DRAGON CAFÉ
IN THE CITY
Virtual DCC comes to you, right where you are

Wednesday 15 April

Please join us for 'Virtual DCC', our online Dragon Café in the City event. We have a selection of activities for you to enjoy. We hope you can participate. Further details can be found in your DCC newsletter email or on our website.

13:00 - 13:45/ Lunch & Learn - Nutrition. Talia from Balance Garden is here to help us learn about nutrition when cooking with limited resources, good meal prep, and will also be debunking myths about diet and immunity.

See the link in your newsletter email to join

14:00 - 14:45/ Meditation. An introduction to meditation with Phoebe from Balance Garden.

See the link in your newsletter email to join

16:00 - 17:00/ Managing Stress. Join Alison for this special edition of 'From Stressed to Best' - managing stress and anxiety during Covid-19.

See the link in your newsletter email to join

18:30 - 19:30/ Yoga for Mental Health. Gentle Mind-body yoga to promote good mental health, with Phoebe from Balance Garden. Get your mat out and breathe deep.

See the link in your newsletter email to join

Anytime/ Napkin ring making. Keep your mind, eyes, and hands occupied, get creative, and reuse! Do all of this by following this guide to napkin ring making from Madhumita.

See the link in your newsletter email or visit our website to read the guide, and see an example.

Anytime/ Good Moves. Watch this recorded session from Ian Grant our Chess Specialist about the Samuel Reshevsky vs Miguel Najdorf game (Dallas 1957), and enjoy a game at home.

See the link in your newsletter email or visit our website to watch the video.

Free, creative workshops to release the pressure open to anyone working, living or studying in the City of London. Usually, fortnightly on Wednesdays, 12-7:30pm.

www.dragoncafeinthecity.com
@dragoncafecity