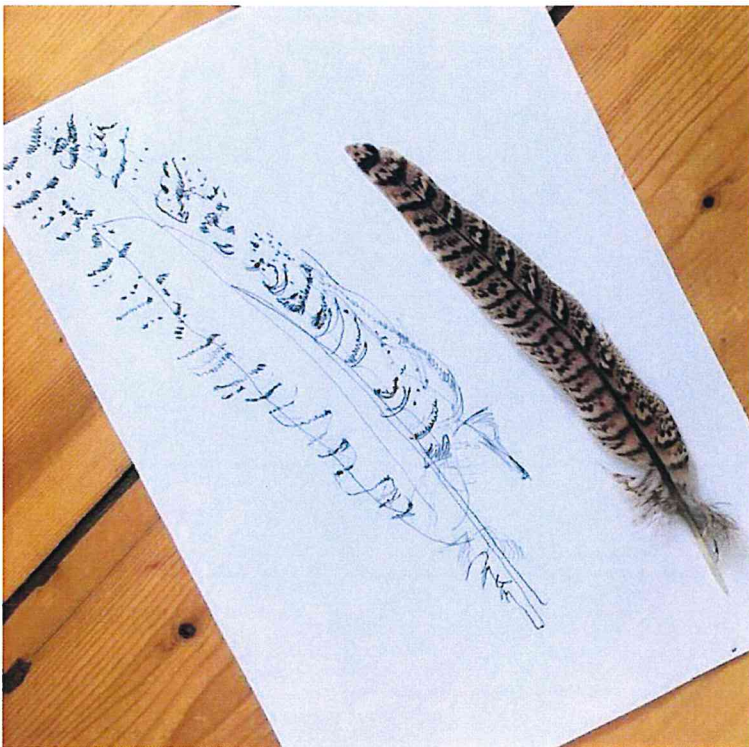


# Mindful walk and art workshop

Join us for three hours of mindfulness.

## Sat 5th Oct 2-5pm

In this relaxed workshop we'll start with a short mindful walk to Betjeman Park and Locks Lane to help us slow down and feel more grounded; followed by mindful drawing activities, exploring different aspects of art to bring us into the present moment and focus the mind.



The emphasis will be firmly on enjoying the creative process, not worrying about the end result, and no prior experience of art or mindfulness is needed. We'll be using natural materials collected on our walk for inspiration.

This workshop is free to attend thanks to funding from



Book online: scan QR code to get to our events page, or visit [sustainablewantage.org.uk](http://sustainablewantage.org.uk) and click on events tab

Questions or can't book online?

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