

## LDWFC Workshops 2017

### Zentangle

Peaceful and meditative free-form drawing and coloring.

### Swing Dancing

Enjoy swing dancing in novice lessons that include the "20's Charleston" and "East Coast Swing." No experience needed. No partner necessary.

### Contemplative Paddling

A meditative canoe/kayak experience on peaceful Lake Winnepesaukee.

### Paper Making

Learn the basics of how paper is made and actually make paper!

### Face Painting

Create fun designs that will delight all of the children in your life.

### Tai Chi

An introduction to gentle Tai Chi with flowing movements and intentional walking.

### Mindfulness

Explore and experience the benefits of mindfulness in a safe and comfortable introductory setting.

### Simplicity Parenting

A book discussion exploring how the power of less can help parents slow down to the pace and promise of childhood and re-imagine family life together. Reading the book is helpful, but not necessary for discussion.

### Card Making

Create beautiful greeting cards with rubber stamps and other craft techniques.

### Hiking

Explore the beautiful surroundings on an easy-level, guided walk/hike.