



Program of Courses

January to June 2020



Last semester's pre-class *In Search of Fine Music* photo fun with three attendees and tutor Jack in front of our new screen lit up with a silhouette or two and a chamber orchestra image. Information and a crossword about the session's composer are being displayed.

A note regarding courtesy to tutors: Much time and effort is involved with the preparation of courses conducted by U3A tutors and they would appreciate prior notification of possible 'no-shows' at their sessions. It is therefore appropriate after enrolment, if you decide not to attend a particular, or even any further sessions of your chosen course/s, that the tutor is advised so that others on the waiting list have the opportunity to attend.

U3A Margaret River inc. is a member of the international movement founded in France in 1973 to promote and practise lifelong learning through low cost educational opportunities in a relaxed and informal environment for seniors.

Revised 2 February 2020

U3A Margaret River Membership and Course Enrolment

The courses listed in this booklet were posted online on Monday 16 December 2019. **To enrol in a course, you must be a financial member of U3A Margaret River: Annual membership is \$40.**

We offer the following two options for activating membership for 2020 and for enrolling in courses. To activate membership for 2020, please either:

1. Go online at <https://u3amr.org.au/existing-members> You will be guided to UMAS, our computerised membership and enrolment system.

(If you were not a member in either 2018 or 2019 please follow instead the instructions at this link <https://u3amr.org.au/new-members>).

Use your U3A member number to log into UMAS. If you cannot remember your number, log in with your email address. Your password will normally be your surname (lower case) followed, only if your name is less than 5 characters, with spaces (to reach 5 characters). If you have forgotten your password, the system will tell you how to retrieve it. (Please do not re-enrol as a new member).

Once logged in:

1. Click the 'Pay Membership' box to the left of the screen
2. Click the 'Please Select' button in the centre of the screen
3. Click 'Subscriptions 2020' in the drop down list that appears
4. Click the 'Pay Invoice' button at the right of the screen

Your Member Details page will appear and you can click on the 'View Courses' box to the left of the screen to commence enrolling on the courses of your choice.

Having renewed your subscription and enrolled in courses on line, you will now need to pay fees via direct debit or cheque (see below) as our system does not support online payments..

Bank Details for EFT payments are BSB 086 798 Acc. No. 140224516. Please ensure you include your member number when making payments.

Cheques must be made payable to:

The University of the Third Age, Margaret River - The bank will not accept any other wording.

We do not have credit card facilities.

Please Do Not pay for courses for which you are wait listed

2.If you need assistance to pay membership and/or enrol in a course, you may call 0407 775 050 or 9757 2576 and one of our two program coordinators will assist you. Please leave a return phone number if no one is available to take your call.

- You can also email course enquiries to programs@u3amr.org.au and include your name and membership number (if known) together with the title of the course(s) in which you wish to enrol. A reply email will be sent to you as soon as possible.
- If you have email, please mail membership enquiries to admin@u3amr.org.au
- If you do not have email, you can mail your membership request to PO Box 1059 Margaret River 6285 or call the U3A secretary on 0414 875 889. Please leave a return phone number if no one is available to take your call.

We do NOT have an office at the MR Community Centre

Playtime - Social Time

Erica Hills

Every Week from 8 January

Wednesday 1.30pm – 4.30pm



This weekly event is open to ALL financial U3A members. If you enjoy playing cards or other games, or would like to learn, come along and enjoy a sociable afternoon playing Canasta, Chess, Cryptic Crosswords or other games such as Scrabble and Mah-jong. Both beginners and proficient players are welcome and we have a Mah-jong expert willing to teach.

Many U3A members like to stay and have a drink after Playtime so feel free to come along and socialise. We generally break for a cup of tea at 3pm so join us then or after 4.30pm even if you don't want to play a game.

Cost: Just join U3A Margaret River. **No course fee and no enrolment.**

Venue: Margaret River District Club, Tunbridge Street (up the hill from IGA)

The Science and Implications of Climate Change

Peter Lane

February 5, 12, 19 and 26

Wednesday 10:30am – 12:00pm



Unlike most U3A courses, a discussion on climate change could hardly be called 'fun'. Nevertheless, as with all scientific investigations, there is an element of discovery and learning, and this course will describe the science and some of the extraordinary consequences of anthropogenic global warming. It will look into our geologic past and explain what's happening today compared to past climate change events, at just how delicate and interconnected our biosphere is.

The course will also discuss the technological aspects of achieving meaningful reductions in greenhouse gasses and the need to adapt to a changing climate.

Min 6 – Max 30

Cost: \$10

Venue: MR Community Centre, Main Meeting Room, 33 Tunbridge Street

Swimming Made Easy

Ian McMahon



Some Mondays and Wednesdays: 12.30pm – 1.30pm

Monday Feb 24, Wednesday Feb 26, Monday March 9,23,30,
Monday June 8,15,22 & Wednesday 3 & 24

The aim of this course is firstly to teach non-swimmers and secondly for swimmers to improve their cardiovascular fitness by giving them strategies to improve their swimming technique. The focus is on stroke correction for freestyle and backstroke.

Min 4 – Max 10

Cost: \$15

Venue: MR Recreation Centre Swimming Pool.

Participants need their own goggles and fins and to pay pool entry each session.

Art History: The Modernists

Daniela Palitos

May 28, June 11, 18, 25

Thursday 9.30am – 11:00am

This art history course will cover the twentieth century *avant-garde* movement. This was a worldwide phenomenon and includes lesser known European artists together with some Australian modern art exponents. If you have been to Daniela's previous courses you will want to continue the art history story but there are no pre-conditions to attendance.

Min 5 – Max 20

Cost \$10

Venue: Main Meeting Room, Margaret River Community Centre, 33 Tunbridge Street



Poems that Sing

Bill Bunbury

April 24 and May 1

Friday 10:00 -11.30am



When there is hope
In the heart,
A smile can be found
On the face.

~Sri Chinmoy~

In a new departure, Bill who studied English Literature (not history!) at university will offer two poetry sessions. In the first one, he will read and talk about the poets and their work that have meant a lot to him in life. In the second, and final session, participants will be asked to bring along, and discuss poetry, which they particularly love and value.

Min 4 – Max 20

Cost: \$10

Venue: Main Meeting room, Margaret River Community Centre, 33 Tunbridge Street

Understanding Jazz: Origins, Musical History and Darker Racial Contexts



Dr Ken Dyer

Thursday 2:00pm – 3:30pm

April 9, 16, 23 and 30

The objective of the course is to help participants understand and, above all, enjoy what jazz musicians are trying to do musically. The course will illustrate and, to a modest extent, analyse in a non-technical way, with profuse recorded examples, the musical development of jazz from about 1900 to the present. It will focus especially on the achievements of four towering geniuses: Louis Armstrong, Duke Ellington, Charlie Parker and Miles Davis, who are all African-Americans.

The course will include musical illustration and discussion of the contributions of other African Americans and white jazz musicians and attempt to explain how the history of jazz is bound up with racial attitudes in the US and was influenced by them. Historical stages and genres of jazz, such as Traditional, Modern, Swing, Bop, Cool, Blues, Ragtime and others, will be covered and explained.

Min 6 – Max 25

Cost \$10

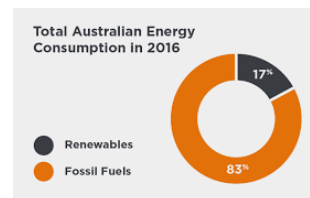
Venue: Church Gallery, Margaret River Community Centre, 33 Tunbridge Street

Earth, Air, Fire and Water

Dr Ken Dyer

May 8, 15, 22 and 29

Friday 10:00am – 11:30am



The course will document and describe all current technologically viable and economically plausible sources of renewable energy. It will first define what is meant by energy and list the various forms we encounter and use in today's society. It will then systematically examine them under the four sources indicated by the title of the course; Earth: deep geothermal (hot rocks), hydrothermal, earth sourced heat pumps and biomass. Air: wind, onshore and offshore. Fire: solar and thermal solar in their many manifestations. Water: hydropower from rivers, waves, tides and currents from ocean waters. The course will also cover nuclear energy, biogas energy production and varieties of energy storage.

Finally it will consider whether the question 'Is setting goals of 100% renewable energy sensible or even answerable?'

Min 6 – Max 20

Cost \$10

Venue: Main Meeting Room, Margaret River Community Centre, 33 Tunbridge Street

Appreciating the Remarkable Diversity of South Western Plants

Dr Neville Marchant

June 15 and 22

Monday 10.30am – 12 noon



The course is intended to enable participants to increase their appreciation of our remarkable plant diversity. Australia's southwest is renowned for its very high number of flowering plants and diverse flower structures. This illustrated presentation will use many plants of the Margaret River region to describe the gradual evolution of the southwestern flora from the ancient continent Gondwana, to the arrival of humans.

Our plants in our species-rich ecosystems, like the sundews, orchids, trigger plants, parasitic plants, and many hundreds of shrubby species, have developed an incredible array of survival and pollination strategies enabling them to thrive in a mediterranean climate. Pollination by insects, birds, and mammals has been key driving force in evolving the floral features of wildflowers that define our plant families and genera. The familiar plants of the southwest such as kangaroo paws, bottlebrushes, bell-shaped false flowers, bacon and eggs peas, and bizarre orchids have many fascinating pollination systems.

Min: 10 – Max 30.

Cost: \$10

Venue: Church Gallery, Margaret River Community Centre, 33 Tunbridge Street

Simply Cycling Weekly

Ginn Fourie

Monday 8am –10am

Every week from March 16 to June 29 inclusive including



public holidays

Join other U3A like-minded members and come for a companionable bike ride on a Monday morning. Sign up for the semester and you can cycle with us occasionally or every week if you wish. We will cycle mainly on tracks or on very quiet roads. Coffee will be the pot of gold at the end of the rainbow, or even before the ride.

Depending on interest and demand, this “course” will run for the whole of semester one.

Min 6 – Max 20

Cost: \$5

Venue: First meeting point (March 16) will be Yahava Koffee Works, Doust's Corner, off Bussell Highway (turn left going south after Brookfield Avenue into Andrews Way. Next (March 23) and subsequent meeting places to be advised.

Photo Call

Steve Blakeney

February 20, 27

Thursday 10am- 11.30am



If you are an amateur or casual picture-taker who appreciates good photographs and would just like to improve the quality of what you produce, these two sessions which are being offered by professional photographer Steve Blakeney may be just what you need. It doesn't matter what camera or device you are using, Steve will be able to give you some basic advice for taking photos, tips for improving your techniques and for editing (and improving) your pictures. Inspiration can often come from looking at the work of others and Steve will bring in some of his favourite pictures, explain how and why he took these photos and some of the considerations he brings to his photography. There will also be an opportunity for you to put your questions to Steve and to seek answers to any problems or issues you have encountered.

Min 4 - Max 15

Cost: \$10

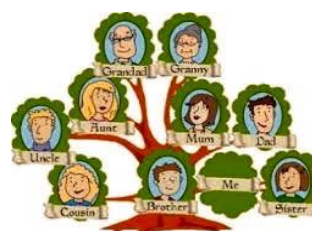
Venue: Main Meeting Room, Margaret River Community Centre, 33 Tunbridge Street

All in the Family

Jane Vanderstoel

March 17, 24, 31, April 7, 14, 21

Tuesday 10am - 12:00 noon



Jane invites you to join her in a new group to talk about researching your family tree. It doesn't matter whether you are just starting out or a more experienced family researcher, this group is about learning through sharing. We can share successes, brick-walls, resources, tips, information and advice to assist each other in furthering our research. Jane has been researching her tree for the past four years building on research started by her parents in the 1980's and 1990's. She is not an expert but always happy to discuss and share her journey.

Min 4- Max 10

Cost: \$10

Venue: Small Meeting Room (March 17), & Main Meeting Room for other dates, Margaret River Community Centre, 33 Tunbridge Street

More Pastry Tarts

Jill James

Option One: *Monday April 20*

Option Two: *Wednesday May 20*

10:30am – 1:30pm

Did you fail to get a place on Jill's cooking classes last semester or have you just heard about what you missed? This time Jill will be concentrating on teaching you how to make those perfect tarts for yourself that you can only buy from her when she is at the Farmer's Market. Jill will give you some tips for pastry making as well as some simple recipes you can try at home.

This is one session only but offered on two different days. You can choose your day and date.

Min 4 – Max 8

Cost \$5

Venue: 129 Harrison Road, Forest Grove.

Please note there will be an additional charge of \$5 per session payable in cash directly to Jill for ingredients.



The Pleasures of Singing

Barbara Webster

*February 25, March 3, 17, 24, 31, April 7, 28, May 5, 12, 19, 26,
June 2, 9, 16, 23, 30 (NB: No classes in school holidays).*

Tuesday 2pm – 3pm



If you enjoyed Barbara's classes in 2019, please feel free to enrol again. If you enjoy singing and are seeking another way to improve your health and well-being, join this weekly singing group. No previous experience is necessary, but you will be introduced to some simple part-singing in harmony from a repertoire mainly of folk and classical music. Barbara would welcome the addition of some tenors and basses!

You do not need to attend every class, but each session is built on the previous one so continuity is important. Please enrol only if you can attend the majority of classes. These are held in Barbara's home.

Min 6 – Max 15

Cost: \$5

Venue: 7 Cabernet Place Margaret River

In Search of Fine Music 8

Jack Knudson

February 24, March 9, 16, 23, 30 and April 6

Monday 2pm – 3:30pm



Considered the finest violinist of his time and the best violin composer of the 17th century, **Ignaz Franz von Biber**'s music will likely enthrall you. So too will examples of **Giuseppe Domenico Scarlatti**'s numerous piano sonatas written in the Classical style. Another Italian, **Vincenzo Salvatore Carmelo Francesco Bellini**, was a highly successful, though short lived, genius operatic composer of the bel canto (beautiful singing) era, named the "Swan of Catania" for his long-flowing melodic lines.

The star of famous tenor American **Mario Lanza** burned bright, but was extinguished all too soon, at just 38. Tenor **Juan Diego Flórez** is known for his roles in bel canto operas and is said by some to be the heir apparent to Pavarotti. **Louis Moreau Gottschalk** was a child prodigy who became the best known pianist in the New World during the 1860s and whose compositions incorporated syncopated rhythmic elements of Caribbean and Latin folk music. **Dora Pejačević** has only recently been recognised as a major Croatian composer whose 106 works include, piano, chamber and large-scale orchestral music, as well as songs.

By coincidence, four of the seven musical artists chosen died young, at just 32, 37, 38 and one just before his 40th birthday.

Min 6 – Max 25

Cost: \$10

Venue: Main Meeting Room, Margaret River Community Centre, 33 Tunbridge Street

Participants need to have email access for messages from Jack regarding pre-class reading and listening using the Internet

Painting with Acrylics

Julia Cowling

May 1, 8, 15, 22, 29 and June 5

Friday 10:00 am – 12 noon



No prior skills with a paintbrush are needed for this course. Julia will guide you through the process of painting with acrylics on canvas in a relaxed and friendly manner. By the end of the first session you will have a picture you will be proud to hang on the wall.

Min 4 – Max 10

Cost: \$10

Venue: Horticulture class room, SWIT campus

Painting materials will cost approximately \$20. On enrolment students will be given a list of materials that they must purchase prior to commencement of the course.

Remembering and Writing

Margaret Cole

May 14 and 21

Thursday 9:00am – noon and 1:00pm – 4:00pm



Everyone has a unique life story, no matter how old they are, and if it is not written down it will be lost forever. This workshop will help you begin to recollect and record your personal experiences so they can be shared with family or friends, prepared for publication, or remain a private celebration of the mystery and complexity of your journey.

Anyone can do this workshop; the basic tools are an exercise book and a pencil.

Margaret sees her job as helping you to remember, showing you some techniques to write with and giving you the confidence to do it.

Workshop organisers sometimes use a headline “Every time a person dies, a library burns down.”

Margaret Cole is a clinical psychologist who has taught and used writing as a life skill for over thirty years. *Remembering and Writing* is a course adapted from creative journal process techniques, where writing offers many gifts – silence, reflection, meaning and release. In our writing we may find the one word or phrase that throws new light on a situation for us, or illuminates an idea for a reader.

NB: Each day of this course extends over a full day.

Min 6 – Max 15

Cost: \$10

Venue: Main Meeting Room, Margaret River Community Centre, 33 Tunbridge Street

Walking Margaret River

Guy and Jo Jennings

March 11, 18, 25, April 1, 8, 15

Wednesday 9am – 11am



This course is offered for another year and will again be led by the indefatigable Guy and Jo Jennings. Walks will include some favourites but also some new ones. Each Wednesday we walk along different trails going at a slow to moderate pace for between 40 to 60 minutes. After the walk we get together for coffee. Join *Walking Margaret River* to meet new people and/or to maintain friendships.

Min 4 – 30

Cost: \$5

Venue: Meeting places to be advised after enrolment.

Shoes suitable for walking are important for your safety on the tracks.

Watercolour Painting for Beginners

Margaret Affleck

January 30, February 6, 13, 20

Thursday 9:30am – 12:00 pm



No prior experience is necessary for this course. It is an introduction to some elements of painting that will include composition, drawing, tones, colour, and textures.

Each session will introduce a different technique of watercolour painting such as mixing colours, laying washes, working wet on dry paper, working wet on wet paper, texturing methods and lifting out paint. You will be guided by a step-by-step demonstration on how to paint a different subject and how to use these elements and techniques to produce a small picture, or a card.

Min 4 – Max 8

Cost: \$10

Venue: Wash House Art Studio, Margaret River Community Centre, 33 Tunbridge Street

Please note: *There could be an additional cost to participants of approximately \$50 for purchase of high quality materials. The list of required materials that you will need to buy and/or bring is included in the online version of this course.*

Watercolour Painting Continuing

Margaret Affleck

January 29, February 5, 12, & 19

Wednesday 12:00 Noon – 2.30 pm



This is a continuing course for those who enrolled in the introductory class last year. These lessons will revise and build on the elements of composition, drawing skills, tones, colour and textures and the techniques of using washes, working on wet OR dry paper, lifting paint and the use of hard and soft edges.

New subjects for each lesson will be covered using demonstrations so that you can produce a painting that you will want to keep. Some choices of your own subjects will be discussed.

Please bring a mug for self-service tea/coffee.

Min 4 – Max 8

Cost: \$10

Venue: Wash House Art Studio, Margaret River Community Centre, 33 Tunbridge Street

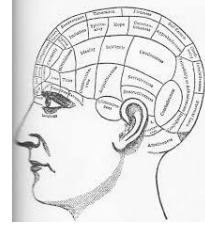
Please note: *You will be provided with a list of materials to bring which you purchased at last year's Beginner's course. This material list is included in the online version of this course.*

Ethical Challenges in a Modern World

Alan Moore-Fiander & Karin Ashman

February 11, March 10, April 14, May 12 & June 9

Second Tuesday of the Month 1:30pm – 3:30pm



In 2017, *New Scientist Magazine* devoted the July issue to consideration of ten ethical challenges that are arising from advances in science. For example:

- Should we edit our children's genomes?
- Should we give robots the right to kill?
- Should we let synthetic life forms loose?

As always there are unlikely to be simple yes/no answers to such questions. So for next semester's discussion group we thought it would be interesting to explore these issues together. Every member will have the opportunity to state his/her opinion on the topics, if they wish. Other members may present a different view while respecting the right of each group member to hold that opinion. We all have different life experiences that have influenced what, and how we think. Come along with your thoughts and ideas.

Min 8 – Max 15

Cost: \$10

Venue: Main Meeting Room, Margaret River Community Centre, 33 Tunbridge Street

Perspectives on Dreaming

Georgina Kelly

May 11, 18 & 25

Monday 10am – 12 Noon



Are you interested in what dreams are made of? In the first session local psychologist Georgina Kelly will be looking at the science behind dreaming, what neurological and behavioural research tells us and what it does not about the reasons we dream, how dreams are made and how they can feel so disturbing.

The second session will be presented by local Gestalt therapist Debbie George who will take us on an experiential journey of dream interpretation in which we will be shown how to approach our own dreams from analytical perspectives.

Finally, local aboriginal educator Gwenda Webb will explain what Aboriginal Dreaming actually looks like, and how it lives in spaces Western cultures struggle to conceptualise. Each workshop will include morning tea.

Min 5 – Max 20

Cost: \$10

Venue: Church Gallery, Margaret River Community Centre, 33 Tunbridge Street. **NB venue changed from Georgina's home to accommodate a larger number of participants.**

There will be an additional cost of \$10 for morning tea and associated costs incurred by Georgina in running this course, payable by each participant directly to Georgina in cash

Passionate About Art

Bill Castleden

April 22, 29, May 6, 13

Wednesday 10:00 am - 11.30am



In this new course for 2020, Bill will offer to share some of his passion about art. The course will be held in Bill's own home, south of Margaret River, where examples of artwork can easily be shared. There will be lots of time for discussion over four sessions.

In session one Bill will explain how his interest in art began.

In the second session, he will talk about artists as friends and give examples of how artists' practices evolve. Artists give to us and Open Studios is one way that Bill and others have found to thank them and 'give back'.

This third meeting will include writing about art. You will also be able to visit Wendy Castleden's studio as she participates in this year's Open Studios event.

In the fourth and final session, Bill will talk about collecting art, how it happened for him and the issues involved in archiving an art collection.

Min: 4 – Max 10

Cost: \$5

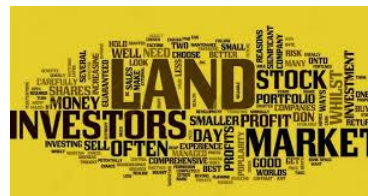
Venue: 6848 Caves Road, Redgate.

Insights into Stocks and Shares

Bill Castleden

March 12, 19, 26 and April 2

Thursday 10:00 am - 11.30am



Bill has been investing in the stock market, (not always profitably!), for the past 60 years. In this new course, he will explain first what the stock market is all about and how to buy and sell shares. Session two will cover long and short term investing as well as self-managed superannuation funds and how the ordinary punter can cope with the work involved.

The third class will discuss the question: Can investing be a power for good? It will cover options for investing in 'green shares' and/or charities. The fourth and final session will be an opportunity to talk about 'our favourites' and any other issues that participants would like to cover.

Min: 6 – Max 12

Cost: \$5

Venue: 6848 Caves Road, Redgate.

Whole of Landscape and Whole of Community

Dr Bruce Hamilton

May 12

Tuesday 11:30am to 1:00pm



Dr Bruce Hamilton has worked to improve natural resource management in WA for over 30 years in Government, as a senior officer in the EPA and the Water and Rivers Commission, as the Chief Executive of the WA Waterways Commission.

In a single session for U3A, Bruce will discuss a foundation for managing a sustainable future. This course is for everyone who is interested in our environment, particularly in the area of south-western Australia in which we live. He will ask: What do we mean by bracketing *whole of land-scape* with *whole of community*? The session will consider how we can create a tangible vision for the future, the importance of collaboration and provide examples of organisations working together, particularly to address local waterways management issues along the Blackwood and Scott rivers.

Min: 8 – Max 30

Cost: \$10

Venue: Church Gallery, Margaret River Community Centre, 33 Tunbridge Street

Cultural Adventures in Turkey and Morocco

Terry Hoyne

March 10 & 17

Tuesday 10:00am – 11:30am



Terry has been travelling to Turkey for twenty-seven years and along with his wife Pam they have been the Australian dealers and representatives of the internationally acclaimed DOBAG Project (Natural Dye Research and Development Project), which was responsible for the revival of natural dyeing in carpet weaving in Turkey.

The British Museum, Victoria and Albert Museum and All Souls College at Oxford University have acquired carpets from the DOBAG Project. Since 2002 they have been leading tours to Turkey and in 2008 started taking small groups to Morocco visiting the Ait Khozema Berber Carpet Project in the High Atlas Mountains.

This course will look at the history of these projects and the many positive effects that have resulted in the lives of the weavers and their families.

Min: 6 – Max 25

Cost: \$10

Venue: Main Meeting Room Margaret River Community Centre, 33 Tunbridge Street

Understanding your Behaviour in your Community

Martin Ringer

March 4, 11, 18 & 25

Wednesday 2:00pm – 3:30pm



Les relations compliquées

Why do nice intelligent people (like us) fight about things like politics, environmental policies, land development proposals, immigration and a host of other things? And why, at other times are these same people friendly, generous and collaborative?

Socio-analyst Martin Ringer will outline some frameworks for thinking about social dynamics. He will involve participants in experiential explorations of their own social systems, unpicking the dynamics of conflict and collaboration and linking the social with the personal. The course will deal with real issues in participants' lives and in their community. The aim is to enable you to tread more lightly in and around your social systems and communities and be better prepared to deal constructively with those conflicts in which we inevitably find ourselves. However, this is not a traditional 'conflict resolution' course.

Session 1 - Models and ideas for thinking about community, collaboration, and conflict and an enactment of a case study involving community conflict.

Session 2 - What's going on in in your lives in Margaret River? Group-level, participant-driven, exploration of community conflicts and collaborations. (**Sessions 2-4 are open only to people who attend session 1**)

Session 3 - How can I help? Explore ways of reducing community-based conflict and increasing cooperation.

Session 4 - Thinking ahead about collaboration and conflict. Examine ways of applying new ideas to old problems.

Min: 6 – Max 15

Cost: \$10

Venue: Church Gallery, Margaret River Community Centre, 33 Tunbridge Street

Copies of published material on the dynamics of groups in community settings will be provided to participants.

Dru Yoga

Danni Marshall

February 7, 14, 21, 28 & March 6, 13

Friday 9.15-.10.30am



Danni has just completed three years of training as a teacher of Dru Yoga. She is offering six weekly sessions specifically for U3A members.

Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind and spirit to rejuvenate your whole being. It is gentle and suitable for all age-groups and works on both our energetic and physical bodies.

Min 5 - Max 22

Cost: \$15

Venue: Karate Club, Wallcliffe Road, down the gravel road west of the MR Recreation Centre

Dancaterapia – Dance Therapy

Ro Robertson

March 5, 12, 19, 26 & April 2

Thursday 10:30 – 11:30am



For the last six years, Ro has made an intensive study of Dancaterapia (dance therapy) based on the method of Maria Fux in South America. Ro has travelled to Brazil, Argentina and Italy in dedication to this path.

Dancaterapia is a way of re-appropriating body language through creative stimuli that promote the reunification of movement with the unique and living “feeling” of every human being. The Maria Fux method is based on the possibility of change. It offers a platform to explore ourselves and our connection to the environment and those we share it with and gives opportunity to recognize our ability to transform through movement.

Ro is offering five one-hour classes specifically for U3A Margaret River. Dancaterapia is for everyone. It is an experience of our natural movement in creation. Come along and give it a go.

Min 6 – Max 20

Cost: \$15

Venue: Karate Club, Wallcliffe Road, down the gravel road west of the MR Recreation Centre

Please note that all existing members of U3A Margaret River who have online access can look up their own personal information, view course information and check the courses in which they are enrolled on line at any time. See page 2 for details as to how to log in. Please try and use this system rather than asking the program coordinator or tutors for information. It will all be there, including dates and times of courses. If you would like help in accessing this system, come to an enrolment day or contact us by one of the methods indicated on page 2 of this program.