

DRAGON CAFÉ IN THE CITY

FREE AND OPEN TO EVERYONE - A SPACE TO RELAX AND
RECHARGE IN THE CITY

SHOE LANE LIBRARY, EC4A 3JR

Thursday 14th June

Join us in the sunshine at New Street Square from 12 noon! EC4A 4BN

12:00 - 15:00 : Destress in your lunch break with a free 10 minute massage.
(booking opens in the square from 11.45 on the day)

12:00 - 14:00 : Have a chat in the Thrive LDN Problem Sharing booth.

12:30 - 13:30 : Hula-hoop! - The workshop will use the art of hula hooping as a guide to mindfulness. The hooping technique will be broken down so will be perfect for absolute beginners to explore their own movement style in a unique way. Hoops provided and have fun!
(If the weather fails us, all activities will take place as scheduled in the library)

Back to Shoe Lane Library for the evening ...

17:30 - 18:30 : Yoga for the Mind - Join this experiential class which involves gentle exercises to generate calm, clarity, & concentration. Easy-to-learn techniques which you can take away & use in your daily life. Open to anyone. All techniques practiced seated on chairs.

18:00 - 19:00 : Good Moves - Check-in with chess master Ian Grant for this fascinating session looking at strategy and game development.

19:00 - 20:30 : Screen printing shapes - Following a demonstration from Nicole Line, draw and design your stencils ready for printing onto fabric and paper! This is a up-cycling workshop where you can transform your unwanted or unused items from home. Bring a couple of items from home to print onto such as a t-shirt, napkin, note book or canvas.

www.dragoncafeinthecity.com
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Mental Fight Club