

# Arts for Staff Wellbeing: Winter Programme

Nov 2022 – Feb 2023



**Take part to support your wellbeing this winter!**

Breathe Arts Health Research are continuing our series of online and in-person arts and health workshops, open to all health and social care staff working across South East London. Whether you are a returning participant or trying something new, take important time for yourself this winter to relax, connect and have fun!

Join our **FREE** programmes

## Breathe Dance for Mind and Body In Person

6 weeks, Tuesdays, 6–7pm,  
Unit 4, Kings College Hospital Business Park,  
Coldharbour Lane, SE5 9NY

Our popular South Asian dance workshop offers you a unique opportunity to come together with colleagues, connect the mind and body and express yourself creatively. Led by our experienced dance leads, you'll warm up your body, learn the art of narrating stories through traditional South Asian gestures and practice short routines in a fun and encouraging environment. You'll come away feeling rested, rejuvenated and ready for more!

15 Nov 22 Nov 29 Nov 6 Dec 13 Dec 20 Dec

*"It brings people together at an important time as we face a lot of struggles in our work; there is a beautiful sense of unity, laughter and joy."* – dance participant



**100%** of participants would recommend all of the above workshops to a colleague.

## Breathe Drawing for Unwinding Online

5 weeks, Wednesdays, 6.30–7.30pm, Zoom

Unwind after work with this absorbing workshop, focused on channeling your attention through captivating drawing activities to relax and reduce anxiety. Inspired by the work of well-known artists, we'll play with shading, texture, shape and form in a supportive and non-competitive environment. You can take part wherever you are, just bring a pen and paper!

16 Nov 30 Nov 7 Dec 14 Dec 21 Dec

## Breathe Song and Sound Journey for Relaxing Online

2 taster sessions, Sundays, 7–8pm, Zoom

Begin the New Year with a nourishing group session to take time for yourself, set intentions and feel grounded. This is a special opportunity to feel calm and cosy as you let yourself be transported by the captivating sounds of stunning song, crystal bowl and gong. A great way to relax and let go!

8 Jan 5 Feb

[Click here](#) to register your interest and book now or visit [breatheahr.org](https://www.breatheahr.org) for further information.

- All sessions are **FREE** and open to all health and social care staff working across South East London.
- Places are limited and registration in advance is essential.
- All sessions run on a drop-in basis. You can come every week or just join when you can.
- No experience in any of the art forms is necessary.

   [@BreatheAHR](#)

Keep your eyes peeled for more exciting opportunities and art forms coming in the New Year!