Virtual DCC comes to you, right where you are

Wednesday 29 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.

11:30 - 12:45/ Collage Making. Join Lyn in creating your own collage from any paper or fabric. Let the process flow and be inspired by the art of Henri Matisse. Use the paper and textiles you have around the home - no experience necessary

Click here to register and join, or copy and paste this link: bit.ly/collage-29apr

13:00 - 14:00/ Lunch & Learn - Storytelling. Telling stories gives us a space to connect with others and to reflect and understand our own experience. Join Dan or Jane from Narativ to feel the power of listening and telling. Everybody has a story. What's yours?

Click here to register and join, or copy and paste this link: bit.ly/storytelling-29april

17:00 - 18:00/ Resiliency. In this workshop Phoebe from Balance Garden will help you understand and develop personal resiliency as well as sharing useful coping mechanisms

Click here to register and join, or copy and paste this link: bit.ly/resiliency-29april

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

Click here to register and join, or copy and paste this link: bit.ly/yoga-29april

Anytime/ Good Moves. Watch this recorded session from Ian Grant our Chess Specialist about the Boleslavsky vs Lissitzin (Moscow 1956) game, and enjoy your own game at home

Click here to watch, or copy and paste this link: https://vimeo.com/408879783

A link to provide feedback will be shared at the end of the live sessions, but here it is if you wish to use the 'Anytime' activity: https://bit.ly/virtual-dcc-feedback

Free, creative workshops to release the pressure open to anyone working, living or studying in the City of London

Fortnightly on Wednesdays, 12-7:30pm

www.dragoncafeinthecity.com

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