

Living the Good Life

Workshops 2012



Saturday 28th January 2012 - Backyard Beekeeping for Everyone

Come and learn how easy it is to keep bees in your back yard (or front garden as the case may be) for pollinating your crops and as a source of natural raw honey and beeswax. Bees are an extremely important part of our ecosystem for the continuation of our food crops, and their well being is currently endangered due to unsustainable practices world wide. Learn what can be done to turn this around.

Saturday 11th February 2012 – The Home Creamery

An awesome hands-on workshop making yogurt, feta, mozzarella, camembert and blue cheeses, plus a demo of separating cream and making butter the old fashioned way. We will be working with raw organic cow's milk from a local source, plus you get to sample or take home a few goodies.

Saturday 3rd March 2012 - Herbal Medicine the Wise Woman way

Learn the 'wise woman' approach to herbal medicine and healing, how to identify and use common herbs and weeds that are easily grown in New Zealand, plus learn how to 'listen' to the plants and learn directly from them. We will be making a number of different herbal preparations – foods, drinks and medicines for general health and wellbeing.

Saturday 17th March 2012 - Preserving your Summer Harvest

Learn many different methods of preserving your abundant summer crops – pickling, preserving, sun drying, freezing and storing so you have a supply of high quality produce year round.

Saturday 21st April 2012– Hubble, Bubble, Toil and Trouble

A fun filled day of brewing beer, ginger beer, fruit wine, and cider from whole raw ingredients (not kits). We will also make Kombucha tea, sauerkraut and lacto-fermented vegetables. This is a hands-on workshop where you will participate in all the different steps of the brewing and pickling process so you will leave confident to start your own.

Saturday 19th May 2012 – Beauty is More than Skin Deep

Learn how you can have fabulous ageless skin using herbs for both internal and external use. In this workshop you will learn how to grow, harvest and dry herbs to make nourishing herbal infusions and oils. You will learn how to create anti-aging facial oils, healing ointments, lip balm and a delicious body butter. At the end of this workshop you get to take home some plants and products to keep you looking and feeling amazing.

Saturday 16th June 2012 - Mastering the Basics

Learn how to make your own bread (including sourdough) and pasta using quality ingredients. Discover how easy it is to whip up your own wholesome nutritious foods - we will also be discussing gluten, yeast vs sourdough fermentation, the glycaemic index and traditional nutrition.

**To register your interest or enroll, please phone Helen 07 856 6991 or
email helen@vibranthealthcentre.co.nz
Cost \$97 per workshop including materials, fully catered lunch and snacks**