

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 12th July

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

12:30 - 14:30 : Have a chat in the Thrive LDN Problem Sharing booth.

13:00 – 14:00 : Lunch & Learn - How better listening skills can make us happier. With 20 years experience as a mediation trainer, Maggie Sawkins will help you to learn to listen, making space to truly hear the experience of the other person. We can make a real difference by 'just' listening; we find it empowers people to understand themselves better, find solutions, handle challenges or re-build relationships: thereby reducing stress in the process. Come along to this lunch and learn session where you'll look at how we can all be more of our real selves at work, both by learning to be a better listener, and just as importantly, being heard ourselves.

14:00 - 15.30 : Narativ - Telling stories gives us a space of reflection and understanding, a space where we can map our growth and expansion. Join Dan and Jane of Narativ to learn the tools and techniques of telling your budding stories. Everyone has a story. What's yours?

17:30 - 19:00 : Yoga for the Mind - Join this experiential class which involves gentle exercises to generate calm, clarity, & concentration. The exercises that you will practice work to clear the subconscious mind of old thought-patterns so that change and growth are less of an uphill battle. They strengthen your nervous system & give you vitality, both of which are essential if we wish to grow towards our full potential. All techniques practised seated on chairs. Led by Dawn Hamilton.

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

18:00 - 19:00 : Potato! - Simon Smart is a potato researcher at the National Institute of Agricultural Botany in Cambridge. Having always been fond of eating potatoes, he began to study how they grow in 2012. Simon will give a brief history of the potato, detailing how it was transformed from an obscure curiosity, to the staple food of today.

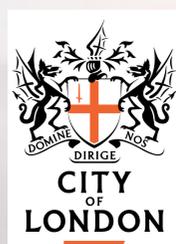
Along the way he will discuss nutrition and his favourite recipes and enlighten your view of the versatile root veg; a complex delicacy but always the reliable, humble spud.

19:00 - 20:30 : Culture Club - DIY Kimchi. This in-demand workshop is finally here! Learn the process, flavour profile and health benefits of Oi Sobagi, a classic Korean cucumber ferment. Bring jars (at least 1L), all other materials provided. Led by Sean Roy Parker

19:00 - 20:00 : Turn negatives into positives through the power of music! Come along for a fun song writing session with Eli Kay aimed to promote stress management and positive thinking!

www.dragoncafeinthecity.com

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Mental Fight Club