

Picnics Prize Categories

Most Delicious Healthy Picnic

Best Picnic Made By Children

Best of British Picnic

Best Collaborative Picnic

Best Homemade Picnic

Best Picnic Presentation

Best International Picnic



LOTTERY FUNDED

Meditation in the Park Activities

Children's Yoga

Fruit Smoothie Blending

Sleep Masterclass

Yoga for Cyclists

Nature Tours

Silver Age Yoga

Fruit Meditation

Cheese Making

Walking Meditation

Men & Women's Yoga

Muesli Making

and much more...

Russia Dock Woodland

"London's Best Kept Secret"

Russia Dock Woodland runs along the spine of the Rotherhithe peninsula, in London SE16, forming the heart and soul of the community. It is a sanctuary for not only humans but also a multitude of flora and fauna. This year the nesting kingfishers have already been sighted with their iconic flashes of blue darting through the reeds.

Russia Dock Woodland is a Green Flag awarded park. The Green Flag status is a national standard which recognises the best green spaces in the country.

More Events in Russia Dock Woodland

Community Making Days

Painting in the Park

Woodland Surprise

Photography in the Park

Nature Tours

Monday & Friday afternoons until 26th June

Sunday 25th September 2011

Sunday 9th October 2011

Autumn 2011

throughout 2011

Find out more and pre-register online at

www.MeditationInThePark.com