

**In The Bay Centre of Wellbeing Workshop Schedule
Ngatikahu Road , TAIPA (op shop)**

All courses cost \$15 Times 9.30 a.m. to approx 11.30 to 12 p.m

ALL BOOKINGS ARE TAKEN AS CONFIRMED AND PAYMENT IS DUE EVEN IF NOT ATTENDING. Registration is necessary WITH payment please.

Wednesday Mornings or Monday / Thursday Evenings on request

(minimum of 6) Home schooled children at reduced rate.

Phone Adrienne on 40624500r Rixt on 4061971 for info & registration

DATE	WORKSHOP	DETAILS
September 1	COOKING with SEAWEED	Learn how to identify, its uses and how to cook with the seaweeds from our surrounding beaches. Also how to use as a medicine.
September 8	SAUERKRAUT AND SOUR DOUGH BREAD MAKING	Learn how to make Sauerkraut and sourdough bread the "real" German way with Lilo.
September 15	SIMPLE CHEESE MAKING	Learn how to make feta and simple cheeses
September 22	OINTMENT AND BALM MAKING	Learn how to make ointments and balms for healing, beauty and health. Small sample included
September 29	INTRODUCTION TO FOOT REFLEXOLOGY	Pamper each other with healing foot massage for health and wellbeing.
October 6	SPINNING	Lilo will introduce you to the art of spinning. Get to practice this old art.
October 13	SIMPLE SOAP MAKING	Ever wondered how it is done? This class will teach you how to make liquid and a bar of soap.
October 20	KNITTING	How do you knit complex or simple items? For beginners OR people who would like to learn more in depth stitches and patterns. Bring your own wool and knitting needles.
October 27	FIRST AID NATURAL THERAPIES	Learn about items from your kitchen cupboard and garden can be used as First Aid measures for many ailments. Safe money and get healthier at the same time.

Courses may be postponed if inadequate numbers are registered.