FESTIVAL GUIDE

La Fiesta is NZ's coolest little festival celebrating women and community. Find events happening all over Whanganui, and even Marton! Huge cheers to our principal funder Whanganui District Council, chief cheerleaders Dewhirst Law, and to all of our sponsors for supporting us.

For more details about events in the Festival Guide, make contact with the person listed for each event, or contact the friendly team at the Women's Network.

WEDNESDAY 14/02

11am-5pm ONE BILLION RISING | Majestic Square. Be one of the billion people worldwide rising up in solidarity for women and children. A family fun day of music, dance, stalls and inspiration | Ph/txt Maria 022 162 7957.

12:15p-1pm WOMEN ALOUD | Majestic Square. An Afro-inspired drumming ensemble share their West African moves and grooves, all the way from the magnificent Manawatu.

5-8pm FINDING VENUS GOLDEN PHOTO SHOOT | 75 St Hill Street | \$15/20. Mandi Lynn, Creative Photographer of the Year, is travelling the country collecting 600 images of women covered in golden clay. Join the photo shoot and be part of the Luscious Order of Golden Shield Maidens from around NZ | https://themojoartist.com/ findingvenusfestival/

FRIDAY 16/02

4-7pm KIMONO SALE | 75 St Hill Street. Admire and try on an amazing array of vintage and antique hand-sewn silk Kimono, Haori and cotton Yukata from Japan. EFTPOS and awesome service will be available | Ph/txt Rita 022 373 4647.



SATURDAY 17/02

10am-1pm SWIRL: SINGING FOR WOMEN IN REAL LIFE | 75 St Hill Street | \$50. A fun and practical voice workshop for women providing an active experience to sing with techniques for posture, breathing, performing and more | Email Jennifer: play@jennifersmusic.co.nz

1-4pm CHEESE MAKING | Venue confirmed upon booking | \$75. A fun interactive class where you can learn to make feta and halloumi, and take some home | Email Bronwynne: kiwibokslady@gmail.com

1-4pm EXPRESS STYLING | 293 Victoria Ave | \$30. Join the awardwinning team at Protégé Hairdressing and indulge yourself in a 45 minute blowave or simple hair up. Enjoy a complementary drink and a goody bag to take home | Ph [06] 345 4045 to book.

THURSDAY 15/02

11am-12:30pm BASIC GUIDE TO CREATING A PODCAST | 75 St Hill Street | Koha. Find out the basics about how to create your own podcast – an internet audio platform to share news, ideas or stories | Ph/txt Cass 027 455 5149.

1-2pm INTRO TO TRIBAL BELLYDANCE | 75 St Hill Street | Koha. A chance to bring out the goddess within you. This class will introduce you to basic moves in a Gypsy Caravan Tribal Bellydance format | Ph/txt Jill 021 141 4257.

6:30pm EXCEL IN YOUR BUSINESS | 75 St Hill Street | Koha. A fun session to take you through advanced Excel methods to improve your business efficiency | Ph/txt Alana 027 222 2120.

SATURDAY 17/02

5:30-7pm EXHIBITION OPENING OF "WO:MAN" | Space Studio & Gallery, 64 Taupo Quay. The official launch of La Fiesta number 9 with this exhibition opening featuring a fine array of male artists celebrating women. Exhibition runs until 2 March. All welcome | Email: sarah@spacestudiogallery.co.nz .



8-10pm BROKEN LEXICON | 64 Taupo Quay | \$15. A sound that is part Folk-Funk, part Gypsy-Jazz, part Pop-Rock and entirely enthralling. The Wellington based duo is NZ Singer/Songwriter Brook Davies and Russian born guitar virtuoso Alexey Medvedev | Tickets available at Space Studio & Gallery

SUNDAY 18/02

10am-11:30am FOR LOVE OF THE DANCE | Ceroc Studio, 82 Peat St | \$5. Join our lovely group for some free-style dance/movement meditation. BYO water bottle & comfy clothes. Email Robin:

robin.williamson.aio@gmail.com

11am-12:30pm GIRLS YOGA WORKSHOP | Venue confirmed upon booking | \$15. A chance to experience yoga for girls aged 9-16 years, with mini sequences that are energising and calming | Ph/txt Emma 021 103 3394.

11am-3pm RED & MAGENTA TENT | 75 St Hill Street | Koha. A sacred space for women and girls to connect and honour each other. BYO plate to share | Ph/txt Maria 022 162 7957.

SUNDAY 18/02

1-3pm INSIGHTS FROM THE LABYRINTH | Annex, Royal Wanganui Opera House | \$10. Walking the labyrinth is the ultimate workout for mind, body and spirit. Session includes a guided walk. All welcome | Ph/txt Anne 021 781 873.



3-4pm OPEN WALK – INSIGHTS FROM THE LABYRINTH | Free. An opportunity to experience walking a labyrinth | Ph/txt Anne 021 781 873. 6-8pm ROLLER DISCO | The Rink, 37 Hatrick St | Koha. Dress up disco style and get your roll on with the West Coast Bombers. Skates available or BYO | Ph/txt Sonic 022 080 7667.

MONDAY 19/02

3-5pm FREE LEGAL CLINIC | Dewhirst Law, 94 Victoria Ave.

Come and see the team for advice about employment, family, property or other matters. Free Will consultations available | Ph Samantha [06] 281 3467.

3-5pm ASK AN ACCOUNTANT |

297 St Hill Street. Ask anything you want to know relating to business, start-ups, using Xero, budgets, cashflows, tax etc in a free consultation | Email: sandy@prueanderson.co.nz

5:30-7pm RESTORATIVE YOGA | The Flying Monkey, 44 Ridgway St | \$10. Hatha Yoga session, all welcome. Includes: Asana, the Body; Pranayama, the Breath; Meditation, the Mind; Yoga Nidra, deep relaxation, the Whole | Email Sian: sianjyoti@hotmail.com

TUESDAY 20/02

9:30-11:30am COFFEE GROUP | 75 St Hill Street. A supportive and safe space for parents and family members with someone on the Autism Spectrum to meet and chat over a cuppa. All welcome | Email: Ayesha.Middleton@autismnz. org.nz

1-2:30pm LETTERPRESS PRINTMAKING | Whanganui Regional Museum | Koha. Apply text to paper using the vintage letterpress and fonts, all equipment provided. Bookings essential | Ph [06] 349 1110.

6-8pm MONEY LOVE CIRCLE | 75 St Hill Street | Gold coin.

Understand your relationship with money and how you can improve it, allowing money to flow freely into your life. Ph/txt Joleen 027 606 2666.

WEDNESDAY 21/02

6:30-7:15am YOGA: WAKE UP | Venue confirmed upon booking | \$5. Start the day with relaxation and confidence in this awakening yoga session | Ph/txt Emma 021 103 3394.

9am-7pm THRIVE WHANGANUI EXPO | War Memorial Centre | \$10-60. Day 1 of social enterprise inspiration to kickstart a thriving community in Whanganui. Hear from amazing founders from around NZ. Bookings essential | http://www.thrivenow.org.nz/

10am-12pm KNIT & YARN | 75 St Hill Street | Koha. Experienced and novice knitters welcome to come and yarn over a cuppa | Ph [06} 345 6833.

7-9pm OPEN NIGHT | Wisdom Is Yours, 200b Victoria Ave | \$5.

Sample reflexology, massage and clairvoyance, with meditation at 8pm | Ph Natasha [06] 345 5002.

THURSDAY 22/02

9am-4pm THRIVE WHANGANUI
EXPO | War Memorial Centre |
\$10-60. Day 2 of social enterprise action. Make deeper connections with others in this growing community. Bookings essential |
Visit http://www.thrivenow.org.nz/
1-2pm INTRO TO TRIBAL
BELLYDANCE | 75 St Hill Street
| Koha. Bring out the goddess within you and learn basic moves in a Gypsy Caravan Tribal
Bellydance format | Ph/txt Jill 021
141 4257.
6-9pm BREAD MAKING | Venue

confirmed upon booking | \$50. Bread making made easy for the busy person, a great way to delight friends and family! Email Bronwynne:

kiwibokslady@gmail.com 7pm THE TEMPEST | Bason Botanic Gardens | \$10-35. Experience this Shakespeare production in the stunning natural amphitheatre, directed by Karen Craig http://royaloperahouse.co.nz

FRIDAY 23/02

9:30am-3pm BOOK MAKING | Whanganui Regional Museum | \$20. Construct a hand-made book using traditional bookbinding processes | Ph [06] 349 1110 to book your place.

12-1:30pm MARKETING & ADVERTISING 101 | MediaWorks, 282 Victoria Ave | \$5. Tame the beast that is marketing and advertising and make it work for your business or event in four basic steps | Ph/txt Christina 021 084 04336.

5:30-7:30pm TWILIGHT RIDE | Meet by i-SITE on the riverside | Free! A celebration of women in action with a bicycle tour along the awa with stops & highlights along the way | Ph/txt Michelle 022 642 9903.

FRIDAY 23/02

6:30-9pm COMMUNITY DRUMMING | 75 St Hill Street | \$5-10. Start with some simple taught rhythm, learn a dance routine, end with an improvised rhythm circle. All welcome | Ph/txt Jacqueline 021 135 9948.

7pm THE TEMPEST | Bason Botanic Gardens | \$20-45. Tickets available at the Box Office or via http://royaloperahouse.co.nz/

7:30pm JULIET MCLEAN & THE NAVIGATORS | The Dining Room, Grand Hotel | \$12-15. Join Juliet and her merry band of men for some uniquely soulful jazzy sounds, all the way from Taranaki | Tickets at the Royal Wanganui Opera House box office or via the webslite: http://royaloperahouse.co.nz/

SATURDAY 24/02

1-4pm SAUSAGE MAKING | Venue confirmed upon booking | \$75. A fun interactive class where you can take some of the sausages home, and enjoy a demo of bacon and ham making | Email Bronwynne: kiwibokslady@gmail.com

3pm/8pm THE TEMPEST | Bason Botanic Gardens | \$10-45. Tickets: http://royaloperahouse.co.nz/

3-5pm EXHIBITION OPENING OF @70 | Art at The Centre Gallery, 19 Taupo Quay. An exhibition of environmental portraits of Whanganui women 70 and over who are vital members of their various communities. The exhibition runs until 10 March | Email Rita: rjdibert@gmail.com

5:30-8:30pm NIGHT MARKET | Space Studio & Gallery, 64 Taupo Quay. Enjoy the magic of unique art and craft stalls upstairs, and browse the feature exhibition in the gallery.

SUNDAY 25/02

8:30-10:30am WALK THEN YOGA IN THE GRASS | Details given upon booking | \$5-10. Fancy a mindful stroll finished with yoga in the grass? Some mats, straps, blocks provided or BYO | Ph/txt Emma 021 103 3394.

2-4pm FROCKS ON BIKES | 75 St Hill Street | \$5 [free for kids under 13] Dress up in your finest frock, suit, or super hero costume and join in a fun adventure ride around town. Family friendly route available. All wheels without engines are welcome. Registrations from 1:30pm | Ph [06] 345 6833.



MONDAY 26/02

10am-2pm REIKI HEALING CIRCLE | 75 St Hill Street | Gold coin. Experience a circle of healing energy created by Reiki practitioners | Ph/txt Maria 022 162 **7957**.

3-5pm FREE LEGAL CLINIC |
Dewhirst Law, 94 Victoria Ave.
Advice about employment, family, property or other matters. Free Will consultations available | Ph
Samantha [06] 281 3467.
3-5pm ASK AN ACCOUNTANT |
297 St Hill Street. Free consult for business info, start-ups, using Xero, budgets, cashflows, tax etc | Email: sandy@prueanderson.co.nz

5:30-7pm RESTORATIVE YOGA & DEEP RELAXATION | The Flying Monkey, 44 Ridgway St | \$10.

Hatha Yoga session, all welcome. A class with a specific emphasis on the benefit of Yoga Nidra, deep relaxation | Email Sian: sianjyoti@hotmail.com

TUESDAY 27/02

10am-12pm / 2-4:30pm TRULIFE BREAST CARE | Top Draw Lingerie, 49 Victoria Ave | \$10. Toni Truda from OPC Health Melbourne talks about breast care for women dealing with Cancer, including info about breast forms, swim forms, bras and post-surgery options. Refreshments included | Email: info@topdrawlingerie.co.nz

5:30-6:30pm FROM TEMPERANCE TO SUFFRAGE, WHANGANUI WOMEN TAKE CHARGE | Davis Theatre, Watt St | Koha. Senior Curator Libby Sharpe presents a fascinating talk on how Whanganui women contributed to the suffrage movement and what this means today | Ph[06] 349 1110.

6-7pm A RESTFUL NIGHT SLEEP | 75 St Hill Street | Koha. We all love a restful sleep, how many of us struggle with this? An intro to an upcoming workshop that will share exercises & meditations | Ph/txt Tracey 027 484 7468.

WEDNESDAY 28/02

10am-12pm KNIT & YARN | 75 St Hill Street | Koha. Experienced and novice knitters welcome to come and yarn over a cuppa | Ph [06] 345 6833.

THURSDAY 01/03

1-2pm INTRO TO TRIBAL BELLYDANCE | 75 St Hill Street | Koha. Bring out the goddess within you and learn basic moves in a Gypsy Caravan Tribal Bellydance format | Ph/txt Jill 021 141 4257.

1-3PM MAKE YOUR OWN GREETING CARDS | English Language Partners, 6/66 Ingestre St | \$15. Make your own beautiful greeting cards using stamps, inks, decorative card and paper. Great for beginners. Everything supplied | Ph txt Julia 027 728 8436.

THURSDAY 01/03

6:30-8pm INVESTOR BASICS | 75 St Hill Street | Koha. Discover what you need to consider when you invest and how to build your own personal investment portfolio | Email: charlotte.harding@craigsip.com

FRIDAY 02/03

10am-12pm MAMA AROHA – BREASTFEEDING IN NZ | 75 St Hill Street | Koha. A specific focus on Amy Wray's "Mama Aroha" talk cards, with a broad introduction to breastfeeding and what is unique to NZ | Ph/txt Jacqueline 021 135 9948.



SATURDAY 03/03

1:30pm CELEBRATING WOMEN – PAST, PRESENT, FUTURE | Centennial Pavilion, Broadway, Marton | \$15. A fashion parade honouring the women of our community thanks to Ballentynes and McGruers fashion. Marton Players celebrate 70 years, and Whanganui Women's Institutes 85 years | Email Gillian: agfutcher@gmail.com

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5:30pm WOMEN'S POETRY SHOWCASE | Venue TBC | \$5.

Four visiting poets, Helen Lehndorf, Jo Aitchison, Helen Heath and Maria McMillan read their work with support from local poets | Email: airinibeautrais@gmail.com SUNDAY 04/03 10am-11:30am FOR LOVE OF THE DANCE | Ceroc Studio, 82 Peat St | \$5. Join our lovely group for some free-style dance/ movement meditation. BYO water bottle & comfy clothes. Email Robin: robin.williamson.aio@gmail.com



2:30-3:30pm COMPOSTING & WORM FARMING | Education Room, Whanganui Resource Recovery Centre, 83 Maria Pl | Koha. Start and maintain a healthy home composting system. Save money on waste disposal and make great food for growing plants. Free compost worm giveaway | Ph/txt Hadi 021 0232 0033.

SATURDAY 03/03

9am-1pm BUSINESS MODEL CANVAS WORKSHOP |

Confluence, Level 3, 15 Watt St | \$45. Explore quick and effective ways to create a business plan for a new or existing business using a number of creative techniques, including Lego | Email: melita@doublefarley.com

9am-4pm WOMANCRAFT MARKET | Majestic Square | Free!

Check out the variety of art and craft stalls on offer by local women, as well as enjoying a sausage sizzle, unique items for sale and a fun family atmosphere | Ph/txt Maria 022 162 7957.

10am-12pm OPEN DAY | Wisdom Is Yours, 200b Victoria Ave | \$5 per sample. Come along and try some yoga, meditation, reflexology and Reiki, talks and samples | Ph Natasha [06] 345 5002.

SUNDAY 04/03

3:30-4pm TOOL CARE | Education Room, Whanganui Resource Recovery Centre, 83 Maria PI | Koha. The care of and use of tools, and possibly making of tool handles | Ph/txt John 027 477 8303.



6-8pm WOMEN'S WISDOM CIRCLE | 75 St Hill Street | Gold coin. A sacred space for all women to explore and share their inner wisdom with each other as equals and sisters | Ph/txt Maria 022 162 7957.



MONDAY 05/03

11am-2pm BEAUTIFUL BOUNTIFUL BRAVE | 75 St Hill Street | \$15. This life/art process begins with a movement warm up. We let go into guided dance, and then create with colour. Close with safe sharing | Ph/txt Jacqueline 021 135 9948.

3-5pm FREE LEGAL CLINIC | Dewhirst Law, 94 Victoria Ave.

Come and see the team for advice about employment, family, property or other matters. Free Will consultations available | Ph Samantha [06] 281 3467.

3-5pm ASK AN ACCOUNTANT |

297 St Hill Street. Ask anything you want to know relating to business, start-ups, using Xero, budgets, cashflows, tax etc in a free consultation | Email: sandy@prueanderson.co.nz

MONDAY 05/03

5:30-7pm RESTORATIVE YOGA | The Flying Monkey, 44 Ridgway St | \$10. Hatha Yoga session, all welcome. Includes: Asana, the Body; Pranayama, the Breath; Meditation, the Mind; Yoga Nidra, deep relaxation, the Whole | Email Sian: sianjyoti@hotmail.com



5:30-6:30pm A DREADFUL INCIDENT: THE PERILS OF DOMESTIC DUTIES | Davis Theatre, Watt St | Koha. Rachael Garland gives an amusing presentation on the labour and perils of engaging in domestic duties throughout recent history and modern times | Ph [06] 349 1110.

TUESDAY 06/03

9:30am-12pm FITTING DAY | Top Draw Lingerie, 49 Victoria Ave | \$10. Follow-up fitting for those women that attended the Trulife Breast Care sessions on 27 February. Bookings essential | Email: info@topdrawlingerie.co.nz

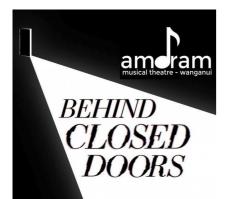
7-8:30pm THINGS WE DON'T TALK ABOUT: STORIES FROM THE RED TENT | 75 St Hill Street | \$10. This documentary weaves together healing narratives from inside the Red Tent to shine a spotlight on this vital, emergent women's tradition | Ph/txt Maria 022 162 7957.



WEDNESDAY 07/03

10am-12pm KNIT & YARN | 75 St Hill Street | Koha. Experienced and novice knitters welcome to come and yarn over a cuppa | Ph [06] 345 6833.

7:30pm BEHIND CLOSED DOORS | Amdram Theatre, Guyton St | \$18-20. Who knows what goes on behind closed doors? A dark comedy that tackles the issue of domestic violence within two distinctly different families | Tickets available at the box office of the Royal Wanganui Opera House or: http://royaloperahouse.co.nz/



INTERNATIONAL WOMEN'S DAY: THURSDAY 08/03

7-8:30am CELEBRATING WOMEN BREAKFAST | The Grand Hotel, St Hill Street | \$25. The local Zonta club hosts an inspiring breakfast event with special guest Dr Wendy Saunders who is a Senior Natural Hazards Planner with GNS Science. Wendy will share some fascinating insights about "putting science into practice in the field of natural hazards" | Ph Nerrily [06] 345 9532 to arrange your tickets.

10am-2pm VINTAGE PHOTO BOOTH | 75 St Hill Street | Koha. Enjoy the opportunity to dress up in clothes from the early 1900s courtesy of the good folk from the Whanganui Regional Museum. International Women's Day began in 1911 so you can even dress as a Suffragette! BYO camera or we can take some snaps for you | Ph [06] 345 6833.

INTERNATIONAL WOMEN'S DAY: THURSDAY 08/03

1-2pm INTRO TO TRIBAL BELLYDANCE | 75 St Hill Street | Koha. Bring out the goddess within you and learn basic moves in a Gypsy Caravan Tribal Bellydance format | Ph/txt Jill 021 141 4257.

7:30pm BEHIND CLOSED DOORS – GALA NIGHT | Amdram Theatre, Guyton St | \$18-20. Enjoy this special gala event with the second performance of this production, fundraising for the Women's Network. Who knows what goes on behind closed doors? | Tickets: http://royaloperahouse.co.nz/



FRIDAY 09/03

12-4pm AVON OPEN DAY | 75 St Hill Street | Free! Come and view new products, including fashion, jewellery, footwear, fragrances, kitchenware, and our latest glamour products. Free samples and lucky prize draw | Ph/txt Gwen 021 108 8304.

6:30-9pm COMMUNITY DRUMMING | 75 St Hill Street |

\$5-10. Start with some simple taught rhythm, learn a dance routine, end with an improvised rhythm circle. All welcome | Ph/txt Jacqueline 021 135 9948.

7:30pm BEHIND CLOSED DOORS | Amdram Theatre,

Guyton St | \$18-20. Who knows what goes on behind closed doors? | Tickets at the Royal Wanganui Opera House box office or via: http://royaloperahouse.co.nz/

SATURDAY 10/03

10am-12pm DOWN THERE | 75 St Hill Street | \$20. An enlightening slideshow over tea about the importance of female arousal anatomy and pleasure | Ph/txt Janeen 027 759 7600.

1-3pm PRACTICING PLEASURE | 75 St Hill Street | \$20. Discover a practice that can reboot your system to access more personal female pleasure in your daily life | Ph/txt Janeen 027 759 7600.

10am-1pm FAMILY NATURE PLAY | 223 No. 2 Line, Okoia | Free! Have an adventure in nature!

BYO sturdy shoes, sunhat, sunscreen, change of clothes, food and drink. All welcome | Ph/txt Dani 022 190 7323.

7:30pm BEHIND CLOSED DOORS | Amdram Theatre, Guyton St | \$18-20. Who knows what goes on behind closed doors? | Tickets: http://royaloperahouse.co.nz/

SPECIAL OFFERS FOR YOU DURING LA FIESTA!

BLANK KANVAS CONCEPTS | 181a Victoria Ave. Receive a 15% discount on purchases in store during La Fiesta when you bring in your festival programme | Email: blankkanvasconcepts@gmail.com



WELLNESS EXPLORER | 39

Campbell St. Bring in the festival programme during La Fiesta and receive a discount on massage, nutrition and fitness programmes | Ph/txt Nicola 021 297 0631.





LA FIESTA celebrates nine years of events and activities in 2018.

It also recognises the 107th anniversary of International Women's Day [IWD] on 8 March. IWD is commemorated as a national public holiday in almost thirty countries around the world, being a women-only holiday in some! The theme this year is "Press For Progress" with the challenge being to strive for a more inclusive and gender equal world. Visit the website: internationalwomensday.com for more info or you can check out **#PressForProgress**

SUNDAY 11/03



10am-12pm PLEASE TOUCH ME, BUT NOT LIKE THAT | 75 St Hill Street | \$20. Let's break down how touch is given and received, tune into our self-awareness and communicate our desires authentically with others | Ph/txt Janeen 027 759 7600.

1-3pm DOWN THERE | 75 St Hill Street | \$20. A session for mixed genders that includes an enlightening slideshow over tea about the importance of female arousal anatomy and pleasure | Ph/txt Janeen 027 759 7600.

We would love to see your photos of La Fiesta events. Feel free to use the hashtag #lafiestanz when you post them to social media. Visit the Women's Network Whanganui or La Fiesta NZ Facebook pages, or check out the official website: lafiestanz.com

Contact the friendly team at the Women's Network if you need any other festival info. Call in and see us at the Ladies' Rest Building, 75 St Hill Street or by phoning [06] 345 6833 or email: womnet.wang@callplus.net.nz



[Event details were correct at time of printing, some changes may occur after publication].