



NECCHI SPRING PROGRAM 2020

www.necchi.org

enquiries@necchi.org



NECCHI SPRING PROGRAM 2020

The focus for this term is self-care - we're offering a range of activities that can help balance your mind, body, and heart.

To book in, just follow the links below or go to www.necchi.org/current-program. If you have any trouble, email us at enquiries@necchi.org

ARTS & CRAFTS SHARE

Four weeks of zoom craft that will focus on a different craft every week. You can learn something new or just share what you're working on.

DATES

Mondays 7-9pm 2/11/2020 - 30/11/2020

COST

Free other than the cost of your project supplies

[Register by clicking here](#)



COMMUNITY COOKING

Join us for our Community Cooking group - this term online! We will have amazing members of our community cooking their favourite dishes.

There will be an amazing carrot curry with Niro from Tamil Feasts, beautiful kibbeh with Amne, fasolia and babaganoush with Aheda. There will also be kid-friendly, vegetarian and vegan recipes. Included is an instruction video and recipe so you can join along at home.

DATES

Released weekly on Mondays, from 12/10 to the 9/11/2020

COST:

FREE!

[Register by clicking here](#)



HOMEBODIES YOGA

Mia is a qualified, trauma-informed facilitator and offers a range of options for different abilities and bodies. She invites you to deepen your relationship with your body and explore your bodily autonomy by choosing what's right for you.

DATES

Wednesday 7.30-8.30am from 14/10 to 2/12/2020

COST

Waged \$136 (\$18 casual)
Unwaged \$126 (\$16 casual)

[Register by clicking here](#)



YOGA WITH TRISH

Trish's Yoga class will be suitable for beginners or more experienced students who want to learn the foundations of Yoga. Trish will teach poses, alignment, use of props and breathing practices.

DATES

Tuesdays 7-8pm from 13/10 until 8/12/2020 (excluding Melbourne Cup Public Holiday)

COST

Waged \$100 (\$12 casual)
Unwaged \$80 (\$10 casual)

[Register by clicking here](#)



DEEPEN YOUR CONNECTION TO THE MERRI CREEK

Join in for a self-guided, online course that combines nature immersion activities with a focus on indigenous plants that grow along the creek.

DATES

Released weekly on Fridays, from 16/10/2020 to 6/11/2020

COST

\$30 four all four weeks or \$8 per session

[Register by clicking here](#)

DEEP RELAXATION WITH SHRUTI

Yoga Nidra helps to create the deepest possible states of relaxation and has been found to reduce tension and anxiety. Come along and soothe your worries with this mid-week mind reset.

DATES

Thursdays 7-8pm from 15/10 until 3/12/2020

COST

Waged \$155 (\$16 casual)
Unwaged \$110 (\$14 casual)

[Register by clicking here](#)

ZOOM PLAYGROUP WITH ROSE

Connect with other families in the local community - Rose will lead enriching, online activities for pre-school aged kids and their parents. If restrictions permit, the playgroup may even get to meet up at Newlands Neighbourhood House.

DATES

Mondays 10-10.30am from 12/10 until 7/12/2020 (excluding cup weekend Monday - 2/11)

COST

\$64 for all sessions

[Register by clicking here](#)

NECCHI SUPPORTED PROGRAMS

Lots of changes have meant that some of our classes and groups have evolved. Here are some groups that are now delivered independently or outside of NECCHI.



NUCA'S CLIMATE ACTION SERIES

Eco-friendly Arts and Crafts - Live on Zoom Saturday 26/9/2020, 2-4pm | [Register via Zoom here](#)

Understanding the Fossil Fuel Industry in Australia - Live on Zoom Saturday 10/10/2020, 2-4pm | [Register via Zoom here](#)

Engaging with your Elected Representative - Live on Zoom Saturday 24/9/2020, 2-4pm | [Register here](#)

Food Security and our Food Supply Chain - Location TBA Saturday 14/11/2020, 2-4pm



QUEER'S DRAW THIS

Fun and casual drawing classes with a queer bent. We will use drawing exercises to explore looking, representation, sensory and embodied encounters with the world around us while learning how to draw people, bodies, animals and our moods. The class is focused on queer approaches to drawing but all are welcome.

DATES

Fornightly Fridays from 16th October - 11th December

COST

\$10/session

[email us at enquiries@necchi.org](mailto:enquiries@necchi.org)



WOMEN'S GUITAR WITH RACHAEL

For more information on Rachael's Guitar Group for Women, [check out her facebook page by clicking here.](#)