

PORT FAIRY WOMEN'S WEEKEND 2024

PRESENTER & WORKSHOP DETAILS



Soft Pastels Exploration with Ricky Schembri



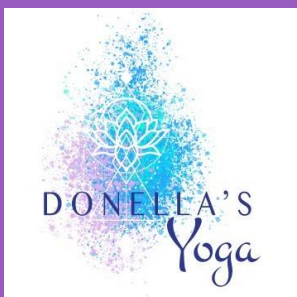
Ricky is an award-winning local artist and a regular contributor to the community engagement program at Port Fairy Community House. He specializes in soft pastels and his work consists of landscapes, and more recently, street scenes of Melbourne and New York. This is a wonderful opportunity to explore working with Ricky in his favourite medium of pastels. Ricky is very flexible with his teaching and will guide you through every step of your painting process. You do not need to have experience to enjoy this workshop. All materials supplied.

Sinéad has been sewing for 25 years, has an associate diploma in fashion design and technology and has run a small alteration business. In this workshop, you will have an opportunity to create a piece of beauty while centering on a positive message. Inspired by Sashiko, the Japanese art of mending, this workshop provides space and time to immerse yourself in intuitive and mindful creativity. The meditative quality of stitching quietens the mind and allows our creative side to emerge. Suitable for all experience levels, you will be guided in creating a piece of stitching which can be mounted for framing or kept to be used in another project. All materials supplied.

Mindful Stitching with Sinéad Conlan



Yoga with Donella Mulraney



Donella is a passionate and enthusiastic yogi who began teaching in 2013, after already enjoying the practice as a student for 10 years prior. Yoga has had such an incredible, positive impact on Donella's life which is why she chose to study and become a qualified teacher to be able to pass this love of yoga on to others. During your class with Donella, you will be gently guided through a series of slow & steady poses, suitable for the complete beginner. Being mindful of the breath as we move, helping to bring balance and calm to your whole body, mind & breath. We then finish the practice with a beautiful, restful practice of relaxation. You will leave feeling very blissed out and zen! Wear comfy clothes and bring a mat or towel.

Different ways to enjoy tea – not just in a cup! In this workshop you will discover that tea can be used in cooking, cocktails, mocktails and paired with foods. A great hands-on learning experience that will have you looking at tea in new ways. Kerry-Ann is a certified and award-winning tea blender. She started her own business, Twig Tea, in 2019 creating unique hand-crafted tea blends after a lot of research and cups of tea! Her blends are inspired by what she loves to drink and are not only beautiful to drink but have an amazing aroma and visual appearance.

Different Ways to Enjoy Tea with Kerry-Ann Hetherington



Oracle Wheel Mapping with Kate Dancey



Kate Dancey is a qualified social worker and counsellor, specializing in acceptance and commitment therapy, cognitive behavioral therapy (CBT), narrative therapy, and stress management. These approaches have equipped her with a deep understanding of the importance of self-reflection and personal growth, which are integral to the use of oracle cards. Kate aim's is to create a safe and supportive environment where participants can explore their thoughts and feelings, gain insights, and foster a sense of community and mutual support.

In this workshop, you will engage with Oracle cards to craft a detailed 12-month wheel. Each participant will delve into the unique themes and energies related to every month of the year, guided by the insights of a corresponding Oracle card. This process will not only foster a deeper understanding of each month's potential but also encourage personal reflection and intuition. As you journey through the next 12 months, your personalised wheel will serve as a powerful tool for gaining insights and clarity. It will help you identify patterns, set meaningful goals, and stay aligned with your intentions. By revisiting your Oracle card wheel regularly, you'll be able to track your progress, make adjustments, and stay inspired throughout the year.

Explore the art of crafting with recycled materials in this relaxed textile & sewing workshop. It's a chance to create something special while enjoying laid-back conversations and a stress-free environment. Join Sue for a fun and fulfilling session where you can unwind, connect with others, and let your creativity shine.

Creative Textiles with Sue McComish

Sue is a Port Fairy local and a regular contributor at Community House and has offered many creative textile classes to both adults and children. Sue loves to knit and sew and is most happy when crafting. She loves to create an atmosphere in her classes in which people can relax and get to know one another while getting creative and using materials or textiles at hand to create new and interesting projects.



Seeking Change Through the Heart Mind Connection with Andrea Lane



Never before has there been such a spiritual shift where people are being driven by a desire to learn about themselves and seeking to make changes for their best and highest self. In this workshop, we will explore: understanding the relationship of the conscious and subconscious mind. How to use this relationship through the heart mind connection by learning a simple but powerful practice that can change disempowering emotions that often leave people feeling disconnected to deepening the connection to your inner self and enhance feelings of well-being. The session will end with a Hypno-meditation that harmoniously brings it all together to increase access to your own hearts' intuitive wisdom. Bring your yoga mat and an blanket/shawl for warmth.

As a Clinical Hypnotherapist and Psychotherapist, Andrea Lane has over the years evolved herself to evolve her practice that commenced in Psychiatric and Mental Health in the early 80's and now assists people overcome issues to find contentment in all life areas relating to the mental, emotional, physical and spiritual aspects of wellbeing. Andrea being a somatic therapist is passionate about people fulfilling their potential regardless of circumstances and encourages participants to drive their own change, transforming old, outdated wiring to feeling differently and having a new perspective on life.

Stephane is a seasoned culinary instructor and founder of the French Cooking Academy. With over 10 years' experience teaching French cooking, he brings a wealth of knowledge and passion for French cuisine. Stephane is known for his clear teaching style and dedication to preserving the authenticity of traditional French dishes.

Participants will learn the authentic way of making French Onion Soup from scratch, as prepared in French restaurants. During the class, each participant will work in pairs to create their own soup under expert guidance. The cooking instructor Stephane will also demonstrate a variant of the classic recipe, offering insights and tips for perfecting this beloved dish. Participants will have the opportunity to enjoy the soup they made on the spot or take it away. Please bring your own container or flask to take-away your creations.

French Cooking Academy Masterclass with Stephane Nguyen



Soul Cards Art with Cat Bailey



Connect to your intuitive self and inner wisdom to craft a one of-a-kind soul card that reveals a message just for you. Revel in creative expression by creating your soul card with collage techniques with artist Cat Bailey.

Cat Bailey is a qigong facilitator and multi-disciplinary artist whose work responds to place. Her work is held in private and public collections around Australia. Cat has a background in psychology, fine art, dream & art therapy and community development.

Natasha Mills is a dedicated environmental advocate with over 18 years' experience working in sustainability. Throughout her career, she has worked in various sectors, including education, local government and event management, collaborating with schools, businesses, residents, hotels, office towers, and shopping centres to reduce emissions and waste. Natasha is also the founder of the South West Cloth Nappy Library and is the coordinator of the Port Fairy Repair Cafe, fostering a culture of repair and reuse within her community.

This session will look at how we can create more joy and happiness whilst also reducing our impact on the environment. With a deep-rooted commitment to sustainability education, join Natasha as she strives to inspire and empower others to make positive environmental changes in their lives and communities covering areas such as mindful consumption, connecting with nature and community building.

Balancing The Joy of Sustainable Living with Natasha Mills



Chi Facial with Acupoint with Libby Agnew



Join Libby for this wonderful opportunity to relax, meditate and learn about Chi facial and acupoint for the face. Libby will focus on pranayama (breath) and guide you through the true way to meditate. Experience true liberation of the soul and true alignment with one's own 'axis' and 'atlas' with Heaven on Earth. Libby believes that true meditation is the best tool in the world for happiness and health of the soul.

Everyone must bring a yoga mat, a cushion/bolster and Pashmina/shawl for warmth.

Libby is trained in Ayurvedic medicine and provides spa therapies. Her focus is spa therapies such as massage & facials, but also consultation to improve health, and to provide Shirodhara, Kati Basti, medicinal oil and medicinal cooking. Libby believes that life is to be enjoyed in all facets, but health helps us maintain happiness.

Indulge your senses in this cooking workshop where the spotlight shines on Florentines with Wendy Lane from Stirring the Pot with Wendy. Join Wendy for a delightful, hands-on experience where you will uncover the secrets to crafting these exquisite treats. Wendy will guide you every step of the way. Perfect for chocolate lovers and baking enthusiasts alike, this workshop promises an unforgettable experience filled with flavor, creativity, and a touch of indulgence. Bring some dishes to take-away your creations.

With more than 30 years of experience in the hospitality industry, Wendy is now content working for her home baking business "HOMEMADE BY WENDY" and sharing recipes and cooking tips on her blog "STIRRING THE POT WITH WENDY". Her recipes are simple, easy to follow and most of all yummy. Follow on Facebook and Instagram and subscribe to stirringthepotwithwendy.com

Florentines! with Wendy Lane



Explore Your Stress Responses

with **Paulaida Fitzsimmons**



Mastering the brain-body connection: Understanding your brain's response to stress and mapping your nervous system to increase new ways of coping.

An interactive workshop to learn more about how and why our bodies and brains respond to stress and triggers. You will explore your own autonomic nervous system; the flight, fright, freeze, and fawn (a biggie for us women) response and discover why these happen. Additionally, we will brainstorm new ways of coping and how to incorporate vagal nerve toning practices.

Paulaida is a mother, friend, wife, ocean swimmer, lover of dance, information rabbit hole enthusiast, and ADHDer, who lives in Port Fairy. She is an accredited mental health social worker and has worked therapeutically with others for over 15 years. Paulaida is currently in private practice, providing therapy for children and their families at Possum House in Warrnambool.

Join this interactive group workshop and learn the art of creating compelling video content for social media, friends and family. Discover the best tools and strategies to engage your audience effectively through captivating visual storytelling. After studying at Griffith University, Justin had a career in hotel management with chains such as Sheraton, Mirvac, Radisson and Quest. Justin started iXplainIT in 2014, specialising in technology training and filmmaking from his base in South West Victoria. Justin has a regular technology segment on ABC radio and a passion for creative film and photography projects. Justin is always looking for creative ways to get the perfect shot using technology such as drones, 360 cameras, DSLR's and even smart phones.

Social Media Magic with **Justin Williams**



Pilates workshop with **Megan Sonego**



In this workshop you will learn tips & tricks you can do daily/weekly to keep your body feeling and moving well! Pilates exercises to do at home to strengthen and align your body. Gentle Joint movements and exercises to support healthy joints. Foam rollers and resistance bands to release tight muscles. Please bring your yoga mat and a notepad.

Meg is passionate about allowing the body to heal and restore through the use of natural therapies, counselling and mindfulness. She has 12 years of experience teaching pilates and 16 years of experience working in the social work field. Her skill set includes; Pilates Teacher (reformer and mat), Yoga Teacher, Naturopathy, Social Work, Health Promotion and Community Development. Her approach to holistic health begins with assessing physically the biomechanics (how we carry our bodies structurally) to improve alignment of the body, easing / preventing aches and pains. Meg runs individual sessions, group classes and retreats through Thrive Wellbeing.

African Drumming with Yvonne Biasol

Join Yvonne in this relaxed and fun beginner class and learn to play African Djembes drums by creating basic rhythms of drumming to beats as a group.

Perfect for beginners and seasoned drummers alike, this immersive session will guide you through the basics of playing the djembe, including essential techniques, traditional beats, and the art of drumming in harmony with others. Experience the joy of creating music together, connect with the rich cultural heritage of West Africa, and unleash your inner rhythm. No experience needed—just bring your enthusiasm and a desire to groove! Let's drum, dance, and create unforgettable rhythms together. You will gain confidence and team working skills and of course lots of laughter is usually the end result.



Sense of Self Art Therapy with Leanne Radley



Art Therapist Leanne Radley discovered the healing and therapeutic aspects of Art during her own life experiences and with a Bachelor of Visual Arts, qualifications in Art Therapy and Community services, helping others in creative healing was a natural progression.

Join Leanne in a therapeutic art workshop in a safe, nurturing and welcoming environment exploring themes of sense of self in a fun, colorful and vibrant way. No artistic experience necessary, this workshop is aimed for the 'process' rather than the outcome, although we are sure some beautiful pieces will be created in a group session of like-minded woman.

Introducing our esteemed vocal instructor, Danielle Stearman! With a passion for music that spans over 30+ years, Danielle brings her vibrant and engaging singing workshop to the Women's Weekend for the very first time. As a seasoned performer, she has graced stages across the country and boasts an impressive track record as a signed artist with Warner Music, having achieved two top 20 ARIA singles.

The moment you step into Danielle's workshop, you'll be embraced by a warm and supportive atmosphere. Her friendly and encouraging demeanor fosters an environment where participants are inspired to embrace their individual voices and build their confidence. Regardless of whether you're a beginner or an experienced singer looking to refine your skills, Danielle's guidance will propel your singing to new heights.

Elevate your Voice: A Singing workshop for Women to unlock their own unique voices with Danielle Stearman



Qigong with Cat Bailey



Cat Bailey is a qigong facilitator and multi-disciplinary artist whose work responds to place. Cat has a background in psychology, fine art, dream & art therapy and community development and her work is held in private and public collections around Australia.

Join Cat for a morning session of Nature Qigong designed to deepen your connection to nature. Qigong provides emotional and nervous system regulation to relax and calm you.

"Qigong is a "mind-body" bio-psychosocial wellness practice in a new category of exercise called Meditative Movement which integrates exercise, movement, posture, breathing, and awareness. With roots in Chinese medicine and philosophy, qigong is traditionally viewed as a practice to cultivate and balance qi (pronounced approximately as "chi" or "chee"), translated as "life energy". Qigong practice typically involves gentle moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind".

Hola! Judy adores running Latin inspired Zumba sessions and has kept her Zumba dance shoes moving since 2010, leading sessions in Warrnambool, Koroit and Port Fairy over thirteen years. At this workshop, she will break down steps used in Zumba Latin rhythms, such as merengue, salsa, cumbia, etc and teach a few basic steps for a particular rhythm.

As the title suggests, this class is for everyone, and you do not need to know any salsa moves to be able to join in. Judy will keep it simple and slow but super fun!

Judy is a recently retired secondary school teacher who is currently working as a substitute teacher on occasion. She has a Bachelor of Education in Physical Education/English; GEL Certificate (Group Exercise Leader) and Certificates 3 (Gym Instructor) and 4 (Personal Training) in Fitness; and a black belt in Funokoshi Karate. She no longer attends karate but is very proud of this past achievement. Judy currently leads Zumba and Piloxing classes in Warrnambool and loves walking, dabbling in mosaics and more recently attending art workshops. Theatre is one of her strongest passions and she has performed in theatre groups in both Warrnambool and Port Fairy. She can't wait to meet you!

Zumba for Everyone! with Judy Lumsden

