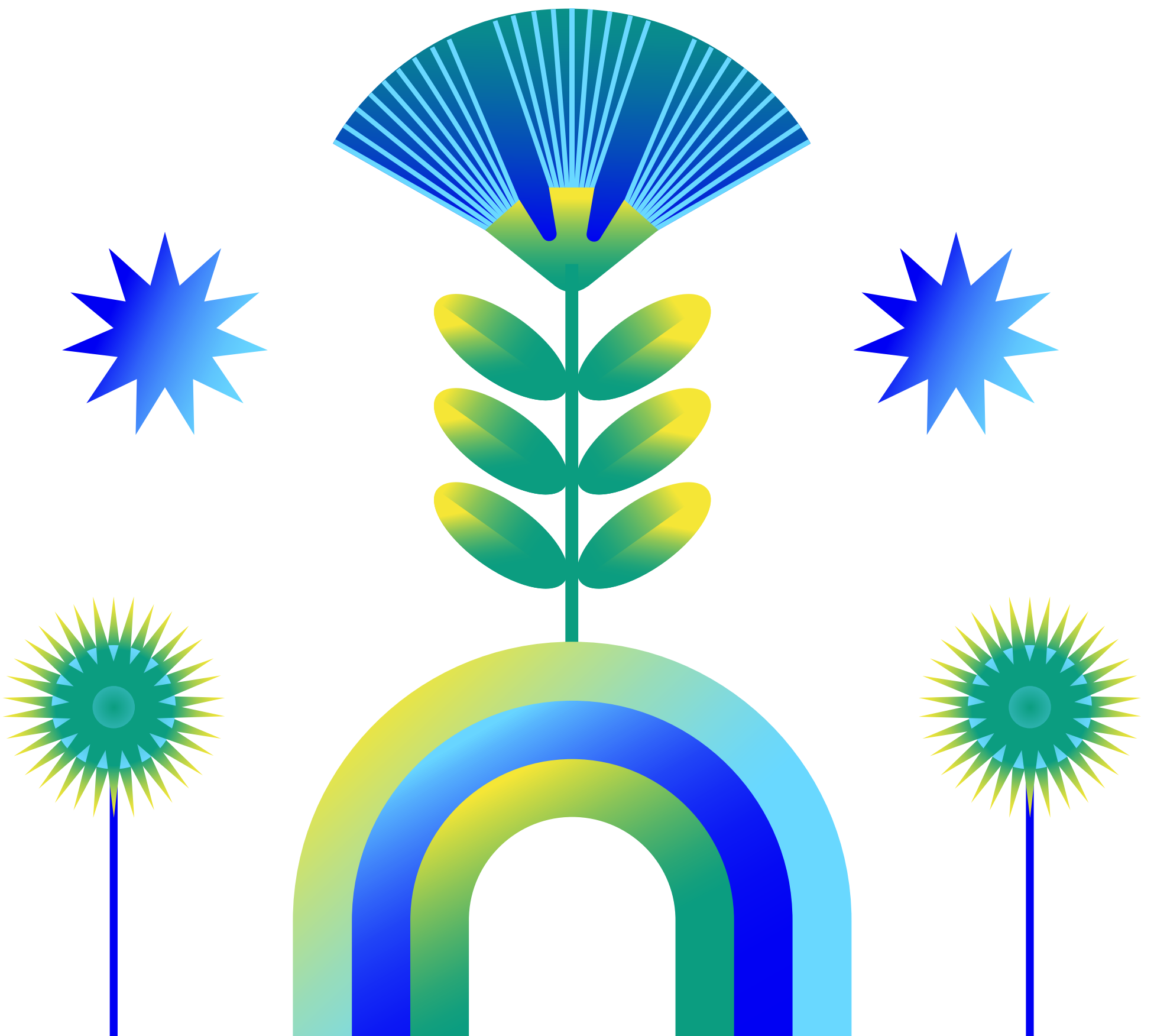


**YOUTH
WORKSHOPS**



**Youth Workshop are
specifically for youth.
Youth are welcome to
attend other workshops in
the main programme at
the discretion of the
facilitator.**



THEATRE UNLEASHED



Sarah Parker

—

2:00 PM Fri

Youth Zone

Spend 90 minutes with Sarah playing theatre games, improvising, devising, and building basic theatre skills in a supportive, step-by-step process. Enjoy a fun experience while making new friends and connections. Sarah has taught drama to children for years and directed multiple shows for rangatahi. Holding a Diploma in Drama, as well as qualifications in Naturopathy, Herbal Medicine, and Yoga Therapy, Sarah has led Theatre Unleashed classes for homeschoolers and Northland Youth Theatre. She was also part of the Redemption Arts Team at Ngawha Prison, teaching weekly performing arts classes.

LEAVE AN IMPRESSION, UPCYCLING WITH ECO-PRINTING



Carolina Silva

—

**11:00 AM Sat
Youth Zone**

Discover the magic of eco-printing in this hands-on workshop! Learn to create stunning, nature-inspired designs on fabric using leaves and natural dyes. We'll guide you through selecting leaves, preparing fabric, and applying dyes to craft unique, sustainable textiles.

We are Carolina and Joran, the creators of Terra Botanical Art. Passionate about sustainable fashion, we upcycle pre-loved clothing into eco-printed garments. Our workshops blend creativity with environmental stewardship, inspiring you to make art while making a difference. Join us to explore nature's beauty through design!

SHUFFLELUPAGUS



Tasha Barclay

—

4:00 PM Thurs

Youth Zone

Join us for a high-energy workshop where you'll learn the fundamentals of shuffle dance!

Whether you're a beginner or looking to refine your skills, this session is for everyone.

In just one hour, we'll guide you through key steps like the Running Man and T-step, breaking them down into easy-to-follow segments. Expect a fun warm-up, basic technique practice, simple choreography, and freestyle exploration—all while building confidence on the dance floor.

No experience needed—just bring your enthusiasm and get ready to groove!

TEENS KICKBOXING



Jo Spence

—

**2:00 PM Sat
Youth Zone**

**Kickboxing for teens aged 12 to 18 years.
Learn boxing and kickboxing basics, self-
defence, fitness, and have a bunch of laughs.
I am a third Dan black belt and international
fight judge. I supply the equipment and only
require one assistant.**

TEENS YOGA



Angela Mastronardi

—

9:00 AM Fri

Youth Zone

This engaging workshop introduces breathwork (pranayama) before flowing into a fun sequence of dynamic asanas inspired by animals, nature, and actions. A partner pose is included, with solo options available. Illustrated cards in Te Reo Māori and English help keep the group focused and engaged. Each participant gets to choose a posture for the group to revisit.

The session ends with relaxation, a Tibetan Singing Bowl sound journey, and a guided body scan. We close with three Oms and Shanti, allowing students to experience their voices and vibrations before trying the Singing Bowl themselves.

MACRAME JEWELLERY – SUSTAINABLE GIFTING



Jessica Holdaway

—

2:00 PM Thurs

Youth Zone

Discover the ancient craft of macramé by creating a net to capture a special stone or crystal, transforming it into a unique piece of jewelry. Crafting has been part of human life for centuries but is being lost to mass production. This workshop reintroduces craft as a way to save money, the planet, and yourself through mindful creativity. With experience in jewelry, crochet, sewing, and felting, I'll guide you step by step in making your own necklace. Join me in reclaiming this timeless skill. Cord provided by gold coin donation—please bring your own stone or crystal!

CONTACT STAFF AND FLOW



Dean Bradley

—

4:00 PM Sat

Youth Zone

Discover the art of fire dancing in this dynamic workshop, perfect for beginners and experienced dancers alike!

I'm DeanO, a passionate fire artist specializing in contact fire and flow. After years of practice and performances, my greatest joy is teaching and sharing my knowledge while continuing to learn. This workshop provides a supportive space for newcomers to take their first steps and for experienced dancers to refine their skills. Fire is both mesmerizing and powerful—once you start, you'll never look back!

Join me, embrace the flames, and experience the magic of fire dancing!

WISDOM OF THE CYCLES



Rachel & Jessenya

—

11:00 AM Fri

Whakapiki

(Inner Earth)

This interactive circle explores the Wisdom of the Cycles and its connection to female life stages. Through sharing, we reflect on how the sun's daily cycle, the moon's phases, and the seasons mirror the four-phase fertility cycle and life stages: maiden, mother, maga, and crone. Using circle sitting, song, and craft, we embrace life's peaks and troughs with curiosity. A drum journey deepens awareness of female essence and needs. Open to girls (9+), their female mentors, and young women. Led by Rachel (a maga mother) and Jessenya (a maiden), bridging generations in this shared exploration.