



Welcome!

Picnics and Prizes

Please setup your picnic wherever you like on the green. Picnic judging begins at **1:00pm**. Be sure that your number is visible to the judges. The categories include: "Most Delicious Healthy Picnic," "Best Picnic Made by Children," "Best of British Picnic," "Best Homemade Picnic," and "Best Picnic Presentation."

The prizes, courtesy of our generous supporters, include blenders, smoothie makers, premium foods and fruit juices, Tesco gift certificates, Borough Market vouchers and more. Please feel free to peak at the prizes table. Prizes will be awarded **after the group meditation**.

What to Do at Meditation in the Park...

Meditation in the Park is similar to a village fête with lots of activities in which you can take part. Some activities are continuous throughout the day, such as the Children's Smoothie Tasting and Continuous Meditation areas. Others, such as the Ecology Park Nature Tours and Fruit Meditation are at specific times.

On the reverse side, you'll find the schedule with descriptions of all the activities. All the events are led by qualified instructors and are suitable for anyone, including complete beginners. Experienced meditators will also find interesting activities...

At **3:15pm** there will be the group meditation led by Guru Kaur, followed by the handing out of prizes.

Meditation in the Park 2010 Schedule

	Area A	Area B	Area C	Area D	Area E	Walking Meditation	Ecology Park Tour	
12:15 pm	Children's Yoga	Frogs and Trees	Sun Salutations	Continuous Meditation Drop-in				
12:30 pm							Tour 1	
12:45 pm	Meditation in Motion	Guided Relaxation	Breathe & De-stress			Poi	Walk 1	
1:00 pm								
1:15 pm	Children's Yoga	Sat Kriya Meditation	Sun Salutations			Sleep Masterclass		
1:30 pm								
1:45 pm	Meditation in Motion	Guided Relaxation	Breathe & De-stress			Fruit Meditation		
2:00 pm								Tour 2
2:15 pm	Children's Yoga	Frogs and Trees	Sun Salutations					
2:30 pm							Walk 2	
2:45 pm	Meditation in Motion	Guided Relaxation	Sat Kriya Meditation		Poi			
3:00 pm								
3:15 pm	Group Meditation							
3:30 pm	Prizes!							

 **Event descriptions on reverse**

Loos and Other Important Information

There are two Port-a-Loos around the green, courtesy of Southwark Parks & Leisure.

Volunteers will be making their way around the site at regular intervals to collect rubbish. Recyclable materials will be collected separately.

All Meditation in the Park staff and volunteers are wearing red sashes, and will be happy to help with any queries.

The **first aid** point is the central gazebo.

From all of us here at Meditation in the Park, have a wonderful day!

Meditation in the Park 2010 Activities

Children's Yoga

Children (and parents too) buzz like bees and grow like trees, imitating the wildlife that surrounds them in the park to stimulate, stretch and relax young bodies and minds.

Frogs and Trees

Frogs and Trees is a mini workshop to learn two simple and effective yoga postures which anyone can do to strengthen the body and calm the mind. Do them first thing in the morning to kick start your day.



Sun Salutations / EZ Sun Salutations

Sun Salutations are a series of postures that flow into each other and serve to wake up, stretch, and circulate fresh oxygen throughout the body, especially first thing in the morning. Join this workshop to learn two versions of Sun Salutations - one regular version and an easier alternative.

Children's Movement Games

Adults and children alike are welcome to enjoy this unique experience. In this workshop, you are guided to create a simple movement and sound which you repeat and connect with the next person in the group and so on. By the end you experience the fascination of being part of an intricate meditative dance which is greater than any of the individual pieces.

Guided Relaxation

Let the tension melt from your body as you are guided through a deep relaxation aided by the sound of our resident birdsong chorus. Instructors guide you to become aware of the tension in your body and how to release it. Afterwards, be surprised at how much more alive and beautiful everything has become...

Breathe & De-stress

You can dramatically improve your quality of living by improving your breathing. Through this workshop you'll gain a toolchest of simple and powerful breathing techniques which you can use to gain clarity in many of life's challenging situations.



Poi

Performance art in which balls, suspended from a length of flexible fabric, are swung in circular patterns. Come have a blast learning the techniques to put the body in rhythm and dazzle the crowd.

Sat Kriya Meditation

A simple but powerful exercise, with almost no movement but which wards off illness, eliminates fatigue, remedies sexual frustration, sharpens the mind and gives your eyes that brilliant, healthy shine.



Explore the woodland...

Ecology Park Nature Tour

Come along for a leisurely 45 minute tour, to learn what makes this unique woodland and ecological environment so special. Meet near the registration area.

Walking Meditation

Transform your routine perambulations into a soothing meditative practice. Learn this special technique to harness the rhythm of your mind and breath to experience more physical fitness and mental clarity. Each 45 minutes consists of light warmups, about 20 minutes of walking, warmdowns and a brief guided relaxation. Meet near the registration area.

Special events...

Sleep Masterclass

Join expert teacher, Guru Kaur, as she discusses the key factors in getting a consistent good night's rest and shares basic yoga postures and meditative techniques to sleep more soundly and wake more refreshed.

Fruit Meditation

Try this challenging and incredibly enjoyable 11 minute meditation after which you'll experience eating a piece of fruit like you never have before. Fruit provided.

Ongoing throughout the day...

Flower Garland Making

Add some festivity and colour to your day by making your own Flower Garland.

Continuous Meditation Drop-in: Kirtan Kriya

Begins at 12:15pm and runs continuously until the Group Meditation. Detailed instructions are posted on how to do this simple meditation and participants can drop-in and try it whenever and for however long they wish. Stay for 3 minutes to get a taste of it, or stay for 31 minutes to have a powerful experience.



Children's Smoothies Making

Children discover and explore the vast collection of sweet fruit tastes including the basics but also delving into more tropical delights.

Children's Craft Activity Table

Children (of all ages) create and decorate cut-out models of animals and other nature related delights.