

Dedication

The teams from Space Studio & Gallery and the Women's Network dedicate this festival to the life and memory of Karen Ellett. Karen lived with such creative energy, was a fierce friend and supporter of our events, and will always be remembered with such love. Shine on!



BROUGHT TO YOU BY



Making positive change for women

The Women's Network is pleased once again to work with Sarah at Space Studio and Gallery to bring Whanganui this exciting festival programme. This is one of many successful collaborations we have worked on together and reflects our desire to create social connection and to inspire people.



space

studio and gallery

We enjoy providing Whanganui with an engaging, interesting and ever changing 'space'; collaborating with other organisations such as The Women's Network provides us an opportunity to create even more connection and vibrancy to our yearly programmes- whilst also giving back to our community.

SPECIAL THANKS TO OUR SUPPORTERS



Making positive change for women

space

studio and gallery



WINTER

wonderfest

18 AUGUST - 2 SEPTEMBER

WINTER *wonderfest*

18 AUGUST - 2 SEPTEMBER

SATURDAY 18/08

5:30-7pm | FRESH START | Space Studio & Gallery, 64 Taupo Quay | Exhibition Opening & Launch of our Winter Wonderfest programme with a brilliant line-up of artists featured in the gallery, with refreshments. All welcome.

7:30-9:30pm | TAI URU | 64 Taupo Quay | \$10 | Enjoy the soulful uniquely indigenous sounds of Leonie Mataoe and Ora Hohaia upstairs from the gallery. Not to be missed! Tickets available from Space Studio & Gallery. Email: sarah@spacestudiogallery.co.nz

SUNDAY 19/08

10am-2pm | WOMANCRAFT MARKET | 75 St Hill Street | Gold coin entry | Browse and buy locally made handcrafted items on display. Enjoy the Women's Network pre-loved store too. Ph/txt Maria 022 162 7957.

10am-11:30am | FOR LOVE OF THE DANCE | Ceroc Studio, 92 Peat St | \$5 | Join our lovely group for some free-style dance/movement meditation. BYO water bottle & comfy clothes. Email: robin.williamson.aio@gmail.com

11:30am-12:30pm | LOVING OUR CYCLE - GENTLE YOGA | Wellbeings Studio, 83 Guyton St | \$12 bring a friend for free | We'll explore a practice suitable for the time of the month. All women, teens and tweens welcome whether you still have menstrual cycles or not. Ph/txt Emma 021 103 3394.

4-6pm | SUNDAY SESSION AT SPACE | 64 Taupo Quay | \$10 | Taranaki-based singer/songwriters and festival faves Juliet McLean and Renee Millner perform original songs that will take you on a uniquely folksy journey. Tickets available from Space Studio & Gallery. Email: sarah@spacestudiogallery.co.nz

MONDAY 20/08

5:30-7pm | HATHA YOGA | 75 St Hill Street | \$10 | Experience some mindful meditation and movement with Sian-Jyoti. All welcome. Email: sianjyoti@hotmail.com

TUESDAY 21/08

9:30-10:30am | YOGA FOR MUMS WITH BUBS | Wisdom Is Yours, 200b Victoria Ave | \$5 | Building strength, improving flexibility and begin to calm the mind with your baby next to you! Bookings essential. Ph/txt Emma 021 103 3394.

6-8pm | DoTERRA OIL SHARE EVENING | 75 St Hill Street | FREE | Come learn about DoTERRA's Certified Pure Therapeutic Grade Essential Oils in a friendly, supportive, no pressure, place. Ph/txt Anthea 021 413 134.

WEDNESDAY 22/08

10am-12pm | FLOWER POWER | 75 St Hill Street | Gold coin | A fantastic opportunity to learn how to make decorative knitted or crochet flowers. All welcome. Ph [06] 345 6833.

4-7pm | KIMONO SALE | 75 St Hill Street | Vintage kimono, haori, and accessories to browse, try on, and own. EFTPOS available. Check out the Women's Network pre-loved boutique too! Ph [06] 345 6833.

THURSDAY 23/08

10am-12pm | WOMEN'S WISDOM CIRCLE | 75 St Hill Street | Gold coin | A wonderful space to share and experience the wisdom and support of other women. Ph/txt Maria 022 162 7957.

1-3:30pm & 7-9:30pm | MAKE BEAUTIFUL GREETING CARDS | \$20, venue - confirmed on registration | Suitable for beginners - a fun activity to

do with a friend or two. Ph/txt Julia 027 728 8436.

5:30pm-7pm | WINTER WARMER POP-UP EXHIBITION | 64 Taupo Quay (Upstairs) | Free Entry | The first ever 'pop-up' exhibition at Space Studios, showcasing works created during Space Drawing Club. See works by Sandy de Kock, Judy McIntyre, Lindsay Marsh + more, refreshments provided.

7-8pm | MEDITATION | Wisdom Is Yours, 200b Victoria Ave | \$5 | Information night on the benefits of meditation followed by a meditation. Ph/txt Natasha 027 253 1858.

FRIDAY 24/08

9am-1pm | INTRODUCTION TO CHEESEMAKING- FETA HALLOUMI & RICOTTA | 64 Taupo Quay (Upstairs) | \$50 | Come along and enjoy a hands on introduction to cheesemaking learning feta, halloumi and ricotta. Light refreshments available. Cheesemaking equipment available for sale after class. Email: Sue Jex letsmakecheese@gmail.com

SATURDAY 25/08

10am-1pm | INTRODUCTION TO INTAGLIO PRINTMAKING | 64 Taupo Quay (Upstairs) | \$70 (includes all equipment and materials) | Maximum 8 people | Learn the process and explore the possibilities of intaglio printmaking with tutor MB Stoneman. Create a drypoint plate and explore techniques to make dynamic prints, including shaped plates, chine colle, multi-plate designs and colour rolls. Email: stonemanmb@gmail.com.

11am-2pm | SAMPLER DAY | Wisdom Is Yours, 200b Victoria Ave | \$5 | Come and sample massage, reflexology or healing. Ph/txt Natasha 027 253 1858.

1-3:30pm | MAKE BEAUTIFUL GREETING CARDS | \$20, venue - confirmed on registration | Suitable for beginners - a fun activity to do with a friend or two. Ph/txt Julia 027 728 8436.

5:30-7:30pm | PRE-LOVED POETRY | Whanganui Arts at the Centre, Taupo Quay | Gold coin | Bring a favourite poem to share with others. All ages welcome. We will make a space for children and young people to read at the beginning. Ph/txt Airini 027 636 3290.

5:30-8:30PM | NIGHT MARKET | 64 Taupo Quay | Free! | Join us for another magical night market in Space Studios with a myriad of stalls on offer from established and talented local artists, makers and shakers. Enter through the gallery; a great opportunity to visit the Winter Wonderfest exhibition 'A Fresh Start'. Email: sarah@spacestudiogallery.co.nz

SUNDAY 26/08

10am-11:30am | FOR LOVE OF THE DANCE | Ceroc Studio, 92 Peat St | \$5 | Join our lovely group for some free-style dance/movement meditation. BYO water bottle & comfy clothes. Email: robin.williamson.aio@gmail.com

10am-12pm | EMPOWERMENT COACHING | 75 St Hill Street | \$5 | An introduction to Hearty Mumma's Confidence Course. Learn how to empower your life. Bookings essential. Ph/txt Joleen 027 606 2666.

10am-2pm | PASTA MAKING | \$75, venue confirmed upon booking | Come along for a fun-filled time learning the basics of pasta making. Sauces to go with pastas. Recipes. AND of course tea and lunch provided. Ph/txt Bronwynne 027 566 1066 or kiwibokslady@gmail.com

1:30-3:30pm | NAMASTE SUNDAY - JOURNEY TO STILLNESS | Tickle My Feet Yoga Studio, 32 Ridgway St | \$30 | Join us for a nourishing two hours of restorative yoga, self-massage techniques, wellness tools and delicious natural refreshments - a perfect antidote to any stressful or busy modern life. For booking info check out www.ticklemyleet.co.nz/namaste_sunday_winter_wonderfest

MONDAY 27/08

3:30-4:15pm | 8-13YRS YOGA | Wellbeings Studio, 83 Guyton St | \$5 | Join us moving through yoga asana, a yoga game and mindful calming down practice for relaxation, or savasana. Ph/txt Emma 021 103 3394.

4:15-5pm | TEENS YOGA | Wellbeings Studio, 83 Guyton St | \$5 | We'll explore practice with mindful awareness of movement and notice our thoughts. Leave feeling a little relaxed, and with an affirmation to continue with positive thinking. Ph/txt Emma 021 103 3394.

5:30-7pm | HATHA YOGA | 75 St Hill Street | \$10 | Experience some mindful meditation and movement with Sian-Jyoti. All welcome. Email: sianjyoti@hotmail.com

TUESDAY 28/08

5:30-7:30pm | LUCKY BUSINESS | Lucky Bar + Kitchen | Wilson St | Koha | Whanganui Women in Business welcomes you to join with us. Our host Georgie Ormond will share some highlights from the lucky journey thus far, with the opportunity to try out the sound desk, perfect if you're involved with events and marketing. Refreshments available at the bar. Ph [06] 345 6833.

WEDNESDAY 29/08

10am-12pm | FLOWER POWER | 75 St Hill Street | Gold coin | A fantastic opportunity to learn how to make decorative knitted or crochet flowers. All welcome. Ph [06] 345 6833.

7:30pm | MY YEAR WITH HELEN | Embassy 3 Cinema, Victoria Ave | \$20, tickets available at the Royal Wanganui Opera House | Gaylene Preston's film delivers a fascinating portrait of Helen Clark on a mission - and a laconic account of the exasperating circumstances wherein she hit the glass ceiling at the United Nations. Refreshments in the foyer from 7pm.

THURSDAY 30/08

7-8pm | MEDITATION | Wisdom Is Yours, 200b Victoria Ave | \$5 | Meditation followed by a sharing evening where you can try and share healing modalities. Ph/txt Natasha 027 253 1858.

FRIDAY 31/08

10am-4pm | WEDDING DRESS EXTRAVAGANZA | 75 St Hill Street | 40 wedding dresses available for purchase, plus the opportunity to browse some popular labels from our Women's Network collection. Various prices. Ph [06] 345 6833.

SATURDAY 01/09

9am-5pm | NOURISH YOUR SOUL WELLBEING EXPO | Whanganui Girls' College Hall, Jones St | Koha entry | The expo features a gathering of the best of Whanganui's healers, therapists, and practitioners offering services and natural products to promote wellness. Ph/txt Tracy 021 761 511 or email: nourishyoursouliday@gmail.com

SUNDAY 02/09

10am-1pm | INTRODUCTION TO BUTTER AND YOGHURT | 64 Taupo Quay (Upstairs) | \$40 | Learn the gentle art of making your own butter, from plain unsalted through to herbed butters. We will also learn the technique of making delicious thick yoghurt using milk that you use every day. Light refreshments available. Butter and yoghurt equipment available for sale after class. Email: Sue Jex letsmakecheese@gmail.com

SPECIAL OFFER DURING THE WINTER WONDERFEST | A Mindfulness Session in Your Workplace | Available any time on a Wednesday or on a Thursday morning. No cost. Simply invite Clare, ph/txt 021 0622 120.