

**THE ZEN PROJECT, THE HEALTHY MINDS PROGRAMME FROM MIND IN CAMDEN AND CASTLEHAVEN COMMUNITY CENTRE PRESENT...**



**HEALTHY MINDS** COMMUNITY PROGRAMME



# ZEN IN MIND

## A DAY LONG CELEBRATION OF WELLBEING!



**Workshops**

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

**Craft activities**

**Massage treatments**

**Lunch provided**

**THURSDAY 14TH APRIL 2022**

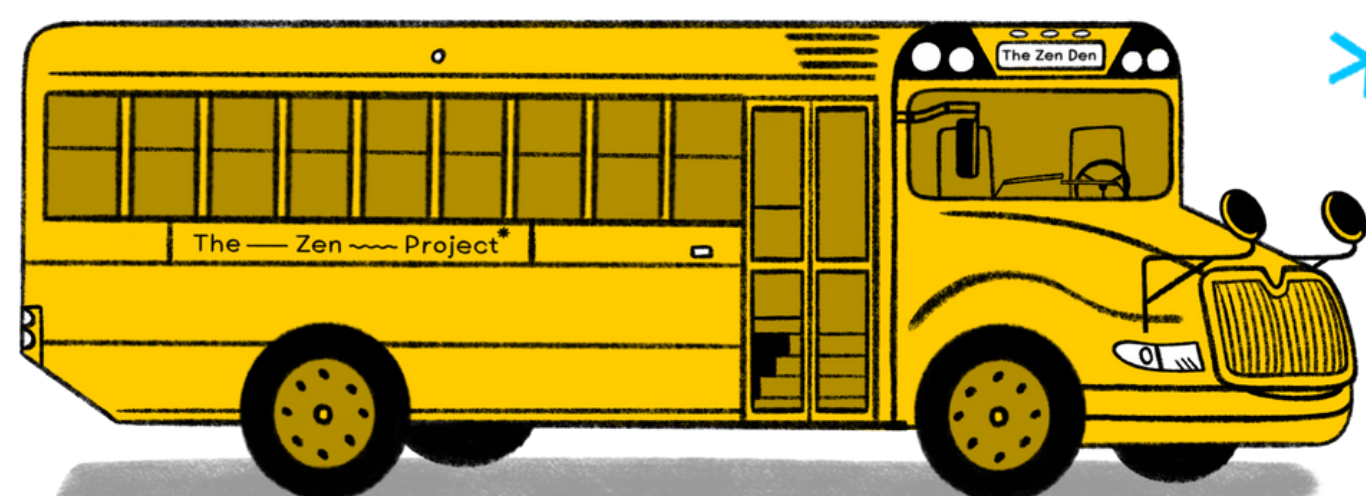
**EVERYONE WELCOME, NO NEED TO BRING ANYTHING!**

**ALL ACTIVITIES ARE FREE OF CHARGE\***

11am - 4pm

Castlehaven Community Park, 23

Castlehaven Road, London NW1 8RU





## Additional info

Fitness and yoga classes

Alternative therapies & massage treatments

Tarot reading

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

## Schedule on the bus



11.00 - breathwork

11.30 - sound healing

12.00 - guided meditation

12.30 - craft activities

13.00 - sound healing

14.00 - guided meditation

14.30 - breathwork

15.00 - sound healing

15.30 - guided meditation

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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. We are COVID guidelines compliant. All activities are free