

DRAGON CAFÉ IN THE CITY

FREE AND OPEN TO EVERYONE - A SPACE TO RELAX AND RECHARGE AT
SHOE LANE LIBRARY, EC4A 3JR

Wednesday 14 November 2018

All activities are free

12:00 - 15:00: Destress in your lunch break with **a 15-minute massage**. You can book in person at the library from 11:45 onwards.

13:00 - 13:45: Yoga for mental health from Balance Garden. Lindsay's class will focus on finding comfort in the body and peace of mind. No prior experience is necessary and mats will be provided.
www.balancegarden.co.uk

13:15 - 13:45: Lunch & Learn – An introvert's guide to speaking in public. For some of us, the fear of speaking in front of others can be too uncomfortable to overcome. Bring your lunch along to this taster session with Maggie Sawkins, an introvert herself, who will support you to have the courage and confidence to speak up and shine.

17:00 - 18:00: Sensory workshop – John Foley will guide you to make a scent of your own to take home. You will learn how to make a perfume using organic extracts made by John, who has a wealth of knowledge about scents.

18:00 - 19:00: Good Moves – Check-in with 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.

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Mental Fight Club