



The Stuart Low Trust

APRIL: ARTS | NATURE | WELLBEING

Sitting Yoga

10th April

Align body, breath and mind for health and meditation. Delivered by Belinda on Zoom.

Art workshops

Wednesday 14th & 28th March

These workshop will be delivered on Zoom by Jenny from Estorick Gallery.

Let's Dance

17th April

Invigorating easy dance moves to get the blood flowing, lift the spirit and have fun. Delivered by Mark on Zoom.

Choir

Tuesdays

Singing together on Zoom. Delivered by Cici. (Term starts 20th April).

Mindful deep stretching and self-massage

24th April

Find harmony, balance and peace within. Delivered by Maurizio on Zoom.

Philosophy Forum

Sundays

Join the philosophy discussion group on Zoom. (Term starts 25th April).

For details about any of these activities and information on how to get involved, email info@slt.org.uk or call 020 7713 9304.