

## PLEASE NOTE:

Low numbers will result in cancelled classes, please support our programme and teachers so we can continue to run this well loved project!  
Facebook will have all updates, including any added classes.

Film tickets: Search Community Classroom on Humantix if unable to scan QR codes, or check Facebook event page for the link, or just email us!

A big thankyou to the wonderful teachers that have shared their knowledge with us in this programme

## WITH THANKS TO OUR SUPPORTERS



COMMUNITY CLASSROOM

[www.communityclassroom.co.nz](http://www.communityclassroom.co.nz)  
[communityclassroom.nz@gmail.com](mailto:communityclassroom.nz@gmail.com)

## DUNEDIN

### MONTH OF SEPTEMBER

#### RESTORATIVE BODYWORKS

For the month of September Steph is offering discounted therapy sessions using non-invasive techniques to work with the innate healing systems in our bodies. This could involve working with nerves, connective tissue and fascia around the visceral organs and musculoskeletal structures. Each session is individualized to create optimal health outcomes for each client and treats both acute and chronic pain.

\* Musculoskeletal pain \* Pre and post surgery recovery  
\* Pre and post-partum care \* Treat new as well as old injuries, scar tissue, ligaments and tendons \* Muscle memory placement \* Take home exercises \* Chronic conditions such as IBS, fatigue, anxiety and depression \* Nerve entrapments, frozen shoulder, carpal tunnel and brachial plexus syndrome \* Reiki and Chakra balancing  
Location: Taste Nature Integrated Health & Zen Attic  
Time: 60 min sessions by appt.

Fee: Sliding scale based on income, you choose! (\$40-\$70)

Suits: ages 20+

Contact: Steph Hicks 027 226 6376

[steph.restorative@outlook.com](mailto:steph.restorative@outlook.com)

[facebook.com/restorativebodyworks](https://facebook.com/restorativebodyworks)

#### 3RD / 4TH / 7TH / 10TH / 11TH

#### ZENTHAI YOGA FLOW - FIVE ELEMENTS OVER 5 DAYS

A 5 part series of movement therapy based on Traditional Chinese Medicine where we work with 5 elements (Earth 3rd Sept, Metal 4th Sept, Water 7th Sept, Wood 10th Sept, and Fire 11th Sept).

It's a beautiful flow where we work with meridian lines connected to each element and are getting to know ourselves on a deeper level while also giving ourselves medicine through yoga, TCM, and a little bit of martial arts. This yoga flow has a very deep roots in Sunshine Coast, Australia where it was born. The vision of this flow is meant to bring people together, build a community full of support, love, joy, understanding, acceptance, learning and teaching from one another and listening to our own unique needs.

Location: The Valley Project, 262 North Rd, North East Valley.

Time: 5:30pm - 6:30pm

Fee: \$5 suggested koha per class, limited numbers.

Suit anyone of any age and any level of fitness

Contact: Katerina / 027 379 9678

[strimelska.katerina@gmail.com](mailto:strimelska.katerina@gmail.com)

#### SATURDAY 7TH

#### GETTING STARTED IN THE FAMILY VEGETABLE GARDEN (PALMERSTON)

Onsite workshop to show you how you too can get growing vegetables in your garden.

This course will cover key skills: what to grow and when, preparing the ground, planning what to plant and when, to care for your garden. See how it is possible for you to learn the skills of growing food for the family and

create your own little patch of paradise in your backyard. This course will be based around the Vintage Style Crop Rotation Poster, an attractive and useful classical garden plan you can adapt to your own plot.

Location: Bellbird Hill, Palmerston

Time: 10am - 1pm. Fee: \$30pp. Suits: ages 16+

Contact: Keren Mackay / 021 887 467

[keren@professionalcountrywoman.com](mailto:keren@professionalcountrywoman.com)

#### SATURDAY 7TH AND SATURDAY 21ST

#### LIVING SOIL = REGENERATIVE GROWING (DUNEDIN)

##### WORKSHOP 1: 7TH SEPT

Workshop 1: Know Your Soil – Discover its gifts, shortcomings and challenges too! We'll do some hands-on tests to assess your soil functioning – such as its structure, level of organic matter and ability to drain and hold water; learn how to test for pH and adjust your soil to suit your plant's needs; discover who is living beneath your feet and how this soil life is pivotal to the health and abundance of your crops!

##### WORKSHOP 2: 21ST SEPT

Heal Your Soil – Learn about a range of proven regenerative tools/ techniques you can use at home to create deep, friable soil full of life! We will cover the benefits of organic soil applications from rock dust fertilisers to effective microorganisms. Comprehensive notes, tea and coffee supplied.

Location: North East Valley. Further details at registration.

Time: 11am-3:30pm. Fee: \$160. Suits: ages 14+

Contact: Michelle Ritchie / 029 7710 212

Or book online [www.organicuneearthed.com](http://www.organicuneearthed.com)

#### SATURDAY 14TH

#### IT'S SOW TIME! GROW YOUR OWN ORGANIC VEGES AND HERBS FROM SEED

You'll learn everything you need to get started - including making your own organic seed mix, and nurturing your babies so they are strong for transplant time. All organic materials supplied - including heirloom and open pollinated seed - notes.

Location: North East Valley. Further details on registration.

Time: 12:30pm-1:30pm, 2:30pm-3:30pm, 3:30pm-4:30pm

Fee: \$15 (children with an adult are free)

Suits: all ages, children to be accompanied by an adult

Contact: Michelle Ritchie / 029 7710 212

Or book online [www.organicuneearthed.com](http://www.organicuneearthed.com)

[organicuneearthed@gmail.com](mailto:organicuneearthed@gmail.com)

#### INTRODUCTION TO SCREEN PRINTING

This is an introduction to screen printing with a focus on things that you can do yourself in a domestic space. During this course you will design and cut your own stencils and print on supplied bags or tea towels, or you can bring your own garments to print. Printing inks and

# COMMUNITY CLASSROOM.

## SEPTEMBER PROGRAMME 2024



### CLASS DETAILS

## 1-30 SEPT

CLASSES IN  
OAMARU & DUNEDIN

FIND MORE INFORMATION ON  
FACEBOOK & INSTA  
[COMMUNITYCLASSROOM.NZ](http://COMMUNITYCLASSROOM.NZ)

- PERMACULTURE, SOIL HEALTH, WORM FARMING, ABUNDANT GARDENS, TOOLS
- GF SOURDOUGH, FERMENTED FOODS
- BODY THERAPIES, YOGA, DANCE
- MENDING, SCREENPRINTING, SEWING
- RETHINKING CAPITAL, FOOD SOVEREIGNTY
- DOCUMENTARIES
  - THE SEEDS OF VANDANA SHIVA
  - LIVING THE CHANGE
  - FOOLS & DREAMERS

[WWW.COMMUNITYCLASSROOM.CO.NZ](http://WWW.COMMUNITYCLASSROOM.CO.NZ)

screens will be supplied, with an opportunity to purchase your own setup to keep going at home.

Maximum 4 students.

Location: Among the Sparrows, 201 North Road, Dunedin

Time: 10am - 4pm. Fee: \$195. Suits: ages 16+

Contact: Kate Watts / 021 985 999

[kate@katewatts.co.nz](mailto:kate@katewatts.co.nz)

#### SUNDAY 15TH

#### ORGANIC GREENHOUSE GROWING WORKSHOP & TOUR

Join me at Annelie's bountiful 100m2 Permaculture

Garden in Macandrew

Bay for an afternoon

exploring design ideas

and techniques for

growing successfully

'year-round' in an

unheated glass or

plastic greenhouse in

our cooler climate. Learn how she brings together citrus,

tomatoes, grapes, herbs, micro-greens, summer and

winter vegetables - and chickens - to produce a diverse

and bountiful harvest year round. A beautiful (and warm)

permaculture experience!

Location: Macandrew Bay, Dunedin. Further details at

registration

Time: 1pm - 5pm. Fee: \$80pp. Suits: ages 14+

Contact: Michelle Ritchie / 029 7710 212

Or book online at [organicuneearthed.com](http://organicuneearthed.com)

[organicuneearthed@gmail.com](mailto:organicuneearthed@gmail.com)

#### TUESDAY 17TH

#### LIFE BEYOND GROWTH

How did we get here; how will we traverse to there? An appraisal of growth, overshoot, and reconciliation possibilities, followed by an interactive session discussing future social arrangements and identifying future-useful skills.

Location: The Valley Project, 262 North Road, NEV.

Time: 6:30pm - 8:30pm . Cost: free

Contact: Murray Grimwood / 027 465 8312

#### ONLINE FRIDAY 20TH

#### FREE ONLINE BRAIN HEALTH - LUNCH AND LEARN

*When we get the health of our brain right, everything else falls into place - Dr Daniel Amen*

This Lunch and Learn session invites you to reflect and direct your attention to valuing and enhancing the health of your brain. Our brain is involved in everything we do and the health of it impacts how we function, or mental health, memory, relationships and work productivity. You will be introduced to:

- The work of Dr Daniel Amen, a physician, double board-certified psychiatrist, 12-time New York best selling author and has the highest published success rates treating complex psychiatric issues.
- BRIGHTMINDS - The different factors involved in building a happier and healthier brain.
- 5 Brain Health strategies to build a happier brain.

Time: 12:00 - 12:45pm (NZST) Fee: FREE

To register visit [www.changingways.co.nz](http://www.changingways.co.nz)

Or email [karyn@changingways.co.nz](mailto:karyn@changingways.co.nz)

#### SAT/SUN 21ST & 22ND

(subject to change, please enquire)

#### SLOW STITCH SASHIKO INSPIRED RICE BAG

In this two day workshop, you will create a Japanese style rice bag stitched with sashiko style patterns using both hand and machine sewing techniques. You will be provided with the materials and tools to complete this project, as well as a sumptuous lunch and afternoon tea.

You will take home a small selection of tools and your own one off recycled denim bag.

Suitable for beginner to advanced stitchers.

Location: Among the Sparrows, 201 North Rd, N.East Valley.

Time: 10am - 4pm (both days). Fee: \$280. Suits: ages 16+

Contact: Zoe Miller / 021 7531 9993

[kate@katewatts.co.nz](mailto:kate@katewatts.co.nz)

#### FRIDAY 27TH

#### PERMACULTURE - RESILIENCE BY DESIGN

An Introductory Course covering basic theory, then focusing on two hands-on practical activities - because Permaculture is all about ACTION! Together we will 1) Build a No-Dig Sheet Mulch Vegetable Garden; 2) Prepare and Plant an Established Orchard for a Food Forest Make-Over.

Taught at a beautiful and abundant Permaculture Garden in Macandrew Bay. No-Dig and Food Forest approaches increase your garden ecosystem's resilience to wacky weather changes - ensuring that you always have a harvest, and food on your plate.

Location: Macandrew Bay, Dunedin.

Further details at registration

Time: 1pm - 5pm. Fee: \$80pp. Suits: ages 14+

Contact: Michelle Ritchie / 029 7710 212

Or book online [organicuneearthed.com](http://organicuneearthed.com)

[organicuneearthed@gmail.com](mailto:organicuneearthed@gmail.com)

#### SAT/SUN 28TH & 29TH SEPTEMBER

#### ADVANCED SCREEN PRINTING - RICE PASTE RESISTS AND DYE IN PRINT PASTE

This is a 1.5 day course for people with some screen printing experience. We will go through the process of making Japanese rice paste resists and making print pastes with manutex and procion dye, printing with hand cut stencils. We will make up our print pastes and design and hand cut our stencils on day 1, with printing and washing out our textiles on day 2. You will leave with your textile samples (linen fabric supplied), your stencils and recipes used, and a list of where to purchase ingredients. Maximum 4 students.

Location: Among the Sparrows, 201 North Road, Dunedin

Time: Sat 28th 10am - 4pm & Sun 29th 10am - 2pm

Fee: \$325

Contact: Kate Watts / 021 985 999 [kate@katewatts.co.nz](mailto:kate@katewatts.co.nz)



OAMARU

SUNDAY 1ST

PRELOVED MARKET & COMMUNITY CLASSROOM LAUNCH!

Come grab yourself some quality preloved clothing, sports equipment, accessories, and books for all ages. This market is the launch event for the September Community Classroom programme for Oamaru and Dunedin. Location: Grainstore Gallery, Harbour Street, Oamaru Time: 10am - 2pm Fee: Free entry for customers, Koha welcomed Follow our events @ facebook.com/communityclassroom.nz Download the brochure @ www.communityclassroom.co.nz

WEDNESDAY 4TH

INTERNAL ALIGNMENT

A group coaching experience designed to guide you into greater clarity, goal setting, intention and energy through developing mindset, awareness and communication skills. This is an opportunity to gather more tools for mental wellness support, decision making and finding inner contentment with the path you are on. This could be a game changer for you to create clarity on where you want to get to, supporting you to take inspired action & implement accountability to get you moving forward. Location: tba Time: 7pm - 8.30pm. Fee: \$22. Suits: 16+ Contact: Jae / 022 687 6389

SATURDAY 7TH

SASHIKO STITCHING

Learn about Sashiko inspired stitching and give it a go. It's easy to do, using simple equipment and beautiful patterns. You do not have to be proficient at sewing. All equipment is provided. Location: 179 Thames St, pop-up shop. Time: 1.30pm - 3pm. Fee: \$40pp. Suits: ages 12+ Contact: Natalie Carpenter 027 879 7675



nankynoodle@hotmail.com

WORM FARMING WITH JOEY

Learn about worm farming and healthy soil practices with Joey Smeaton. What's the difference between compost worms and earthworms? What can you do to encourage and nurture them in your compost, garden, and land? Hands on demonstration and lots of discussion about all things vermiculture. Limited worm juice, vermicast, and worms will be available to purchase on the day. Location: Waitaki Community Gardens, Chelmer St. Time: 1pm - 2pm. Fee: Koha (\$20 recommended) Suits: all ages



Contact: Joey Smeaton / 027 299 8707 joeysmeaton@gmail.com

GETTING STARTED IN THE FAMILY VEGETABLE GARDEN (PALMERSTON)

Onsite workshop to show you how you too can get growing vegetables in your garden. This course will cover key skills: what to grow and when, preparing the ground, planning what to plant and how to care for your garden. See how it is possible for you to learn the skills of growing food for the family and create your own little patch of paradise in your backyard. This course will be based around the Vintage Style Crop Rotation Poster, an attractive and useful classical garden plan you can adapt to your own plot. Location: Bellbird Hill, Palmerston Time: 10am - 1pm. Fee: \$30pp. Suits: ages 16+ Contact: Keren Mackay / 021 88 7467 keren@professionalcountrywoman.com

SUNDAY 8TH

YOUR SOIL - DEAD OR ALIVE?

Learn how to check your own soil for its health status and walk away with ideas on how to improve microbial activity, water infiltration and lessen compaction. We will do some easy and cost effective hands on soil testing anyone can do at home. Finding out whether your soil is beaming with life or not so much, and learning what the missing link might be will not only make your plants healthier but also save you money in the long run. Location: Waitaki Community Gardens Time: 2pm - 4.30pm. Fee: \$25pp. Suits: ages 7-99 Contact: Annika Kurze 0221519835 anniport@yahoo.de

TUESDAY 10TH

DOCO NIGHT @ RIVIERA CINEMA

The Seeds of Vandana Shiva is the Remarkable Life Story of Eco-activist Dr. Vandana Shiva. How will the wilful daughter of a Himalayan forest conservator become Monsanto's worst nightmare? The

Seeds of Vandana Shiva tells the remarkable life story of Gandhian eco-activist Dr. Vandana Shiva, how she stood up to the corporate Goliaths of industrial agriculture, rose to prominence in the ecological food movement, and is inspiring an international crusade for change. Documentary Feature | Runtime: 1.21.41 Language: English Location: Riviera Cinema, 239 Thames St. Time: 6pm - 7.30pm Fee: \$10 +bf, book on Humantix (scan QR link below) to secure a seat. Or cash sales from 5.30pm if seats are available (check FB for updates).



THURSDAY 12TH

\*\*Guest teacher from Organics Unearthed Dunedin - Michelle Ritchie

IT'S SOW TIME! GROW YOUR OWN ORGANIC VEGES AND HERBS FROM SEED

You'll learn everything you need to get started - including making your own organic seed mix, and nurturing your babies so they are strong for transplant time. All organic materials supplied - including heirloom and open pollinated seed + notes. 3 times available. Location: Te Whare Koa Marae, 19 France St. Time: 12.30pm-1.30pm, 3.30pm-4.30pm, 5.30pm-6.30pm Fee: \$15 (children with an adult are free). Suits: all ages, children to be accompanied by an adult Contact: Michelle Ritchie / 029 7710 212 Or book online organicsunearthed.com organicsunearthed@gmail.com



SATURDAY 14TH

PLANNING A RESILIENT VEGE PATCH

A discussion of ideas for healthy food gardens, with a focus on resilience, efficiency and grower satisfaction. Topics vary across plant and seed selection, crop planning, soil and plant health, companion planting and weed management. Location: Waitaki Community Gardens, Chelmer St. Time: 10am - 12pm. Fee: \$20. Suits: ages 0-99 Contact: Dave Kingan / 0220519382 davidkingan@outlook.co.nz



SUSTAINABLE WEALTH: RETHINKING CAPITAL

In this interactive workshop we examine how to grow diversified capital to create true abundance in our lives. In this workshop we will:

- Identify different types of capital to create abundance
- Explore dangers of focusing on single types of capital
- Learn to diagnose & remedy stagnant capital
- Identify how to build diverse forms of capital
- Reexamine wealth and abundance

Location: Te Whare Koa Marae, 19 France Street Time: 1pm - 4pm Fee: \$20 Contact: Amy Adams 027 321 2258 amy@occam.nz

STRONG AND STABLE BODY FOR LIFE.

Grow strength, flexibility, and resilience in our bodies. As we age, falls that cause long term damage become an issue, but it doesn't have to be this way. Learn a selection of movements that help the body to cope with and reduce likelihood of the ups and downs of daily life. Bookings essential, minimum of 5 to run workshop. Location: The Nest, 11 Arun Street Time: 3pm - 4.15pm. Fee: \$20 Contact: Ra McRostie / 021 115 4884

THURSDAY 19TH

ALTERNATIVES TO SUPERMARKETS

Amid rising concerns about supermarket prices, products and practices, this interactive session brings together knowledge and experience of sourcing our daily needs from a wide range of alternatives to corporate supermarkets, focusing on options which are local, healthy, sustainable and value for money. Location: Te Whare Koa Marae, France Street Time: 1pm - 4pm. Fee: Koha for hall hire. Suits: ages 10+ Contact: Amy Adams / 027 321 2258 amy@occam.nz

RELEASE & RESTORE

The intention is to develop routines that serve you in release + clearing every month & become a natural part of your self support tool kit. A continuous checking in, clearing the path, getting clear on your direction & levelling up while still tapping into the cycles of nature and the energetic rhythms present with astrology. It is a safe space to build self-awareness, contemplate and create natural & intuitive self-care. Location: tba Time: 7pm - 8.30pm. Fee: \$22. Suits: 16+ Contact: Jae / 022 687 6389

FRIDAY 20TH

FREE ONLINE BRAIN HEALTH - LUNCH AND LEARN

When we get the health of our brain right, everything else falls into place - Dr Daniel Amen. This Lunch and Learn session invites you to reflect and direct your attention to valuing and enhancing the health of your brain. You will be introduced to:

- The work of Dr Daniel Amen, a physician, double board-certified psychiatrist, 12-time New York best selling author and has the highest published success rates treating complex psychiatric issues.
- BRIGHTMINDS – The different factors involved in building a happier and healthier brain.
- 5 Brain Health strategies to build a happier brain.

Time: 12.00pm – 12.45pm (NZST) Fee: FREE Contact: To register visit www.changingways.co.nz Or email karyn@changingways.co.nz

YOUR SOIL - DEAD OR ALIVE?

Learn how to check your own soil for its health status and walk away with ideas on how to improve microbial activity, water infiltration and lessen compaction. We will do some easy and cost effective hands on soil testing anyone can do at home. Finding out whether your soil is beaming with life or not so much, and learning what the missing link might be will not only make your plants healthier but also save you money in the long run. Location: Waitaki Community Gardens, Chelmer St. Time: 3.30pm - 5.30pm. Fee: \$25pp. Suits: ages 7-99 Contact: Annika Kurze / 022 151 9835 anniport@yahoo.de

FRIDAY DOCO NIGHT

6PM - 6.30PM

Fools & Dreamers: Regenerating a Native Forest is a free 30-minute documentary about Hinewai Nature Reserve, on New Zealand's Banks Peninsula, and its kaitiaki/manager of 30 years, botanist Hugh Wilson. When, in 1987, Hugh left the local community know of his plans to allow the introduced 'weed' gorse to grow as a nurse canopy to regenerate farmland into native forest, people were not only skeptical but outright angry – the plan was the sort to be expected only of "fools and dreamers". Now considered a hero locally and across the country, Hugh oversees 1500 hectares resplendent in native forest, where birds and other wildlife are abundant and 47 known waterfalls are in permanent flow. He has proven without doubt that nature knows best – and that he is no fool.

6.45PM - 8PM

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. Directors Jordan Osmond and Antoinette Wilson have brought together stories from their travels, along with interviews with experts able to explain how we came to be where we are today. From forest gardens to composting toilets, community supported agriculture to timebanking, Living the Change offers ways we can rethink our approach to how we live. Location: Riviera Cinema, 239 Thames St. Cost: \$20 + bf for both films AFTERPAY available. Book on HUMANTIX (QR code), or use the link on our FB page event. Cash sales may be available from 5.30pm if we still have seats.



SUNDAY 22ND

\*\*Guest teacher from The Ferment Kitchen Invercargill - Geraldine

GLUTEN FREE SOURDOUGH

In this interactive class we cover how to look after your gluten free starter so it can thrive for years to come and baking simple, delicious gluten free bread and pizza dough. We will also discuss baking and lots of tips and tricks to ensure your success. My aim is to share just how simple sourdough can be! Location: Te Whare Koa Marae, 19 France St Time: 4pm - 6pm. Fee: \$50pp or \$80 for 2 people Suits: All ages Contact: Geraldine Haast / 021 0875 8085 creationsuperfoods@gmail.com



MONDAY 23RD

VEGETABLE FERMENTATION

Learn the ancient art of vegetable fermentation! In this class I will demonstrate how to make sauerkraut and kimchi and you'll have a go at making a brine pickle to take home. My hope is that you'll be inspired to confidently make your own superfoods at home. Location: Te Whare Koa Marae, 19 France St. Time: 6pm - 7.45pm. Fee: \$50pp or \$90 for 2 people Suits: All ages Contact: Geraldine Haast 021 087 58085 creationsuperfoods@gmail.com

SUNDAY 29TH

MINDSET, MEDITATION & MENTAL WELLBEING

This is a workshop designed to support coming together to build your confidence, develop more self awareness, learn how your thoughts are affecting your actions and that you can control your state of being, to find safety within yourself. Location: Vintage Car Club, Stoke St Time: 10am - 11.30am. Fee: \$22. Suits: 16+ Contact: Jae / 022 687 6389



FOR THE MONTH OF SEPTEMBER

HAND TOOL MAINTENANCE AND SHARPENING (FROM GARDEN TOOLS TO KNIVES)

Sharpen your tools and knives with a 2 hour class in Lindsay's workshop in Kakanui. Anytime by appointment between 9am - 4pm, 24 hrs notice required. Workshop fee: \$50 pp. Minimum 2 people per booking Suitable for 16+. Contact: Lindsay Murray / 021 0239 3924 linseymurray@gmail.com



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