

Programme of Workshops and walks in Dover and Deal

Friday 15th July

10am - Walk in Deal. **Meet outside Deal Castle (facing the sea)**

12.30pm- A Walk by the Sea. **Meet Outside Morrisons, Dover.**

2.30pm -4pm- The Riverside Centre. Creativity for Wellbeing.

Short Meditation to Settle. Poetry Reading. Just Sit Back and Enjoy Being Read to.
Creative Writing or Mindful Colouring Taster Whilst Listening to Soothing Music.

Friday 22nd July

10am- Walk in Deal. **Deal Castle.**

12:30pm- A Walk by the sea. **Meet Outside Morrisons, Dover.**

2:30pm -4pm- The Riverside Centre. Positive Guided Visualisation. The Natural World.
Short Meditation to settle. Drawing or Colouring Landscapes whilst listening to the calming sounds of nature. Guided meditation To Finish.

Friday 29th July

10am- Walk in Deal. **Meet outside Deal Castle (facing the sea)**

12:30pm- A Walk by the sea. **Meet Outside Morrisons, Dover.**

2:30pm -4pm - The Riverside Centre. An Introduction to Mindfulness. Short Meditation to Settle. Discovering How We Can Bring Mindfulness and Gratitude into our lives. A Mindfulness Meditation to Finish. The Body Scan.

Friday 5th August

Trip to **Goodnestone Park** to enjoy helping in the gardens and relaxing in this beautiful setting. Bring a picnic and your camera. **Pick up From Asda in Dover 10:30am. Return 3.30pm. {No session at the riverside centre this week}**

Friday 12th August

10am - Walk in Deal. **Meet outside Deal Castle (facing the sea)**

12.30pm- A Walk by the sea. **Meet Outside Morrisons, Dover.**

2.30pm -4pm -The Riverside Centre. Short Meditation to settle. Progressive Muscle Relaxation and a self-Guided Facial Massage. A short meditation to finish.
