

MONDAY**RUMIKLUB:**

Start: 23rd July Phone 817 7448 for information 9 to 12pm

PILATES

Start: 23rd July Tutor: Michelle 816 9314 12.15 to 1.15pm

PAINTING GROUP - No Tutor

Start: 23rd July \$3.00 1.30 to 4pm
Bring your own project to work on. All welcome.

UKULELE LESSONS

Start: 23rd July 4.15 to 6.15pm
Phone: Dave Parker 021 207 1142 or email woodbaydc@gmail.com

TRADITIONAL MAORI HEALING

Ongoing every Monday 6.30 to 9.30pm

Open Clinic: \$20

Ruatou 022 640 6450 or Sarah 021 159 2061 for more information

PHOTOFUN

Contact Bruce on 817 5164 7.30 to 9.00pm

Every 3rd Monday of the Month.

TUESDAY**HATHA YOGA**

Start: 24th July \$6 per class 10 to 11.30am

Tutor: Olivia 812 8624

CREATIVE WRITING

Start: 24th July 10 to 12pm
Gold coin donation appreciated.

Phone Jo for details on 021 163 9271. Fortnightly class.

BEGINNER VIOLIN LESSONS ALL AGES

Half hour sessions after school.

Start: 24th July 3.30 to 4.30pm
Ring or txt Sylvia Latrobe on 021 0827 6683

DRAWING & ANIMATION ON IPAD CLASSES

Classes for 7 to 14 yr olds

Start: 31st July (8 weeks) 3.30 to 5.00pm
Ring Guy 021 622 567 Visit www.animationschool.co.nz

CALL OF THE WILD WOMAN

Study course of the book - Women who run with the wolves.

Start: 24th July \$22 per night (7 weeks) 7.00 to 9.00pm

Phone Dee on 022 309 2979 for more information

or visit www.sassyred.com

LEARN TO POT (for adults)

info@titirangipotters.com 7.00 to 9.00pm
www.titirangipotters.com

DEATH CAFE

Second Monday each month

Start: 13th August 7.30 to 9.30pm
Contact Kerry-Ann 027 474 5003

WEDNESDAY**FELDENKRAIS - Mindful Movement Exercises**

Start: 8th August (8 weeks) 9.30 to 10.30am
Phone Caryn 021 1589 467
caryn@feldenkrais-auckland.co.nz

LAURA'S TRADITIONAL YOGA CLASS - ALL WELCOME

Start: 25th July 11.00 to 12.00pm
Phone Laura on 021 0826 0463

WAITAKERE QUILTERS

Start: 25th July 1.00 to 4.00pm
Ku Bailey 027 294 8350. \$5.00 per class

MUSIC THERAPY FOR CHILDREN / ADULTS

Start: 25th July 1.30 to 4.30pm
Ring Raukatakauri Centre - 360 0889 for more information

STEPS TO SOBRIETY

Continuous - every Wednesday 7.30 to 9.30pm
Ring Kurt Ph 813 0092 / Chris 021 247 4439

THURSDAY**POST NATAL YOGA 4 MUMS & BABIES**

Start: 26th July - 16th August 12.00 to 1.00pm
Phone Petra on 817 8079

CLAYMATION CLASSES

Classes for 7-14yr olds 3.30 to 5.00pm
Start: 2nd August (8 weeks)
Ring Guy 021 622 567
All bookings: www.animationschool.co.nz

MUSIC THERAPY FOR CHILDREN / ADULTS

Start: 26th July 9.00 to 5.00pm
Ring Raukatakauri Centre - 360 0889 for more information

FAT YOGA - All Welcome

Start: 26th July (6 week course) 6.30 to 7.30pm
Email fatyoganz@gmail.com or Ph 021 0840 0570

FRIDAY**MAH JONG**

Start: 27th July 9.00 to 12.00pm
Ring Kay Clark on 817 6007

TITIRANGI WATERCOLOUR GROUP

Start: 27th July 2.15 to 4.15pm
Phone Sasha on 021 029 23762 for details

MUM & BABY MASSAGE WITH SHAMBALA YOGA

27th July, 3rd, 10th August 10.00 to 11.00am
Contact Petra 817 8079 for details

YOGA CLASSES WITH LAURA - (Traditional)

Start: 27th July 1.00 to 2.00pm
Phone Laura on 021 0826 0463 \$10.00 / session

PREGNANCY & CHILDBIRTH WITH SHAMBALA YOGA

Start: Ongoing 5.45 to 7.00pm & 7.15 to 8.30pm
Phone Petra on 817 8079 / 022 303 4065 for dates

SATURDAY**PORTRAIT DRAWING WITH ZARAHN SOUTHON**

Introductory course to Restructure Realism portrait drawing from life. 8 classes, \$220

Start: 28th July 9.30 to 12.00pm
Contact zarahn@gmail.com or www.zarahnsouthon.com

HOLISTIC BABY Antenatal class

Go to website www.holisticbaby.co.nz or
Phone Cathy McCormick on 811 8600 for dates 2.00 to 5.00pm

SUNDAY**TITIRANGI WALKERS - All Welcome**

Start: Ongoing 8.15 to 10.45am
Leave from Titirangi Community House.
Donation only. Ring Myrna on 813 2687

INNER LIGHT MARKET @ Titirangi Community House

Holistic health fair. 10 to 2.00pm
Last Sunday of the month.

Same day as the Titirangi Village Market
Contact: Huw 021 0252 2596

TITIRANGI AA ON SUNDAY

Start: Ongoing 7.30 to 8.30pm
Please ring Roger on 027 329 1065

WORKSHOPS**PREGNANCY & LABOUR WORKSHOP WITH SHAMBALA YOGA**

Ring Petra on 817 8079 / 022 303 4065 for dates.
Petra is also available for Mahina Mahai massage for women.