

The — Zen ~~~ Project  Camden

HEALTHY
MINDS COMMUNITY
PROGRAMME
 mind in Camden
for better mental health

 CAMDEN
GIVING

**THE ZEN PROJECT, HEALTHY
MINDS & MIND CAMDEN
PRESENT...**



**BRINGING THE CAMDEN
COMMUNITY TOGETHER
FOR...**

A DAY LONG CELEBRATION OF WELLBEING!

Workshops

**Short, guided Zen Sessions on our converted American
school bus of Beathwork, Guided Meditation & Sound
Healing**

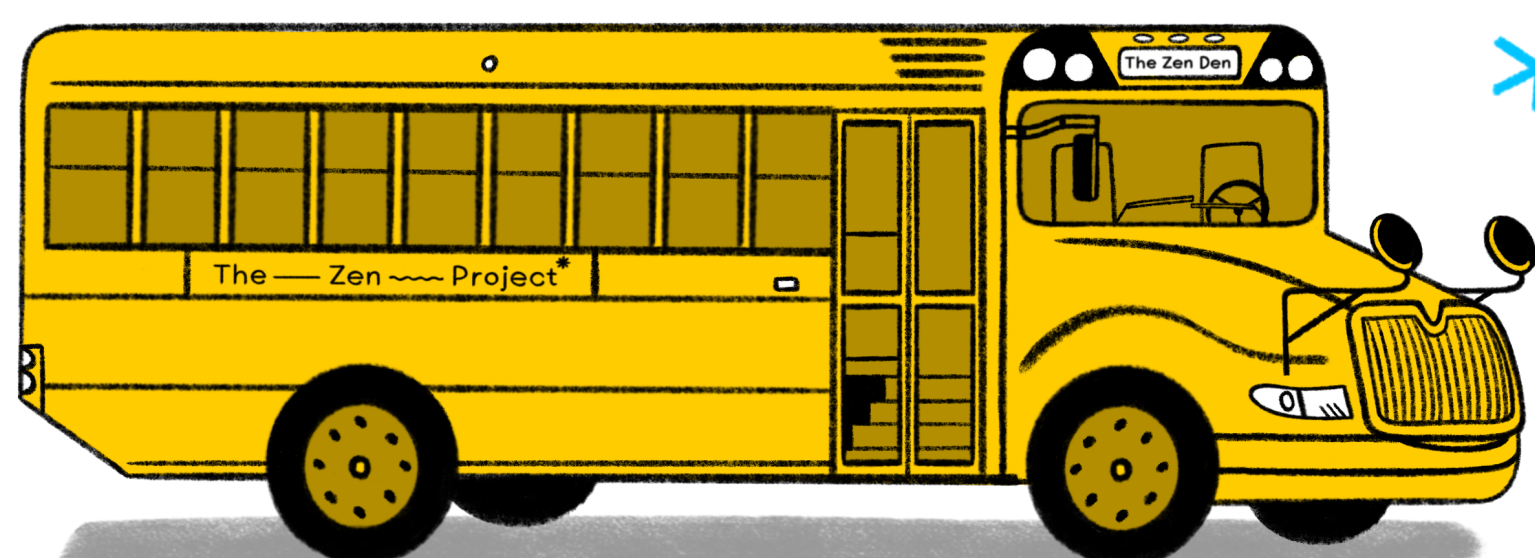
THURSDAY 14TH OCTOBER 2021

EVERYONE WELCOME!

**NO NEED TO BRING ANYTHING, ALL
ACTIVITIES ARE FREE OF CHARGE**

11am - 4pm

No. 19 19-37 Highgate Road, NW5 1JY



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Additional info

Fitness classes

Alternative therapies & treatments (eg massage)

Tarot Reading

All available throughout the day, no need to book, just turn up

Schedule on the bus



11.00 - breathwork

11.30 - sound healing

12.00 - creative activities

12.30 - guided meditation

13.00 - vision boarding

14.00 - sound healing

14.30 - breathwork

15.00 - guided meditation

15.30 - sound healing

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I've never felt
more zen than
when I left the
Zen Den

Session schedule above. Two sessions per hour and each session lasts up to 20 minutes, with the exception of vision boarding, which is 1 hour. We are COVID guidelines compliant. All activities are free