

## 21st Assembly SHOBOD Workshops

(there will be sign-up sheets at the Assembly)

### A Big Sing: Group Folk Singing and Rounds – Adrienne Piggott

Let's sing up a storm with some fun, traditional folk songs, sea shanties and simple songs in 3 part harmony. Get our voices warmed up for the Bardic Circle! Adrienne is the infamous lead singer of the band Spiral Dance and will be leading us in this fun, group singing activity.

### Yoga – with Arwen Bardsley

Yin Yoga targets fascia – the connective tissue that attaches, stabilises, encloses and separates muscles and other internal organs throughout the body – and helps to promote collagen from which fascia is largely made. Fascia conducts energy (electricity) throughout your body. Fascia is a super important part of our physical being that is often ignored and can only be accessed through being stressed/ stretched for a period of time. Yin yoga can help to stretch and open fascia including your joints, ligaments and tendons. It is a slow paced, meditative yoga practise that is mainly on the floor and the stretching involved is only done to the limits of the individual - as long as you can feel a stretch in each position you are doing it right!

**To participate please bring: a yoga mat or towel, a pillow and a blanket.**

### Nature Journaling – Julie Brett

Nature journaling is a great way to connect with your Awen, make seasonal observations, and express your love of the world around you through art. Julie helps us to look closely at the natural world, noticing small details, landscapes, colours, plants, animals, and weather. All skill levels are welcome.

**To participate please bring: watercolour paper or a watercolour journal (300g is best), watercolour paints, paint brushes, water container, waterproof black pen, fine white posca pen, pencil and eraser.**

### Toning Circle – Lesley Gentlin (Rafayard)

Come together to sing and chant for an hour of sacred sound. Learn a collection of mantras and songs to connect with the divine flows of grace, to help open our hearts, minds and spirit to the beauty and potential of infinite vocal resonance.

## Arthur and the Court – Michael Vlasto

Michael is a Druid grade member and a brilliant storyteller. He will be sharing his knowledge with us about Arthur and the Court in Arthurian mythology. Sure to be a treat for every budding bard and lover of the mysteries to follow Michael into the otherworlds of stories.

## Landscape Painting – Joanna Cole

The pleasure of looking and seeing - a plein air painting / drawing workshop with Sydney landscape painter, Joanna Cole. We will sit outside, on the ground or chairs provided, and we'll observe the outlook selecting a composition to draw. Using either a continuous line technique or grid from a photograph or traditional perspective techniques we will start with a small study or three in graphite. After a time we will launch into a larger colour work. The focus is on the enjoyment of seeing new forms and colours and building on personal style and experience. Individual and group suggestions will be on offer.

**To participate in this workshop please bring:**

**A5-A4 or A3 paper- 120-300 gsm - 4-10 sheets**

**Board to lean on**

**Bulldog clips**

**Blue painters masking tape**

**Graphite- 4B-2H**

**Eraser**

**Water colour or gouache paints ( jasart or micador or Windsor & newton are fine)**

**Brushes x 2-6 - round/ filbert/ flat- size 1/4/6**

**Pallets - small Tupperware containers are ok.**

**Container for water**

**Bottle of water**

## Meditation and Drumming – Katya Skorik

This workshop will be an exploration of drumming and percussion for fun, healing, bardic creative inspiration. While drumming in a circle, participants will connect so deeply their hearts will coordinate and beat at the same speed and rhythm!!

Healing benefits include: lower pulse rate and blood pressure, increased brain activity and an interesting mixture of feeling energised and yet relaxed.

All participants will learn some basics and be encouraged to explore and express their own inner rhythms too!

**To participate, please bring along your own drum if possible. Some drums will be provided but we don't have enough for everyone.**

## Dowsing and Geomancy – Baden Wilmott (Rollik)

Come and join Baden, an expert in Geomancy and Dowsing Workshop where we learn about the impact and effect these energies have on our bodies, offices, homes, gardens and the environment we live in. It's a fully packed couple of hours where Baden will attempt to give us the knowledge of what is normally a 2-day course!

This course will cover all of the understanding of Earth's energy, and the 3 types of magnetism Did you know there were 3 types? You do now and they will be explained in the workshop.

What's the difference between the two I hear you ask? Geomancy is the Art of Dowsing, whilst Dowsing is the actual doing.

In the doing (dowsing) we will use either: pendulum, ring on a chain, willow branch or even a dismantled wire coat hanger! Under Baden's guidance you will set-off into the local area dowsing for energy in the form of meridian, hazlett, ley and earths energy.

The benefits of having this knowledge and skill is the ability to manage energies in and around your home to address any issues such as: Disruptive sleep patterns, Cold rooms and use of the pendulum to show where there are any personal blockages on the body.

**What to Bring: pendulum, coathanger, or ring & chain**

## Craft Making - Amanda Hunneybell

Come and join Amanda for an informal craft session. We will be making charm pouches, although you are free to make whatever the Awen leads you to.

No super crafty skills are necessary, we can pool our skills and inspiration! Amanda will provide basics such as a small selection of fabric, needles, threads, and fastenings.

There will also be a selection of things such as common herbs and some small stones and trinkets, although we suggest if anyone has anything special they would like to use for their craft project they bring it with them.