



WELLNESS DAY
SUNDAY 10 SEPTEMBER



Five Ways to Wellbeing

- Take Notice
- Learn
- Give
- Connect
- Be Active

Time

Activity

Location

11.00am	● Meditation Session	Chapel
11.00am	● Dowsing Session	Forest School Activity Site
11.00am	● Problem-Solving Booth by Springfield MIND	South Lawn
11.30am	● Bhangra Dance Workshop	Adam Hall
11.30am	● Cognitive Therapy Sessions	South Lawn
12.00pm	● Meditation Session	Chapel
12.00pm	● Dowsing Session	Forest School Activity Site
12.00pm	● Tai Chi Fan and Sabre Demonstration	South Lawn
12.00pm	● Dance Fit	Adam Hall
12.00pm	● Wildlife Walk	Adam Bridge
12.30pm	● Tai Chi Workshop	South Lawn
1.00pm	● Culinary Wonders	Forest School Activity Site
1.00pm	● African Drumming Demonstration	South Lawn
1.20pm	● African Drumming Workshop	South Lawn
1.45pm	● Problem-Solving Booth by Springfield MIND	South Lawn
2.00pm	● Meditation Session	Chapel
2.00pm	● Dowsing Session	Forest School Activity Site
2.00pm	● Adult Ballet	Adam Hall
2.00pm	● Augustus Stephens 'Altered Minds' Performance	Enid Marx Gallery
2.00pm	● Cognitive Therapy Sessions	South Lawn
2.30pm	● FlowFit Class by 'The Loft'	South Lawn
2.30pm	● Lakeside Tour	Entrance Hall
3.00pm	● Dowsing Session	Forest School Activity Site
3.30pm	● South American Drumming	South Lawn
4.00pm	● Dowsing Session	Forest School Activity Site
All day	● Outdoor Labyrinth	by Forest School Activity Site
All day	● Canvas Indoor Labyrinth	Adam Hall
All day	● Wellbeing Wander Walk	Welcome Centre
All day	● Explosive Art!	West Lawn
All day	● Fruitiveg Trail	West Lawn
All day	● Orienteering	Welcome Centre
All day	● Bird Hide Activity	Bird Hide
All day	● Pond Dipping Activity	Pond Dipping Location
All day	● Health and Wellbeing Information Hub	House Entrance

●● Have you thought about volunteering or donating to Compton Verney Art Gallery and Park? Ask someone wearing a Compton Verney badge.