

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 28th June

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 - Empower yourself at work. The corporate environment is high-paced and pressurised. In this high-stress environment, we can end up feeling like we lose our time, our energy, and even our sense of self to the stresses we face. In this one-hour workshop with Gayatri, we will learn simple but powerful techniques to transform the way we hold our relationships with the people, situations, and challenges in our lives.

14:00 - 15.30 : Toolkit - Getting back to work following mental health related absence. Led by specialist in workplace health from Kingston University, this session will cover stress, anxiety and depression, and its impacts. 1 in 6 people experience mental ill-health and its one of the most common reasons of sickness absence. Experiencing mental ill-health could happen to any of us, at any time – would you know what to do?

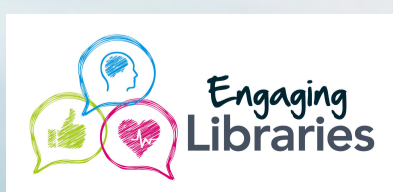
17:30 - 19:00 : Exploring Sound for self healing - an introduction. We will begin with a short meditation to slow down and connect to our inner stillness. We come together to discover the power of our own vibration which is our own unique sound, our own voice. The intent and focus is not about singing but about vibration and its healing effectiveness to change the way we feel.

18:00 - 19:00 : Creative Workshop - Embellish the Ordinary and take yourself away from the computer screen with the art of Calligraphy. Rediscover your handwriting and your flow. Choose a memorable quote or your favourite lyrics to focus on and create something beautiful and unique.

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 : Yoga for Mental Health from Balance Garden. As are all the activities, its free to attend! The class is open to all abilities, and mats are provided, although do bring your own if you'd prefer. Phoebe's class will focus on finding comfort in the body and encouraging peace in the mind. Yoga can be a great tool to help reduce stress and anxiety. Booking is available and advised for this session.

<https://www.balancegarden.co.uk/upcoming-events/yoga-for-mental-health-june>
www.dragoncafeinthecity.com [Twitter.com/dragoncafecity](https://twitter.com/dragoncafecity)



Mental Fight Club