

Mondays

Mindfulness Stretching 5:45-6:45pm

Mindfulness Stretching is a somatic breathwork “meditation” grounded in relaxation stretching and gentle PNF contractions. From the very first breaths, you’re deeply engaged.

Somatic breathwork focuses attention on physical sensations in the body and how they change with each breath. Using simple, comfortable poses, the ebb and flow of each breath becomes clearly apparent throughout the body. With our attention captivated by these somatic sensations we achieve a great mindfulness meditation.

This practice is rooted in Western anatomy—no meridians, chakras, or Sanskrit. We simply and attentively observe how the body tightens and softens with each breath. Described through the lens of the vagus nerve and Heart Rate Variability (HRV), Mindfulness Stretching delivers tangible physiological outcomes.

Drawing on the work of Bessel van der Kolk and Peter Levine, the classes translate somatic theory into an accessible, embodied practice that supports nervous system regulation and the de-escalation of stress and anxiety.

10-week term. Intro price \$199.75

Includes 10 streamable videos.

Register: calmbeing.com.au/shop

Email: david@calmbeing.com.au | Phone: 0437 135 474



Tuesdays

Mat Pilates 6:45-7:45am (also on Fridays)

Did you know Pilates on the mat is the oldest form of Pilates? It was developed by Joseph Pilates when he was a young man before he invented the machines we associate with Pilates. There are many benefits of practicing Pilates, the main ones being improved posture, better coordination, improved body awareness and injury prevention. Mat Pilates can be modified for any age, body, or fitness level, and it is even possible to practice modified Mat work in a chair.

Enjoy a fun and balanced Mat Pilates class with Thea. All you need is a yoga mat and a desire to move. All ages and abilities are welcome to join at any time throughout the year. I am a fully certified Pilates teacher and registered with the Pilates Association Australia.

Please email Thea at pilatesintheplayground@gmail.com for info and pricing.



Flower Arranging: 9:30-12:30pm

(2nd Tuesday of the month)

The Canberra Flower Club's motto is "Friendship thru Flowers". We meet on the second Tuesday of the month between 9:30am-12:30pm.

We have demonstrations and workshops to provide members with the skills to create various forms of flower arrangements.

For more information contact Marilyn: [0477 776 040](tel:0477776040)



Machine Knitters: 9:30-12pm (4th Tuesday of the month)

The ACT & Region Machine Knitters' Guild has been active across Canberra for over 40 years! We have electronic machines as well as the well-known punchcard machines that can all create beautiful patterns that can turn into garments, shawls, toys and household items using fine yarns in a variety of fibres. We regularly have demonstrations from members using one of our standard machines, a 'Show and Tell' segment where members bring their projects, finished or not, and those problems that need help to complete.

We provide morning tea which we often enjoy sitting in the courtyard in the sunshine. We have a couple of meetings during the year in which members are invited to bring their own machines and work on their projects with the added bonus of experienced knitters to help.



We welcome new members who may have some experience in machine knitting, as well as those who are keen to get started. We have yarn and accessories for sale at our meetings, have an extensive library with books and magazines for borrowing, and several machines for hire (including an LK150 and a Bulky machine).

We hope you'll come and join us! Contact: act.region.mkg@gmail.com

Wednesdays

Chair Yoga: 10:30am

This class is suitable for all ages and abilities. The class is mostly in a chair with some standing poses, but some students remain in a chair the whole class, while some other students do some stretches on the floor. The class ends with a meditation. This class is adapted to everyone's needs.

If you wish to find out more please contact Rhonda by email: willow060120@gmail.com



Majura Women's Group: 9:30am-12:30pm

Mothers with children aged 0-5 - Want to get some 'you' time, learn something new or relax and connect with other mothers?



We are a unique group funded by the ACT government to support mothers with children aged 0-5. We offer childcare facilities, a hands-on activity and morning tea. Recent highlights include Sourdough Making, Tea Blending, Eco Printing, Yoga & Photography.



For mothers participating in the activity, our childcare room opens for older children at 9:30am, babies under 9 months may stay in the activity room.

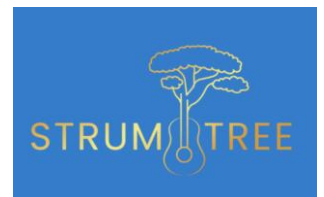
Activities and childcare fees are a gold coin, membership is \$10.

For more information see our webpage <https://majurawomensgroup.net/> or Facebook group - Majura Women's Group.

Guitar Classes: 5:30-7pm

StrumTree Group Guitar Classes for Older Canberrans (50+) – Advanced Ensemble Class

Imagine joining a local community of like-minded guitarists, working on learning songs together and contributing to meaningful community music projects. At StrumTree, you'll learn alongside others, make music, build friendships, and work towards community performances. You'll learn from expert guitar teacher Eduardo Ruiz, with course content and song selections chosen specifically for older adults.



Additional Saturday workshops occur semi-regularly throughout the year!

To sign up, visit our website <https://strumtree.au/enrol/>

Follow us on Facebook for regular updates.

Hatha Yoga: 6pm

Hatha is a slow paced yoga class, which involves stretches on the floor and standing poses, finishing with a meditation. It is suitable for beginners and those that have done yoga before.

If you wish to find out more please contact Rhonda by email: willow060120@gmail.com



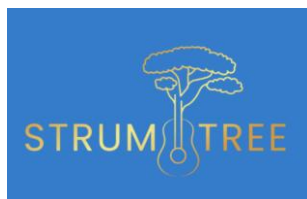
Thursdays

Guitar Classes: 9:30am (Beginner), 10:45am (Intermediate), 12pm (Beg.)

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Women's Group Fitness Training: 9:30am

Playground Training is where you can exercise with a trainer well-versed in the appropriate and most effective means to achieve your fitness goals.

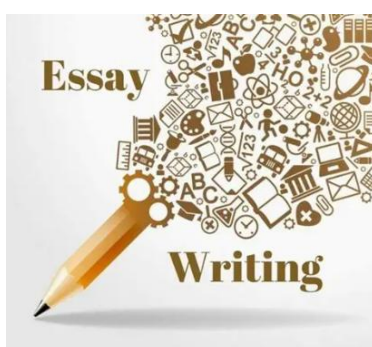
At Playground Training we provide training options that work for you. We work closely with you and your care providers to take the time to find out what you want and we achieve it.

Our Thursday session is all about building strength in a supportive, low-impact format. Perfect for mums, these classes are baby/kid-friendly with a babysitter on hand so you can focus on moving well and feeling strong. A welcoming space to lift, tone, and connect.



To join a class visit www.playgroundtraining.com.au

Essay and Assignment Writing: 10:30am



Laurel Purtle, a linguist & educator, runs an essay & assignment writing class for home schooled students.

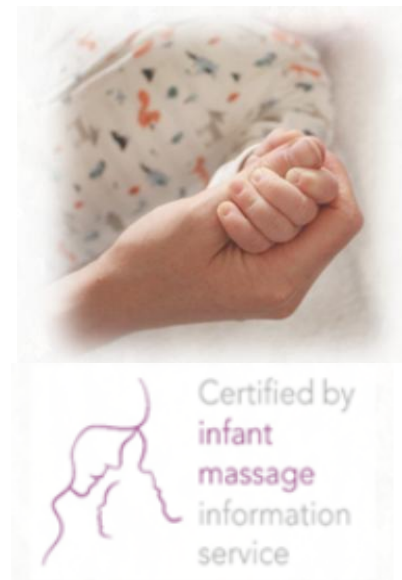
The class is designed to introduce home schooled students to essay structure, other academic assignment types, deadlines, handing in drafts & marking rubrics etc. in a fun & relaxed atmosphere.

Contact Laurel 0421 858 937 or stelladassah@gmail.com

Infant Massage Classes: 2-3pm

Light Heart and Hands is offering Infant Massage classes for parents and their babies (under 8 months or before they start crawling). This is a great opportunity to enjoy in a fun way and help your baby's development.

The program comprises a complete Infant Massage Parent course in four 1-hour sessions, covering different massage techniques and other related content to teach expectant and/or new parents about sleep, crying, tummy pain, bonding and attachment, and sharing the journey with other parents. You can also get a Gift Certificate for an expectant mum you may know. It will be a special gift to be sharing!



Send an email to get more details and register you and your baby: lighthouseandhands@gmail.com

It will be a privilege having you there!

Yoga Classes: 6:00-7:30pm

Join Kathleen for yoga at the Downer Community Centre on Thursday evenings for well-balanced and accessible yoga classes. Yoga can help you build strength and flexibility, and allow you space and time to reconnect with body, mind and spirit. Anyone and everyone can practise yoga, no matter what your age or level of fitness.



Ten-week class terms are in line with the ACT School terms. You can enrol and pay for classes on my website at www.yogachi.com.au.

Questions? Feel free to contact me by email or phone.

YogaChi: e: kathleen@yogachi.com.au m: 0424 271 558 w: yogachi.com.au

Fridays

Mat Pilates: 6:45-7:45am

(See Tuesday for more info)

Enjoy a fun and balanced Mat Pilates class with Thea. All you need is a yoga mat and a desire to move. All ages and abilities are welcome to join at any time throughout the year. I am a fully certified Pilates teacher and registered with the Pilates Association Australia.



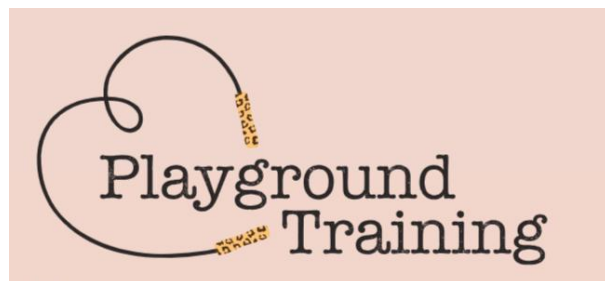
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To join a class visit: www.playgroundtraining.com.au

Saturdays

Women's Group Fitness Training: 7:15am and 8:15am

Start your weekend strong with our energising High/Low Impact Interval Training session! Designed to suit all fitness levels, this workout alternates bursts of cardio and strength, letting you push your pace or scale it down. It's fun, sweaty, and seriously effective – the perfect kickstart to your Saturday.



Women-only group sessions run at 7:15AM and 8:15AM every Saturday.

To join a class: www.playgroundtraining.com.au

Fibre Basket Making: 2-5pm (2nd Saturday of the month)

The Fibre Basket Makers of the ACT meet monthly at Downer community Centre. Bring a current project to work on, something for show and tell, \$5 to contribute to costs and a snack. Or purchase something from nearby Gang Gang café.



The group has been meeting regularly for more than twenty years to share basketry skills, materials and knowledge, arrange demonstrations, exhibitions and events, and provide mutual support. Beginners are welcome and, when there is sufficient interest, classes can be arranged.



www.facebook.com/actfibrebasketmakers/

Contact: Ann - 0406 375 841

Email: Brenda - basketryact@gmail.com

Capoeira Children's and Community Classes: 12-1pm

Capoeira Angola is an Afro-Brazilian art that shares certain obvious qualities with martial arts. It is fundamentally a simulated game between two players and uses an amalgamation of music, singing, dance, and dynamic movement. Capoeira is a wonderful place to grow for young people due to its unique framework of empowerment, confidence-building and overcoming adversity through the development of individual self-discipline, inner-strength and group membership.



As students learn to dynamically move their bodies through all sorts of positions they will simultaneously be learning to play a range of instruments and sing traditional songs. In Capoeira, the musical element is vital as it supports and uplifts the practitioner. The songs are sung in Portuguese whilst playing percussion instruments and berimbaus, three musical bows that lead the ensemble.

You don't have to be fit or an amazing musician to try it, you just need the want to have a good time. As you learn Capoeira you will find yourself doing things you thought that you could never do.

Our Children's and Community Capoeira classes run during the school term on Saturdays 12-1pm.

Contact: **0413 454 328** **Email:** capoeira.angola.canberra@gmail.com

Facebook: <https://www.facebook.com/Capoeira.Angola.CBR>

Instagram: <https://www.instagram.com/mestreloki?igsh=MXJoOXRvNTdnbjk2YQ==>



Cake Decorating: 2:30-4:30pm (1st Saturday of the month)



Learn to decorate a beautiful Ombre Buttercream Cake in this fun, two-hour class! Everything is provided for you including cakes, equipment, boxes, aprons etc. Just bring yourselves!

Suitable for ages 12 and up.

For details go

to: <https://www.forheavenscake.com.au/Classes>

or call 0424 113 170.

Sundays

Crochet and Basketry Craft Workshops:

Looking to learn a new craft? Join us at *This Lush Corner* for crochet classes and basketry workshops! These hands-on crafts aren't just creative outlets – they're the perfect way to slow down, and focus on something beautiful. Whether you're a beginner or a pro, you'll find joy in learning a new skill and letting your creativity flourish. Come make something amazing, and uniquely yours.

Weekend classes available and also for private classes on request.

Bookings through our website: www.thislushcorner.com



Cake Decorating: 10:30-12:30pm (first Sunday of the month)

Learn to decorate a beautiful Ombre Buttercream Cake in this fun, two-hour class! Everything is provided for you including cakes, equipment, boxes, aprons etc. Just bring yourselves!

Suitable for ages 12 and up.

For details: <https://www.forheavenscake.com.au/Classes> or call **0424 113 170**.



Art Classes: 1:30-4:30pm (4 weeks in March)

Nature's Palette: Four-Week Art Classes Inspired by Canberra's Flora and Fauna with local Artist Adriana Seserko Discover the rich natural beauty of Canberra through an immersive four-week art course inspired by the region's unique flora and fauna. This program welcomes artists of all ages and



artistic levels to explore and express the local biodiversity through acrylic painting, while setting their own creative pace. Children must be accompanied by a guardian or parent.

Participants have the choice to work on one piece throughout the weeks or to create a new artwork each week. The class pace is individually set to foster a personalised and enjoyable creative journey.

Week one will focus on the foundations of Art and design, introducing artists to basic acrylic painting techniques, colour theory, and composition to build confidence and the skills needed for the weeks ahead.

Please contact Adriana for enquiries and to book: adriana.seserko.art@outlook.com

You may also be interested in...

SEE Change

SEE Change is a Canberra local grassroots sustainability organisation and our office is in the Downer Community Centre. We run projects and activities that help the community improve their sustainability including repair cafes, regeneration projects, workshops, educational talks and more. We run the Canberra Electric Bike Library from Downer, offering free 2-week loans of electric bikes.



If you're at the Downer Community Centre pop in and say hi!

Head to our website to find out more, or book a bike loan: <https://seechange.org.au/>

Children's Theatre group

Child Players ACT is a family-run children's community theatre company based in Canberra. We are dedicated to providing positive and inclusive theatre educational experiences for young people that fosters an ongoing enthusiasm for theatre. We have held classes and rehearsals at the Downer Community Centre for over 15 years.

Classes are held in the January School Holidays and during Term 2 and 3 on Wednesday nights and Sunday afternoons.

More information can be found at www.childplayersact.net

