

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 26th July : Growth

We want to thank all partners, workshop leaders and guests for making this pilot such a success in enhancing mental wellbeing in the City!

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 - Yoga for Mental Health from Balance Garden. As are all the activities, it's free to attend! The class is open to all abilities, and mats are provided, although do bring your own if you'd prefer. This 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 for this session – www.balancegarden.co.uk/upcoming-events/yoga-for-mental-health-july

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?

17:00 - 19:00 : Duck Marbling! - A method of aqueous surface design, which can produce patterns similar to smooth marble. Join our resident artists, Output Arts, to create something beautiful that holds a positive personal message to take home.

17.30 - 20:00 : Mindful Drinking - Club Soda is a 'Mindful Drinking Movement'. We want to create a world where nobody has to feel out of place if they are not drinking alcohol. Set your goals and track your progress. There will also be celebratory snacks and nibbles available.

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 : 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 connect with purpose and how your challenges (past and present) will ultimately help you become your most whole, empowered self.

19:00 - 20:30 : Sensory Workshop - Learn how to create your own organic perfume guided by John Foley. Use extracts made by John, no synthetics! John has a wealth of knowledge on scents; historical and current - enjoy!

www.dragoncafeinthecity.com

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Mental Fight Club