

HWC PROGRAMME FOR NOVEMBER | WHIRINGA-Ā-RANGI 2025



Address: Cnr Eastbourne East & Russell St Hastings | **Opening Hours:** 9:00 am – 4:00 pm, Mon – Fri. | **T:** (06) 878 5401 **C:** 020 408 56695, | **Email:** admin@hwc.nz

Ongoing Services: Counselling and SuperSkills Heretaunga life skills mentoring programme, available weekdays. More information on p. 5.

Bookings/registrations are essential and can be made by phone, email, through our website, or in person at the Centre. We welcome a koha/donation unless the cost is stated and marked by \$

The Heretaunga Women's Centre offers a safe, inclusive space for diverse workshops, programmes, and events led by volunteers, contractors, and service providers. The views and content shared by individual facilitators may not necessarily represent the Centre's values or official stance.

Monthly theme – Advocacy and Awareness: Raise awareness for causes that matter to you and take action for change						Pillar: Advocacy
Monday Rāhina	Tuesday Rātū	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere	Saturday Rāhoroi	Sunday Rātapu
3 Hallway Art: Chelsea Harre Art Therapy 9:30 – 11:45 am (2x 1h appointments) Gentle Mat Movement 9:30 – 10:30 am Reiki 10 am – 1:30 pm (3x 1h appointments) Numerology 10 – 11 am Quilting 1 – 3 pm	4 Women of Worth 9:30 am – 12:30 pm Housing Clinic 10 am – 12 pm Mahi Wairua 11 am – 12 pm & 1 – 2 pm Legal Clinic 12:30 – 1:30 pm Job Justice Clinic 12:30 – 1:30 pm Experienced Ukulele 1 – 2 pm Quilting 1 – 3 pm	5 Grandparents Raising Grandchildren 10 – 11:30 am HWC Planet Women Monthly Podcast 12 – 12:30 pm Knitting Group 12 – 1 pm Mahi Wairua 1 – 2 pm Beading Workshop 1 – 2:30 pm Venus Sisterhood Circle 1:30 – 3 pm	6 Sewing Group 9:30 – 11:30 am Book Club 11 am – 1 pm Mahi Wairua 11 am – 12 pm Beginner Ukulele 1 – 2 pm	7 Writing Group 9:30 – 11:30 am Life Coaching 9:30 am – 12 pm (2x 1h appointments) Crochet Club 10:30 – 11:30 am	8 Creating Sensory-Sensitive Spaces for Neurodivergent Tamariki Workshop 9:30 – 11 am Essential Oils: Sensory Support for Neurodiverse People \$ 11 am – 12 pm	9
10 Art Therapy 9:30 – 11:45 am (2x 1h appointments) Gentle Mat Movement 9:30 – 10:30 am Reiki 10 am – 1:30 pm (3x 1h appointments) Numerology 10 – 11 am Quilting 1 – 3 pm	11 Women of Worth 9:30 am – 12:30 pm Card Making Workshop 11 am – 1 pm Mahi Wairua 11 am – 12 pm & 1 – 2 pm Legal Clinic 12:30 – 1:30 pm Job Justice Clinic 12:30 – 1:30 pm Experienced Ukulele 1 – 2 pm Quilting 1 – 3 pm	12 Sewing Group 9:30 – 11:30 am Essential Oils: Christmas Theme \$ 9:30 – 11:00 am Bowen Therapy 11 am – 1 pm (4x 30 min appointments) Knitting Group 12 – 1 pm Mahi Wairua 1 – 2 pm Venus Sisterhood Circle 1:30 – 3 pm	13 Sewing Group 9:30 – 11:30 am Mahi Wairua 11 am – 12 pm Lunchtime Meditation 12 – 1 pm Beginner Ukulele 1 – 2 pm	14 Writing Group 9:30 – 11:30 am Life Coaching 9:30 am – 12 pm (2x 1h appointments) Crochet Club 10:30 – 11:30 am	15 Rongoā Māori Healing Space (drop-in service) 10 am – 2 pm	16 Your Own Yoga: Koha Session 9:30 – 10:30 am

Monday Rāhina	Tuesday Rātū	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere	Saturday Rāhoroi	Sunday Rātapu
17 Hallway Art: Chrissie Pearce Art Therapy 9:30 – 11:45 am (2x 1h appointments) Gentle Mat Movement 9:30 – 10:30 am Numerology 10 – 11 am Quilting 1 – 3 pm	18 Women of Worth 9:30 am – 12:30 pm Mahi Wairua 11 am – 12 pm & 1 – 2 pm Legal Clinic 12:30 – 1:30 pm Job Justice Clinic 12:30 – 1:30 pm Experienced Ukulele 1 – 2 pm Quilting 1 – 3 pm	19 Grandparents Raising Grandchildren 10 – 11:30 am Reiki 10 am – 1:30 pm (3x 1h appointments) Knitting Group 12 – 1 pm Mahi Wairua 1 – 2 pm Beading Workshop 1 – 2:30 pm Venus Sisterhood Circle 1:30 – 3 pm	20 Sewing Group 9:30 – 11:30 am Mahi Wairua 11 am – 12 pm Lunchtime Meditation 12 – 1 pm Book Club 11 am – 1 pm Beginner Ukulele 1 – 2 pm	21 Writing Group 9:30 – 11:30 am Life Coaching 9:30 am – 12 pm (2x 1h appointments) Crochet Club 10:30 – 11:30 am	22	23
24 Art Therapy 9:30 – 11:45 am (2x 1h appointments) Gentle Mat Movement 9:30 – 10:30 am Numerology 10 – 11 am Quilting 1 – 3 pm	25 Women of Worth 9:30 am – 12:30 pm Mahi Wairua 11 am – 12 pm & 1 – 2 pm Legal Clinic 12:30 – 1:30 pm Job Justice Clinic 12:30 – 1:30 pm Advocacy Network: White Ribbon Day 12:30 – 2:00 pm Experienced Ukulele 1 – 2 pm Quilting 1 – 3 pm	26 Sewing Group 9:30 – 11:30 am Reiki 10 am – 1:30 pm (3x 1h appointments) Bowen Therapy 11 am – 1 pm (4x 30 min appointments) Knitting Group 12 – 1 pm Mahi Wairua 1 – 2 pm Priceless: Unlock your Creativity \$ 1 – 2 :30 pm Venus Sisterhood Circle 1:30 – 3 pm	27 Financial Mentoring 9:30 am – 12 pm (5x 30min appointments) Sewing Group 9:30 – 11:30 am Mahi Wairua 11 am – 12 pm Lunchtime Meditation 12 – 1 pm Beginner Ukulele 1 – 2 pm Women's Health Talk: Understanding Anxiety 5:30 – 6:30 pm	28 Writing Group 9:30 – 11:30 am Life Coaching 9:30 am – 12 pm (2x 1h appointments) HWC Volunteer Morning Tea 10:30 am – 12 pm Crochet Club 10:30 – 11:30 am	29	30  Christmas Market 10 am – 3 pm

HWC PROGRAMME

FOR NOVEMBER | WHIRINGA-Ā-RANGI 2025

Welcome to the Heretaunga Women's Centre Monthly Programme!

At the Heretaunga Women's Centre, we're passionate about empowering women and fostering a strong sense of community. Each month, we offer a diverse range of low-cost activities, workshops, groups, and events tailored to boost your confidence, spark new skills, and help you connect with other women. Discover the inspiring lineup we've planned for you—whether it's creative workshops, wellness sessions, or opportunities to learn and grow, there's something for everyone.

How to Book:

Bookings are essential and easy to make. Choose the option that works best for you:

 **Call us:** 06 878 5401 or 020 4085 6695

 **Email us:** admin@hwc.nz

 **Visit our website:** www.heretaungawomenscentre.nz

 **Drop by:** Corner of Eastbourne East & Russell Streets, Hastings

 **Hours:** Monday to Friday, 9:00 am – 4:00 pm

Fees & Payments:

Some activities have a small fee while others welcome donations. Payments can be made:

 In cash

 Via EFTPOS

 By internet transfer (Bank Account: 03 0642 0730099 00, reference the activity name)

We look forward to seeing you at the Centre and being part of your journey to self-discovery, connection, and growth!

Ngā mihi nui

The HWC Team

The Heretaunga Women's Centre Team

How We Help

- **He Hauora | Women's Health and Wellness**

Take ownership of your physical, mental, and spiritual health with health sessions and wellness classes, affordable counselling, and low-cost alternative therapies.

- **He Whakatipu | Personal Growth**

Reach your potential with workshops and resources that encourage personal growth and self-development in how you see yourself and the world around you.

- **He Kaiārahi | Mentorship**

Improve your self-confidence while sharing and developing skills, knowledge, and life experiences in group workshops and one-on-one mentor sessions.

- **He Whakawhanaungatanga | Connection**

Build social connections with women from all walks of life through shared interests, group activities, and meaningful conversations.

- **He Tautoko | Advocacy**

Get free legal advice and easy access to support and information. If we can't support you with your presenting needs, we'll refer you to the appropriate agencies within our growing network.

- **Room Hire**

Find the perfect space for your next hui or appointment with room hire starting from \$15+GST/hr. Whether you're a community organisation, small business or private group, our cosy welcoming rooms are perfect for your next meeting or event. With spaces that can accommodate between 2 and 35 people, we've got everything you need to make your gathering a success – all at very reasonable rates! Rooms have a range of seating options available from boardroom-style seating to comfortable lounge chairs, and all rooms can have access to whiteboards, tea and coffee-making facilities and toilets. Ready to book? Reach out to Brenda at admin@hwc.nz.

- **Art at the Centre**

Calling all art lovers! Our "Art in the Hallway" initiative brings fresh, local talent of emerging and established female artists to our large, well-lit hallway. Not only does the art brighten up our space, but it also gives local artists a chance to shine—with 20% of every sale supporting HWC. New artwork is displayed fortnightly. Come and check it out next time you're passing and maybe take home a piece to liven up your own space.

Are you an artist? We're always looking for new creators to exhibit. Contact Brenda at admin@hwc.nz to find out how you can showcase your work.

- **Library**

Visit our library to browse and borrow books on topics such as parenting, relationships, stress management, and personal development.

- **Child-friendly spaces: Our nursery**

Bring your tamariki and use our clean changing spaces, private breastfeeding areas, and baby playroom.

Ongoing Services

Individual Counselling Appointments | 9:00 am – 4:00 pm, available weekly on weekdays, except for Wednesday.

Discussing issues can help you make sense of difficult or complex situations. Talking to someone who can help you work through matters at your own pace can make all the difference. The Heretaunga Women's Centre offers an affordable, confidential, and professional counselling service that is respectful and welcoming to all women.

SuperSkills Heretaunga Individual & Small Group Mentoring Sessions | 9:00 am – 4:00 pm, available Monday to Friday.

Free mentoring and workshops to build confidence and practical skills for everyday life. Trained mentors walk alongside you to reach your goals—whether learning to cook, sew, budget, garden, or grow employment skills. A supportive kaupapa for women, by women.

Cervical Screening Clinic Appointments Te Whatu Ora, Te Matau a Māui Hawke's Bay.

This is a free service for women between 25 and 70 years. For more information and bookings, please phone 0800 729 729.

Mondays | Rāhina

Hallway Art Exhibitions with various female artists | 9:00 am – 4:00 pm available on weekdays, with new artwork being installed and displayed fortnightly.

Calling all art lovers! Our "Art in the Hallway" initiative showcases the work of emerging and established female artists in our large, well-lit hallway. Not only does the art brighten up our space, but it also gives local artists a chance to shine, with 20% of every sale supporting HWC. New artwork is displayed fortnightly. Come and check it out next time you're passing and maybe take home a piece to liven up your own space. **Are you an artist?** We're always looking for new creators to exhibit. Contact Brenda at admin@hwc.nz to find out how you can showcase your work.

Individual Art Therapy Appointments with Kathy | 9:30 – 10:30 am & 10:45 – 11:45 am, weekly on Mondays during school terms, until 15 December.

Explore a 7–10-week creative journey using wet-on-wet watercolours and charcoal. Guided sessions support and encourage you as colours work to uplift, restore balance, and bring positive change to your whole being.

Gentle Mat Movements Class with Sarah | 9:30 – 10:30 am, weekly on Mondays during school terms, until 15 December.

Slow down and reconnect with your inner stillness. Guided movement sequences nurture body and mind, release tension, and encourage healthy change. With 10 years of experience, Sarah creates a safe, supportive space for growth, relaxation, and community.

Individual Reiki Appointments with Gerda | 10:00 – 11:00 am, 11:15 am – 12:15 pm & 12:30 – 1:30 pm, on Mondays 3 & 10 November during school terms, until 15 December.

A gentle Japanese healing practice that reduces stress, eases anxiety, and supports the body's natural balance. Fully clothed, you'll relax while Gerda's hands hover just above your body, creating a deeply restorative experience for emotional, physical, and spiritual wellbeing. **Please note time & day change in October: Reiki will be on Wednesday 19 & 26 November.**

Numerology Appointment with Diane | 10:00 – 11:00 am, weekly on Monday during school terms, until 15 December.

Your Life-Path number is probably the most influential numerological aspect to be considered. This number is determined by your birth date and represents who you are at this time. It indicates specific traits that are present and will likely be active and influential throughout your lifetime.

Quilting with Bev | 1:00 – 3:00 pm, weekly on Monday, until 15 December.

Discover the joy of quilting while learning the basics of pattern selection, cutting, and sewing. Create a cushion, runner, throw, or wall hanging, and share ideas in a supportive group. Bring your own kit; some materials provided. The classes will run for six weeks, **with a small fee of \$10** to enable us to purchase items such as batting.

Tuesdays | Rātu

Housing Advocacy with Phyllis and Lexie | 10 am – 12 pm, Monthly, on Tuesday 4 November.

Get practical help with budgeting, inspections, tenancy issues, and MSD advocacy. Phyllis and Lexie offer guidance, planning, and encouragement in a supportive space. Drop in for a chat and leave with clear steps forward.

Creative Cardmaking Workshop with Hannah | 11:00 am – 1:00 pm, on the second Tuesday of each month: Tuesday 11 November.

Get creative, learn new techniques, and connect over coffee and cake. This month's theme is *playing with paper*—weaving, rolling, or collaging your designs. A relaxed space to explore ideas, share laughs, and make cards your own way.

Mahi Wairua Appointment with Raynor | 11:00 am – 12:00 pm & 1:00 – 2:00 pm, weekly on Tuesday.

Mahi Wairua is a cultural therapy that uses traditional and modern Māori healing practices. It engages in the flow of Wairua through the energetic anatomy and balanced breath, releasing pain and trauma caused to the body. Mahi Wairua acknowledges Mauri (life essence), Mana (status) and Tapu (sacredness) and works to restore the violated Tapu.

Legal Clinic Appointments supported by various law firms in Hastings | 12:30 – 1:30 pm, weekly on Tuesday.

Thanks to the support of many law firms in Hastings, we offer a free weekly legal clinic. This clinic provides women in our community with access to initial guidance on legal matters in a supportive, safe, and confidential manner. Our legal clinic takes place each Tuesday, with four 15-minute appointments available.

Job Justice Clinic with Tracey | 12:30 – 1:30 pm, weekly on Tuesday.

Free, confidential advice on workplace challenges, including discrimination, unfair treatment, grievances, and dismissals. Tracey provides professional guidance to protect your rights and support fair, respectful workplaces. Consultations are no-cost and empowering—helping you take informed steps forward. **Booking essential.**

Advocacy Network: White Ribbon Day | 12:30 – 2:00 pm, Tuesday 25 November.

Come together with the Hastings District Council, and the Family Harm Team to stand against violence and support safer communities. Enjoy a **free** sausage sizzle, connect with local services, and show your support for respectful relationships. Together, let's raise awareness, share aroha, and make a difference.

Ukulele for Experienced Classes with Kathy | 1:00 – 2:00 pm, weekly on Tuesday.

Learn how to play the ukulele at your own pace. This group is open to all levels of expertise and will practice playing a mixture of songs from a compiled songbook. Please bring your ukulele, notepad, pen, and a folder to store your resources.

Quilting with Bev | 1:00 – 3:00 pm, on Tuesdays, until 16 December.

Discover the joy of quilting while learning the basics of pattern selection, cutting, and sewing. Create a cushion, runner, throw, or wall hanging, and share ideas in a supportive group. Bring your own machine and kit; some materials provided. The classes will run for six weeks, **with a small fee of \$10** to enable us to purchase items such as batting.

Wednesdays | Rāapa

Sewing Group with Georgina | 9:30 – 11:30 am, fortnightly on Wednesday 12 & 26 November.

Bring your own project—or start one here—and enjoy sewing in a friendly, supportive group. Work on cushions, curtains, clothing, and more. All skill levels welcome. Bring your own machine if possible; some machines and materials available.

Individual Reiki Appointments with Gerda | 10:00 – 11:00 am, 11:15 am – 12:15 pm & 12:30 – 1:30 pm on Wednesday 19 & 26 November. *See Monday's description.*

Grandparents Raising Grandchildren Coffee Group with Leonie & Nga | 10:00 – 11:30 am, fortnightly on Wednesday 5 & 19 November.

A welcoming space for grandparents raising grandchildren to share experiences, joys, and challenges with others who understand. Join Leonie & Nga and connect with a supportive community that reminds you—you are not alone on this journey.

Bowen Therapy with Louise | 11:00 am – 1:00 pm, fortnightly on Wednesday 12 & 26 November.

A gentle hands-on therapy that eases pain, tension, and fatigue while restoring balance to the body. Louise draws on extensive Bowen training and nursing experience to support relief—even for chronic conditions like arthritis. A restorative path to feeling well again. Each appointment is 30 minutes long.

Knitting Group with Carolyn | 12:00 – 1:00 pm, weekly on Wednesday.

Love to knit? Come and enjoy a relaxing hour of knitting and connecting with other women. This social group is for those who know how to knit—there's no teaching, just good company, conversation, and rhythmic clicking of needles. Bring your project, take a break, and enjoy knitting together.

Planet Women Show on Radio Hawke's Bay: Discussing the kaupapa and mahi of other organisations | following the 12:00 pm (midday) news, weekly each Wednesday throughout November.

Tune in each week to hear local women's voices and stories. Planet Women shares insights from individuals, organisations, and businesses supporting wāhine in Hawke's Bay. Inspiring, informative, and community-driven radio.

Mahi Wairua Appointment with Raynor | 1:00 – 2:00 pm, weekly on Wednesday.

Mahi Wairua is a cultural therapy that uses traditional and modern Māori healing practices. It engages in the flow of Wairua through the energetic anatomy and balanced breath, releasing pain and trauma caused to the body. Mahi Wairua acknowledges Mauri (life essence), Mana (status) and Tapu (sacredness) and works to restore the violated Tapu. One 60-minute appointment is available each Wednesday.

Beading workshop with Kathy | 1:00 – 2:30 pm, fortnightly on Wednesdays 5 & 19 November.

Join Kathy for a fun and relaxing jewellery-making workshop! Whether you're a beginner or a seasoned crafter, this is your chance to unwind, connect with others, and create beautiful, beaded jewellery in a welcoming environment. All materials are provided—just bring your creativity and enjoy making something special for yourself or a loved one. Come along, make **2** pretty things each time, and “just bead it” with us! A small fee of **\$5pp** is asked to contribute to materials.

Priceless: Unlock your Creativity with Sharleen | 1:00 – 2:30 pm, last Wednesday of the Month, Wednesday 26 November.

Join Printmaker Lisa Feyen from Ink Moth Print Studio for a play with block printing on fabric, suitable for beginners. You will learn how to design and carve a block, ink it up and print on your choice of a tote bag or apron to create unique contemporary repeat pattern designs. You may choose to create a Christmas theme, or not - it's up to you! Textile ink in a range of colours, tools, lino blocks and some repurposed fabric for practice will be available. Come and have some festive inky fun for our last workshop of the year. **\$5pp** is asked to contribute to materials.

Venus Rising Sisterhood Circle with Nikki | 1:30 – 3:00 pm, weekly on Wednesday.

A safe, sacred space for women of all journeys to connect, share, and be supported. With compassion and without judgment, we gather to lift one another up—raw, radiant, and real.

Thursdays | Rāpare

Sewing Classes with SuperSkills Heretaunga Mentors: Tricia & Rosemary | 9:30 – 11:30 am, weekly on Thursday during school terms, until 18 December.

Build confidence and extend your sewing skills with classes focused on mending, altering, and repurposing garments. Learn seam repairs, hemming, and garment construction in a supportive space. Some materials provided.

Financial Mentoring Clinic with Weave HB | 9:30 am – 12:00 pm monthly, on Thursday, 27 November.

Free one-on-one support to build financial confidence and stability. Get practical help with budgeting, debt management, WINZ and IRD applications, and goal-setting. Tailored mentoring empowers you to take clear steps toward financial wellbeing. **Registration essential.**

Book Club with Patricia & Rae | 11:00 am – 1:00 pm, on the first and third Thursday of the month: 6 & 20 November.

A relaxed book club with no set reading—just share what you’ve enjoyed, from novels to poetry. Come for the conversation, cuppa, and community. Borrow from or add to our book basket and enjoy occasional author visits.

Mahi Wairua Appointment with Raynor | 11:00 am – 12:00 pm, weekly on Thursdays.

Mahi Wairua is a cultural therapy that uses traditional and modern Māori healing practices. It engages in the flow of Wairua through the energetic anatomy and balanced breath, releasing pain and trauma caused to the body. Mahi Wairua acknowledges Mauri (life essence), Mana (status) and Tapu (sacredness) and works to restore the violated Tapu.

Lunchtime Meditation with Nicola | 12:00 – 1:00 pm, Thursday 13, 20 & 27 November.

Take a mindful pause with Lunchtime Meditation—an introductory course with Nicola to explore the basics of meditation and bring calm into your day.

Ukulele for Beginners with Kathy | 1:00 – 2:00 pm, weekly on Thursday during school term, until 18 December.

Learn the basics of ukulele in a fun, supportive class. Kathy will guide you through tuning, strumming, and your first chords; you will even play a song by the end! No experience needed. Bring your own ukulele.

Women’s Health Talk: Understanding Anxiety with Vic | 5:30 – 6:30 pm on Thursday, 27 November.

A relaxed and approachable talk about anxiety; how it affects us, what feeds it and how we can overcome it. Learn about anxiety and how we may challenge it to overcome issues that are holding us back in life. Vic is a final-year undergraduate Psychology student who is passionate about anxiety and how it impacts our mental health.

Fridays | Rāmere

Writing Group with Lynda & Tess | 9:30 am – 11:30 am, weekly on Friday.

Explore your creativity and express yourself through writing in a supportive group. With guided prompts and encouragement, you can journal, draft stories, or revisit old projects while connecting with like-minded writers. Just bring a notebook, pen, and an open mind.

Individual Life Coaching Appointments with Elizabeth | 9:30 – 10:30 am & 11:00 am – 12:00 pm, weekly on Friday. Note: a new cycle of 12 weeks will start in 2026

Crochet Classes for Beginners with Leah | 10:30 – 11:30 am, weekly on Fridays.

Open to all levels, for everyone who likes to crochet in a friendly group. Bring your own projects, or start a new one with Leah. **Please bring your own crochet hook/s and yarn.**

HWC Volunteer Morning Tea | 10:30 am – 12:00 pm, on Friday, 28 November.

All our volunteers are invited to a special morning tea on Friday, 28 November to celebrate their time, commitment and hard work at the Centre.

Saturdays | Rāhoroi

Creating Sensory – Sensitive Spaces for Neurodivergent Tamariki with Paula | 9:30 – 11:00 am, on Saturday 8 November.

With over 20 years' experience, Paula offers holistic support for autistic tamariki, adults, and the wider neurodivergent community. Drawing on education, psychology, and yoga training, her sessions focus on inclusive practices that enhance wellbeing and celebrate neurodiversity.

Essential Oils: Make and Take for Sensory Support for Neurodiverse People with Julie | 11:00 am – 12:00 pm, on Saturday 8 November.

In this interactive oils experience, we will learn how essential oils can support the nervous system, and we will create sensory support roller blends to help with overwhelm and anxious feelings **\$5 per roller**.

Rongoā Māori Healing Space with Raynor and other Practitioners | 10:00 am – 2:00 pm, on Saturday 15 November.

Join Raynor and other Rongoā Māori practitioners for a deeply restorative and culturally enriching experience. Through **koha-based sessions**, whānau and individuals are invited to connect with experienced healers in a safe, supportive environment. The offerings include:

- 🌿 **Mirimiri** – release trauma stored at a cellular level and reframe negative touch experiences.
- 🎵 **Waiata** – harness the power of sound and frequency for healing.
- 📖 **Pūrakau** – share and witness life stories of overcoming adversity to discover resilience and transformation.
- 🔮 **Mahi Wairua** – explore Wairuatanga (spirituality), the seed system, and its role in daily life. He ira Atua, he ira Tanagata.
- 🌙 **Maramataka** – learn about moon cycles, natural rhythms, and their influence.
- 🌱 **Rongoā** – discover the healing properties of native plants.

We also offer **Kōrerorero** – fostering courageous and respectful group conversations that uplift and empower. Come as you are—experience healing, connection, and the wisdom of Rongoā Māori. **All are welcome.**

Sundays | Rātapu

'Your Own Yoga': Koha Yoga Session with Susy | 9:30 – 10:30 am, monthly on Sunday 16 November.

Join Susy for a mindful and restorative yoga session at the Heretaunga Women's Centre. Held monthly on a Sunday, this practice welcomes all levels and focuses on breath, movement, and stillness to cultivate deep awareness. Sessions are offered for koha—come as you are and give what you can. **To register, email paula@yourownyoga.co.nz** or visit Your Own Yoga's website for more details.

HWC Christmas Market | 10:00 am – 3:00 pm, on Sunday 30 November.

