



# The Stuart Low Trust

ARTS | NATURE | WELLBEING

**FEBRUARY**

## **Choir**

Singing together on Zoom. (Every Tuesday).

## **Philosophy Forum**

Join the Sunday philosophy discussion group on Zoom. (Half term 15th-21st February).

## **Art Workshops**

### **Wednesdays 10th & 24th February**

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

## **Chi Kung**

### **13th February**

Align body, breath and mind for health and meditation. On zoom.

## **Gentle Exercise: Building Energy through Movement** **16th & 23rd February**

In partnership with Healthy Generations, delivered on zoom.

## **Let's Dance Workshop** **20th February**

This will be delivered on Zoom.

## **Acupressure Points and Mindful Breathing** **27th February**

Maurizio will deliver an online workshop via Zoom.

## **Information and Booking:**

For details about any of these activities and information on how to get involved, email [info@slt.org.uk](mailto:info@slt.org.uk) or leave a message on 020 7713 9304.