, 7 Bond St.*

**FREE - 2pm - 4pm**

Mary Hambly 021 071 3308, or  
admin@decompressionzone.co.nz

### Make Your Own Homemade Cleaners

Make your own homemade cleaners from simple ingredients. Bring 1-2 jam jars to take home your samples, registrations essential. 18+

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$20 - 7pm - 9pm**

Dr Maureen Howard 021 206 3593,  
maureen@treedom.nz

## THURSDAY 23rd JAN

### Vegan Cooking for Newbies

Discussion of vegan diet guidelines with food demonstrations. Take home recipes, and pantry ingredient list. 16+

*Venue TBA*

**\$30 - 6:30pm - 7:30pm**

Hagar Ozri 022 172 3630,  
hagar@hagarozi.co.nz

### Travel Tips For Lower Carbon Globe Trotting

Maureen shares 35,000km of adventures, all made without flying.

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**Koha - 5:30pm - 7:00pm**

Dr Maureen Howard 021 206 3593,  
maureen@treedom.nz

### Mini-Me Treats - Yoga & Deep Relaxation

Offering mindful yoga, deep relaxation and time to connect with self and others. Teens to Mature ages.

*Venue TBA*

**Koha - 7pm - 9pm**

Uschi Heyd, 027 360 0238,  
ushchi.heyd@gmail.com

## 4KT Elephants Workshop

Make cute soft toy elephants with recycled fabric. 7+

*Stitch Kitchen 88 Vogel St,*

**Donation - 10am - 1pm**

Fiona Jenkin 021 026 11412,  
info@stitchkitchen.nz

### Yoga and Art Workshops For Kids

These yoga and art workshops for kids are all about combining relaxation and creativity. Kids are welcome to join one workshop or many, each with a different elemental focus. 8 - 12 Years

*School Hall @ North East Valley Normal School*

**10.30 - 1.30pm, \$20 per day (or \$70 for four days) - 21/22/23/24 Jan & 27/28/29/30 Jan**

Hahna Read, 020 4194 1795,  
hahnaread@gmail.com

## FRIDAY 24th JAN

### FILM NIGHT: Living The Change

(85mins) *Directors Jordan Osmand and Antonette Wilson @ Happen Films*

Living the Change is a feature-length documentary that explores solutions to the global crises we face today - solutions any one of us can be part of - through the inspiring stories of people pioneering change in their own lives and in their communities in order to live in a sustainable and regenerative way. Filmed in NZ.

*Nga Maara Hall, 63 North Road, NEV 7pm - 9pm*

happenfilms.com/living-the-change

### Piano/Keyboard for Beginners

Technique, chords, scales, musical alphabet. All Ages.

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$30 - 2pm - 3pm**

Jae Bedford 0274 182 136, or email  
tbsom@live.com

## SATURDAY 25th JAN

### Digital Camera 101 - Moving out of auto

Introductory course on learning the basics, come away with a deeper understanding of your camera's abilities. 16+

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$89 - 1:30pm - 4pm**

Ted Grenfell 0274 435 455,  
Jac Grenfell 022 010 8236,  
workshops@grenfell.co.nz

### Knitted Dishclothes

Learn to knit your own kitchen cloth. 7+  
*Stitch Kitchen 88 Vogel St,*

**\$20 - 12pm - 2pm**

Fiona Jenkin 021 026 11412,  
info@stitchkitchen.nz

## SUNDAY 26th JAN

### Photoshop 101 - An introduction to the Adobe Creative Cloud

Learn the basics of how to setup and use Lightroom and Photoshop to save and edit. 18+

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$89 - 1:30pm - 4pm**

Ted Grenfell 0274 435 455,  
Jac Grenfell 022 010 8236,  
workshops@grenfell.co.nz

## MONDAY 27th JAN

### Essential Oils - Make and Take

Learn the basics of oils, make 5 rollerball blends to take home. 16+

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$25 - 10am - 12pm**

Marise 021 038 9965,  
missy\_hollows@hotmail.com

### Essential Oil Beauty Hacks

Make 5 beauty products you can take home for use everyday. 16+

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$25 - 1pm - 3pm**

Marise 021 038 9965,  
missy\_hollows@hotmail.com

### Yoga and Meditation

Learn key movements and sequences of yoga, followed by meditation. 12+

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$25 - 5:30pm - 7:30pm**

Tess Rushton 021 174 1135,  
tessrushton@gmail.com

### Weave Your Own Merino Shawl

(please note: this is a 5 day class)  
All materials provided, dye and weave your own shawl on table looms. 18+

*Dunedin's LoomRoom, 11 Allen St NEV,*

**\$500 - 9am - 4pm, 27th - 31st Jan**

Christine Keller, 022 628 6199,  
mindmade@hotmail.com

## TUESDAY 28th JAN

### Reiki Level 1, Shoden Part 1\*

(2 Day Course) Japanese system of Reiki for healing. 14+

*Decompression Zone, Level 4, 7 Bond St.*

**\$230 - 8am - 4pm**

Mary Hambly 021 071 3308, or  
admin@decompressionzone.co.nz

*\*Please note second class is on Feb 4th, 8am - 4pm)*

### Little Nonviolent Heroes

Want to be a true hero? Discover how through interactive stories. Parents welcome. 5 - 11 years

*The Valley Project, 262 North Rd, NEV*

**\$30 - 10am - 12pm**

Monica Carrer,  
monica.laghate@gmail.com

## Balance Your Emotions

Make 5 rollerball blends with essential oils for emotional support 16+

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$25 - 10am - 12pm**

Marise 021 038 9965,  
missy\_hollows@hotmail.com

### Adjø's Danish Cooking Workshop

Learn a traditional Danish dinner dish, with information on sourced ingredients, and enjoy a meal together at the end. 14+

*Adjø Cafe 10 Bank St*

**Koha - 4pm - 6:30pm**

Caitlin & Jonas 027 236 6921,  
adjoedunedin@gmail.com

## THURSDAY 30th JAN

### Mini-Me Treats - Yoga & Deep Relaxation

Offering mindful yoga, deep relaxation and time to connect with self and others. Teens to Mature ages.

*Venue TBA*

**Koha - 7pm - 9pm**

Uschi Heyd, 027 360 0238,  
ushchi.heyd@gmail.com

### Mums and Bubs Yoga and Movement Taster

A class focused on easing tensions and strengthening mother's bodies with trained and experienced post natal yoga teachers. Suitable from 6-8 weeks

*AYU, 7 Crawford St*

**Koha - 10:30am - 11:30am**

KJ Davie & Niki East from Mothers Yoga Collective, 021 174 0149,  
catchkj@gmail.com

## FRIDAY 31st JAN

### Belt it out - Singing Lessons

Technique, breathing, scales, harmony and more. All Ages.

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$30 - 2pm - 3pm**

Jae Bedford 0274 182 136, or email  
tbsom@live.com

## SATURDAY 1st FEB

### Native Plant Identification

Identify local NZ plants on casual walk through Chingford Park. North Rd, NEV, registrations essential.

**Koha - 11am - 12:30pm**

Clare Cross 03 473 8614,  
openvue@northeastvalley.org

## Mug Huggers

Learn to crochet your own crochet cover to turn any jar into a reusable keep cup.

*Stitch Kitchen 88 Vogel St,*

**\$20 - 12pm - 2pm**

Fiona 021 026 11412,  
info@stitchkitchen.nz

### Digital Camera 101 - Moving out of auto

Introductory course on learning the basics, come away with a deeper understanding of your camera's abilities. 16+

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$89 - 4:30pm - 7:00pm**

Ted Grenfell 0274 435 455,  
Jac Grenfell 022 010 8236,  
workshops@grenfell.co.nz

### Discover Your Voice

Beginners +, learn simple techniques to help you get more enjoyment from singing. 14+

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$30 - 10am - 12:30pm then resume 2pm - 4pm**

Lois Johnston 021 131 2969,  
lusciousloisjohnston@hotmail.com

### Take awesome phone photos of your kids

Stop taking snapshots and start creating WOW photos of your kids using just your phone.

*Valley Project Te Putake room, 262 North Rd, NEV*

**\$30 - 2pm - 4pm**

Edith Leigh Photography,  
021 214 4075,  
edith@edithleighphotography.nz

## SUNDAY 2nd FEB

### Yoga for Pregnancy & Birth, Taster

This class aims to enhance the health and well being for mums to be with yoga, assisting them in the preparation for birth and life with a newborn.

*Dunedin Yoga Studio*

**FREE / Koha - 3pm - 4pm**

KJ Davie & Niki East from Mothers Yoga Collective, 021 174 0149,  
catchkj@gmail.com

### Photoshop 101 - An introduction to the Adobe Creative Cloud

Learn the basics of how to setup and use Lightroom and Photoshop to save and edit. 18+

*Fred Hollows Room @ The Valley Project 262 North Rd NEV*

**\$89 - 1:30pm - 4pm**

Ted Grenfell 0274 435 455,  
Jac Grenfell 022 010 8236,  
workshops@grenfell.co.nz