

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



CASTLEHAVEN
heart of your community



COMMUNITY FUND

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

Yoga classes

Massage treatments

Lunch provided

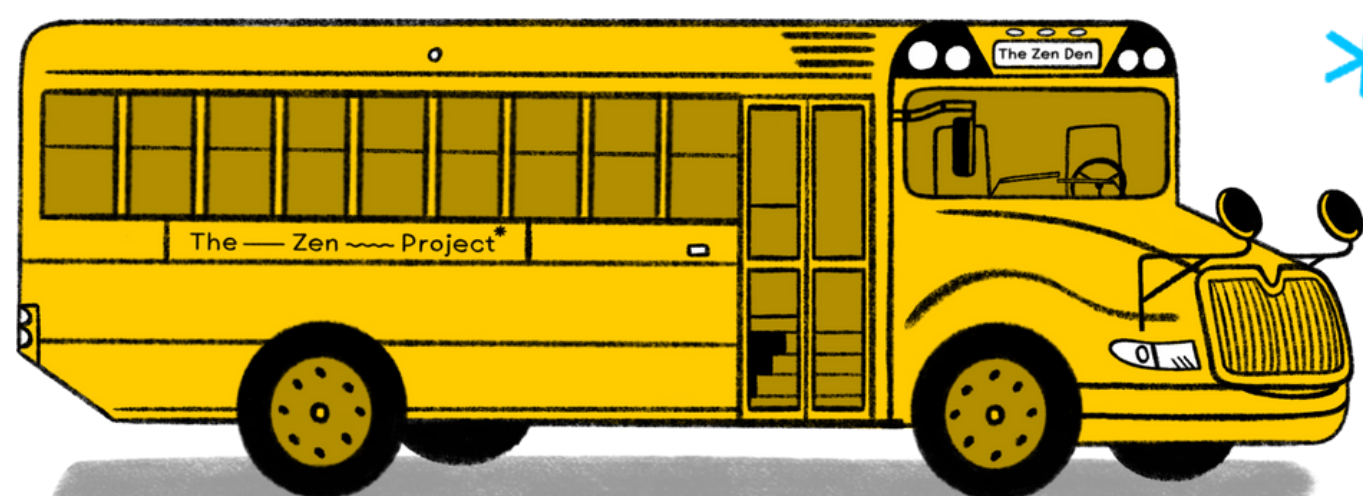
THURSDAY 23RD JUNE 2022

EVERYONE WELCOME, NO NEED TO BRING ANYTHING!

ALL ACTIVITIES ARE FREE OF CHARGE*

12pm- 5.30pm

Castlehaven Community Park, 23
Castlehaven Road, London NW1 8RU



Additional info

Castlehaven presents : yoga and mindfulness classes at 3pm (30 mins) and 5pm (30 mins). Sensory seed planting (running all afternoon).

Alternative therapies & massage treatments

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



Schedule on the bus

12.00 - breathwork

12.30 - sound healing

13.00 - guided meditation

13.30 - craft activities

14.00 - sound healing

14.30 - guided meditation

15.00 - breathwork

15.30 - sound healing

16.00 - 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. This is a safe space, we request people do not take photos.