

Creativity and Wellbeing Day on Saturday 13th June

A celebration of wellbeing through creativity, food, dance, song, movement and community. Includes activities for all the family, BBQ, art exhibitions and more... Everybody Welcome!

Saturday 13th June, 2015, 12 noon - 3pm

12 noon - Welcome to Creativity and Wellbeing Day!

12.05pm - 12.35pm - Bokwa Workshop (Restaurant of St Charles)

Join Lindale Thompson from Open Age for this cardiolicious blend of hip-hop and step aerobics that taps into South African-style dance. Don't be scared! The dance steps are actually based on letters and numbers so anyone can give it a try!

12.45pm - 13.10pm - Singing For All Performance (Restaurant of St Charles)

Come and join our Open Age talented ensemble led by Director of 'Courage to Sing', Josh Millais. Sing along to some classics to set you up for a great weekend!

13.20pm - 13.50pm - Hybrid Wellbeing (Restaurant of StCharles)

13.20pm - 13.50pm - Kundalini Yoga and Meditation Workshop (at The Second Half Centre)

Find a time to be with yourself and join Open Age's Kundalini Yoga and Meditation workshop delivered by Angard from The Guru Ram Das project. Take this perfect opportunity to connect with your breath, to be present to the life force in your body and re-establish your own rhythm! Discover different breathing techniques and meditations that support and optimise a healthy body and mind.

14.00pm - 14.30pm - African Dancing (Restaurant of St Charles)

14.30pm - 15.00pm - ACAVA Artists in Conversation (Main Entrance and Hallway)

Come and meet lead artists Emily Fuller (mosaics) and Paula Roush (photography) for an informal discussion about working with the St Charles Community to make new art work for the centre.

14.00pm - 15.00pm - (Re-)Introduction to Drawing Workshop (at The Second Half Centre)

Under the guidance of professional artist and teacher Dan Whiteson you will learn not only the basics of drawing from observation but also be encouraged to explore the emotional and personal aspects of creation through the use of music and experimental exercises. Suitable for all abilities and experience levels, come and re-engage with the joy and freedom of expressing yourself!

Venue:

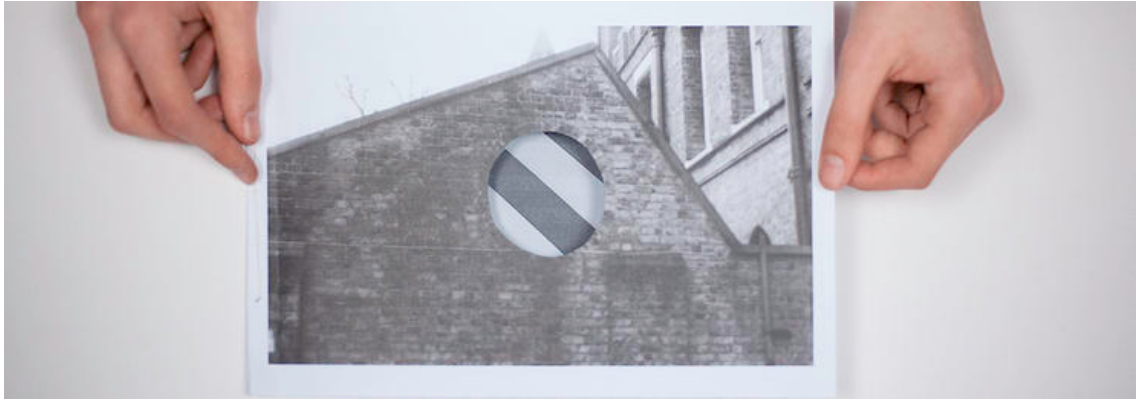
St Charles Centre for Health and Wellbeing
Exmoor Street
London W10 6DZ

Organized by ACAVA in partnership with:

London Creativity and Wellbeing Week
NHS Property Services
NHS West London Clinical Commissioning Group
NHS Central London Community Healthcare
ARTSPACE
The Second Half Centre
Open Age

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