

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 31st May

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 - StreetGym® is an urban adventure for body and mind. You'll be running, jumping, crawling your way around the city. It's a form of circuit training, we jog then stop at a workstation to perform bodyweight exercises before moving onto the next. We'll start and finish at Shoe Lane Library. You'll need to complete a PAR-Q form, ensure you're well hydrated and are wearing appropriate sports kit for urban terrain.

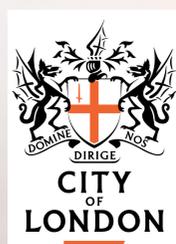
14:00 - 15.30 : Sensory Workshop - Japanese scents with John Folley. Learn how Western culture has had a long fascination with Japan and how scents made in the West reflect that. Sample contemporary Japanese perfumes and also learn about Japanese tea and Wabo Sabi that have all had global impact. There will even be ingredients available to make your own Eastern scent!

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 – 20:30 : Mindfulness Workshop - Charlotte is a positive psychologist and coach who supports people to optimise mindset, movement and nutrition to enhance wellbeing and fuel fulfilment. Charlotte Wiseman is part of 'Step-Inside', who are a network of experts with this common vision.

www.dragoncafeinthecity.com
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Mental Fight Club