

# 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 3rd May

**All day** : Have a listen and view the Output Arts Installation 'Soak' that uses a bath as a playful symbol of relaxation and the new Pressure Drop pipe installation with recordings of people talking about how they relax.

**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 - 13:45** : Lunch & Learn - Hannah from Mental Snapp joins us to talk about creating change and improving confidence. She will be sharing her experiences and knowledge and how 'Mental Snapp' can help you.

**14:00 - 15.30** : Creative workshop - Laura Gillingham, curator of Embellishing the Ordinary takes us away from the computer screen with the visual art of Calligraphy. Rediscover your handwriting and find your flow. "The art of giving form to signs in an expressive, harmonious and skilful manner".

**17:30 - 19:00** : Story Gym - Sharing stories is a key way to communicate and nurture relationships - it is also an opportunity for reflection and self-awareness. Join Dan and Jane of Narativ to practice the tools and techniques of story telling. Empower yourself both personally and within the workplace.

**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 - 20:00** : Hula-hoop! - The workshop will use the art of hula hooping as a guide to mindfulness. The basic hooping technique will be broken down so will be perfect for absolute beginners to explore their own movement style in a unique and fun way. Hoops provided.



**Mental Fight Club**