

RICHMOND BOROUGH MIND KINDNESS SESSIONS – MENTAL HEALTH AWARENESS WEEK 18th – 24th MAY 2020

	Morning	Afternoon	Evening
MON 18th	<p align="center">10-11am Mindfulness with Karen A flow of different meditations in different styles designed for you. https://www.eventbrite.co.uk/e/101938581040</p>		<p align="center">6-7pm Relaxation and Visualisation with Ewa A gentle guided session to help you relax, take stock of where you are and want to be. No prior experience required. info@rbmind.org</p>
TUES 19th	<p align="center">10-11am Art with Georgie An art for wellbeing workshop focussing on your mental health and lockdown, all abilities welcome, just bring some paper and pen(s) or pencil(s) or whatever materials you have. info@rbmind.org</p>	<p align="center">12-1pm Self-Compassion for Carers with Monika Self-compassion matters so much in these unprecedented times. A pen and paper will be needed. All Carers welcome. No prior experience required. info@rbmind.org</p>	<p align="center">4-5pm The Secrets of Sleep with Shauna How Cognitive Behavioural Therapy (CBT) can help you get a better night's sleep. info@rbmind.org</p>
WEDS 20th			
THUR S 21st	<p align="center">10-11am Art with Georgie An art for wellbeing workshop focussing on your mental health and lockdown, all abilities welcome, just bring some paper and pen(s) or pencil(s) or whatever materials you have. info@rbmind.org</p>		
FRI 22nd		<p align="center">1-2pm Yoga with Anita A gentle session designed to improve your balance and posture through guided exercises. Please wear comfortable clothes and footwear. No prior experience required. info@rbmind.org</p>	<p align="center">9:30-10:30pm Somatic Mindfulness (relax & sleep) with Karen A flow of different meditations supporting you to relax and sleep peacefully. https://www.eventbrite.co.uk/e/101910555214</p>

		<p>2:30-3:30pm Self-Compassion with Monika Self-compassion matters so much in these unprecedented times. A pen and paper will be needed. Open to everyone. No prior experience required. info@rbmind.org</p>	
SAT 23rd		<p>4-5pm Art with Sophie A Express yourself and let your creativity shine through. Bring any materials you are happy to work with. wbc@rbmind.org</p>	<p>6-7pm Dance and Meditation with Karen An uplifting blend of guided and free expression dance with some relaxing moving meditation. No steps to learn. Something for both dancers and non-dancers alike, my Dance Meditation is so much more than dance, dance meditation or meditation; It is a powerful well-being process. https://www.eventbrite.co.uk/e/101987110192</p>
SUN 24th	<p>10-11am Family Dance with Karen Family Dance of the Heart; Dance Meditation is an uplifting blend of free expression dance blended with some moving meditation. As there are no steps to learn, it is ideal for everyone including those who believe “they can’t dance”, as well as those who can. It’s a great way for families to have fun together and deepen their connection. It’s also a great introduction to meditation for those for whom sitting still is not “ their thing”. https://www.eventbrite.co.uk/e/101970771322</p>		