

Workshop Schedule

12-week workshop program | 08 April - 28 June 2024 | THEME: AIR



- Mind-Spirit-Body Nurturing Practices
- Fitness-Body Movement-Training
- Cooking-Sustainable Living
- Visual & Performing Arts Brain
- Training & Games
- Social Enterprise

In our upcoming series of workshops, we set our sights on the ethereal theme of **AIR** – a breath of fresh inspiration guiding our exploration of disability, mental health, and personal growth. Like the invisible currents of **AIR**, the experiences of individuals with disabilities and the intricacies of mental health are nuanced and ever-present. **AIR** symbolizes freedom and openness, qualities crucial for navigating the vast realms of emotional well-being and personal development.

Monday

09:30 HUB OPENS

- 09:30 **Healing Hearts** with Darcy
- 10:30 **Fit 4 Life** with Tony
- 11:15 MORNING TEA
- 11:30 **Harvest Kitchen** with Susie
- 12:15 **Perform & Play** with Michelle
- 13:00 LUNCH
- 13:50 **Artventures** with Loretto & Adriana
- 2:30 **Mindful Moment** - Meditation, Tea or Garden Care
- 2:35 **Time to Shine** with Participants
- 15:20 **Pack Down** with Karan
- 15:30 HUB CLOSES

Tuesday

9:30 HUB OPENS

- 09:30 **Breath & Flow** with Nissa
- 10:30 **Fit 4 Life** with Tony
- 11:15 MORNING TEA
- 11:30 **Harvest Kitchen** with Carmella
- 12:15 **Above the Clouds** with Mary Helen
- 13:00 LUNCH
- 13:50 **e-Motions** with Jacqui
- 2:30 **Mindful Moment** - Meditation, Tea or Garden Care
- 2:35 **Showtime** with Jack
- 15:20 **Pack Down** with Karan
- 15:30 HUB CLOSES



Wednesday

9:30 HUB OPENS

- 09:30 **Slow & Steady** with Jacqui
- 10:30 **Fit 4 Life** with Tony
- 11:15 MORNING TEA
- 11:30 **Harvest Kitchen** with Lemi
- 12:15 **Strings & Stories** with Rudy
- 13:00 LUNCH
- 13:50 **Clowning Around** with Lemi
- 2:30 **Mindful Moment** - Meditation, Tea or Garden Care
- 2:35 **Cloudscapes** with Nissa
- 15:20 **Pack Down** with Karan
- 15:30 HUB CLOSES

Thursday

9:30 HUB OPENS

- 09:30 **Breath & Flow** with Nissa
- 10:30 **Fit 4 Life** with Tony
- 11:15 MORNING TEA
- 11:30 **Harvest Kitchen** with Adamama
- 12:15 **Claymates** with Sam
- 13:00 LUNCH
- 13:50 **Piece by Piece** with Lisa
- 2:30 **Mindful Moment** - Meditation, Tea or Garden Care
- 2:35 **Music Mayhem** with Sarah
- 15:20 **Pack Down** with Karan
- 15:30 HUB CLOSES

Schedule subject to change

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HARVEST KITCHEN - Daily Cooking with Susie, Carmella, Lemi or Adamama

Have fun cooking and gain valuable life skills in this workshop that we now run every day to cook lunch together! Participate in hands-on activities to learn cooking techniques, improve cleaning skills, and develop recipe reading proficiency. Our 45-minute prep session emphasises independence in the kitchen, while mindfulness enhances the culinary experience. We will all share in eating our lunch that we have made together each day.

SHOWTIME - Musical Theatre with Jack

Step into the spotlight with our Musical Theatre Workshop! Experience the excitement of singing, dancing, acting, and improvisation in a dynamic blend of play and performance. Our expert instructors will nurture your talent and confidence, creating a supportive environment for all skill levels. Join us for an unforgettable journey into the world of musical theatre

HEALING HEARTS - Sound Bath & Meditation with Darcy

Experience the transformative power of sound healing in a workshop that blends mindful theory with elemental energy, focusing on air. Discover ancient wisdom and modern practice, learning to restore harmony within through sound vibrations. Elevate your spiritual journey with us.

MUSIC MAYHEM - Music with Sarah

Awakening the musical self, through rhythm and movement. Participants immerse themselves in the wonders of music through a series of musical sessions designed to awaken your creativity. From classical to pop music, to composing and learning a new instrument, whether it be piano, xylophone, voice, or tapping instruments, we will embrace music together.

SLOW AND STEADY - Art, Meditation & Movement with Jacqui

From the soothing strokes of brush on canvas to the fluidity of movement guided by inner rhythms, participants cultivate resilience, inner strength, and a profound sense of connection to themselves and others.

PIECE BY PIECE - Mosaic with Lisa

Our mosaic workshop allows for abstract or specific designs based on participant choice. Participants will immerse themselves in the element of 'Air,' drawing on emotions and understanding to plan unique designs exploring emotions and problem-solving through mosaic art.

STRING & STORIES - Puppetry with Rudy

Participants will explore the art of puppetry through hands-on activities, learning techniques for creating and animating puppets. From crafting intricate characters to bringing them to life on stage, this workshop offers a creative journey like no other with performances all week.

TIME TO SHINE - Assorted Workshops with Participants

This is a groundbreaking workshop where participants with disabilities take the lead! Led by individuals with diverse abilities, this offers a unique platform for them to showcase their leadership skills while sharing invaluable insights with fellow participants.

ARTVENTURES - Art Therapies with Loretto & Adriana

By participating in the different processes of transpersonal art therapy we are able to access deep hidden information that can only be accessed by the expression of art. You will be able to access in depth your emotions and feelings in a safe and secure process and by expressing it through art.

ABOVE THE CLOUDS - Art Therapy with Mary Helen

This workshop is where creative expression meets therapeutic exploration. Engage in sensory experiences and discover the power of colours and textures in a supportive environment. Connect with others in a space where creativity flourishes. This is a series of sessions focused on the process of art-making, as we journey together to uncover your inner artist.

e-MOTION — Mindful Movement with Jacqui

Participants will be invited to immerse themselves in the different facets of 'air' through a series of movement, art and music activities designed to awaken creativity. Utilising the senses of sight, taste, smell and touch, each workshop will focus on the energy, texture and temperature of air, exploring the range of moods and shapes of the element.

PERFORM & PLAY - Drama with Michelle

Enter the world of drama and let your imagination run wild in our playful workshop! Dive into exciting acting exercises, improv games, and character explorations that will unleash your creativity. Join fellow participants in a supportive and energetic environment where laughter and fun are encouraged. Come join the fun and let your inner actor shine!

CLOUDSCAPES - Meditation, Yoga and Art with Nissa

In addition to meditation, participants will have the opportunity to express their experiences through art. Whether through painting, drawing, or other creative mediums, we'll encourage each individual to channel their inner visions and emotions inspired by the vast expanse of the sky.

FIT 4 LIFE — Boxing & Circuit Group Fitness with Tony

Join Tony's Air-themed Boxing and Circuit Fitness Workshop for a dynamic fusion of strength training, flexibility, and mental sharpness. Experience the invigorating flow of airy movements in a safe and energetic atmosphere. Get ready to enhance your agility, breath control, and overall fitness while enjoying high-flying playlists that keep the motivation soaring.

CLOWNING AROUND - Clown Workshop with Lemi

We all have a unique expression, a soul signature that we bring about to the world. It is our job to gift others with this uniqueness and allow it to play on stage. This uniqueness can be scary at first to unleash into the world, and it is not always a smooth ride but we create a safe space to explore all aspects of our inner clown.

CLAYMATES — Pottery Making with The Claymates Team

Discover the transformative journey of ceramic artistry in our 12-week workshop. Participants delve into the creative process from inception to completion, molding wet clay, experiencing the firing and glazing stages. Engage in sensory exploration, embracing texture, and learning the resilience of adapting through mistakes.

BREATH & FLOW — Meditation, Yin Yoga, Music & Craft with Nissa

In yoga and spiritual terms, an air element often relates to conscious breathing, spaciousness and higher intelligence that flow inside and around us. The participants will learn to use yogic yin postures to support and enhance diaphragms breathing, find space in their physical layer, release deep issues while cultivate meditative quality of mind.

BREW CREW - Barista & Customer Service Skills with Hub Team

Inspiring and informative sessions dedicated to empowering social enterprises, proudly powered by Bizcover and Single O Coffee. Participants will have the opportunity to learn to make coffee, tea and upskill in customer service throughout the day.