

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 22nd February

12:00 - 15:00 : Destress in your lunch break with a free 15 minute massage. Sign up in the library at the Helpdesk.

13:15 - 13:45 : Lunch & Learn - Every Dragon Café in the City hosts a problem-solving booth; Alex from Thrive LDN will explain how the booth is a space to encourage informal conversations, promoting everyday wellbeing.

14:00 - 15:30 : Explore the connections between smell and taste with John Foley. Taste is 80% smell - this workshop is an enjoyable and interactive demonstration of this as we learn to manipulate one with the other.

17:30 - 18:30 : Stella Weigel presents this workshop on Alexander Technique - to change long-standing habits that cause unnecessary tension. Whatever our age or ability, the Technique can help to boost performance and reduce pain and stress caused by postural habits. Learn to recognise your harmful habits, how to stop and think, and to choose a better response.

18:00 - 19:00 : Good Moves - join Chess master Ian Grant for this fascinating session looking at strategy and game development, ideally for those with knowledge of the game looking to improve.

18:00 - 19:00 : Culture Club: Pickling Leftovers. Learn how to make a basic pickle liquor to preserve your excess fruit & veg, reducing food waste and saving money. Bring empty jars if you can! Workshop led by the brilliant Sean Roy Parker.

19:00 - 20:30 : The Heartfulness Team are experts at creating a space to explore ways we can thrive and take care of ourselves. These sessions are geared towards City workers who have higher levels of stress and greater need to look after their hearts. No special clothing needed and all abilities of movement welcome.



Mental Fight Club