

# Olympic Village Makers Market

2<sup>nd</sup> November | 10AM – 2PM | Olympic Village Green

## Workshops

### Sustainability and Communities

#### Bike Maintenance Workshop | 10am-2pm

Some bike maintenance jobs seem so basic that it's assumed everyone knows how to do them well, but that's not always the case. Bring your bike and learn how to service your own with bike mechanic Michi Pusswald

#### Fix – it workshop | 10am-2pm

Bring along your broken household items to be repaired for FREE. Items include woodwork, glassware and pottery but NOT electrical goods.

### Self-empowerment and Meditation

#### Tribal world dance with Entwined Belly-dance | 10.30am – 11.30am

Tribal is a modern form of oriental dance originating in San Francisco in the late '60s, drawing upon ethnic dance styles from the Middle East, North Africa, India and Spain. This workshop aims to empower and connect local like-minded women through dance. This workshop is suitable for all ages and abilities. For more information, please go to [www.entwinedbellydance.com](http://www.entwinedbellydance.com)

#### Tapping as self healing | 11.30am – 1.30pm

Tapping is a technique to clearing energy disruptions associated with negative emotions using fingertips on the acupuncture points on your face and body. For more information, please contact Sharon 0414 322 915

## Performance

#### Marimbas at the market | 11.30am – 1.00pm

We are a group of adults from all walks of life who come together each month to play home-made marimbas (great big xylophones). The instruments are really easy to play and we love getting passers-by to join in our music-making!

## Children's Activities

#### Children's outdoor activities | 11am – 1pm

