

The Bristol Freeconomy
Community presents

free skilling

2010

Bristol's FREE weekly skill-sharing evening...

JAN-FEB

Nappy Free Babies!

12th Jan, The Better Food Company, Sevier St @ 7pm

Also known as 'Elimination Communication', join Ted for a demonstration and talk on how to bring up your child without nappies of any description. Fascinating!

Living without Money

19th Jan, The Better Food Company, Sevier St @ 7pm

Mark Boyle will give a talk about the reasons behind it, the practicalities of it and why he has decided to keep going!

Pilates

26th Jan, The Better Food Company, Sevier St @ 7pm

Pilates is an abs and back workout focussing on strengthening the pelvic floor, abdominal and lower back muscles. It helps to reduce lower back pain, slim waistline, improve posture and many other benefits. If possible people should bring a towel to lie on.

How to make a Willow Basket

2nd Feb, The Better Food Company, Sevier St @ 7pm

James Watts will teach you how you can make a beautiful basket from willow.

Low Impact Buildings

9th Feb, The Better Food Company, Sevier St @ 7pm

Join Lammas' Xavier de la Hueriga for a presentation about the different approaches to LIB, favoured techniques, materials, planning issues and some practical advice on how to get started. Pics and video footage to go with the talk.

Basic Clothes Making

16th Feb, The Better Food Company, Sevier St @ 7pm

Learn how to follow a simple pattern to make your own skirt from scratch. The workshop will cover basic techniques such as picking fabrics, using linings, and fastenings. With Sarah Inman.

Homeschooling

23rd Feb, The Better Food Company, Sevier St @ 7pm

Join Karleen for a talk on everything you need to know about Homeschooling your child.

Italian – for Beginners

2nd Mar, The Better Food Company, Sevier St @ 7pm

Join Alessandra Chessa for an evening of learning basic Italian – and the possibility of a regular group being set up!



For more info join your local Freeconomy Community at
www.justforthe loveofit.org

The evenings are absolutely **FREE** and **EVERYONE** is welcome. Any ingredients required to learn with on the night will be sold at cost price.