



Weaving a new story ...

mindfulness, textiles and developing mental wealth

A one-day workshop for anyone with an interest in mindfulness, creativity and parenting.

Location: Shamineh Art Gallery and Café Gallery, Hampstead

Date: March 24th 2017

Time: 9.30am – 4.30pm

Programme

- 09.15 Arrival and Settling
- 09.30 Welcome and Opening Mindfulness Practice
- 10.00 **Liz Finegold** - *How I wove my own story: the creative power of textiles and mindfulness to build resilience*
- 10.30 Activity: A mindful exploration of textiles
- 11.00 Coffee Break
- 11.30 **Tamara Russell** - *Working with a neurocognitive model of mindfulness to maximise creative therapy potential*
- 12.00 *Break for lunch and networking***
- Optional mini workshop over lunch – self care with hand massage.
- 1.30 Activity: Mindful stitching techniques and focused attention
- 2 **Dr. Chrishanthi Jayarajah** - *Shaping perinatal mental health – creative routes to well-being.* (20 mins, 10 questions)
- 2.30 **Rosie Lowman/Jessica Warne** - *The Story of the “me too” club: Sharing the Cocoon Family Support Experience*
- 3 Small Group Discussion
- 3.30 Activity: Illumination of Intention through textiles.
- 4 Closing mindfulness practice and discussion
- 4.30 End of the Symposium