



slow down london

living life in real time

24th april – 4th may 2009



Slow Down: in this moment

Notice your speed

Are you rushing? Do you need to?

Be still

Research shows that a goal keeper who stands still when facing a penalty has a higher chance of saving a goal.

Breathe

Three deep breaths will help clear our heads and give us new perspective on a situation.

Look up and around

Rushing around the city we often forget to see what is around us.

Savour the moment

Even a crowded tube has interesting people to look at!

Slow Down London?

Slow Down London is a new project to inspire Londoners to challenge the cult of speed and to appreciate the world around us.

Slow Down London is a campaign and festival from April 24th to May 4th across London.

It will give Londoners a chance to explore slow music and arts; to try meditation, yoga and tai chi; to sample slow food and crafts; to discover walking, nature and 'slow travel' in our own city; to debate ideas about time and pace; and to find our own ways to create more sense of space in our lives.

Explore these pages for a selection of activities and inspiration.

The full range of events and partners - with the latest updates - can be found on our website

www.slowdownlondon.co.uk



Slow down at

Southbank Centre

Slow as a State of Mind

Purcell Room at Queen Elizabeth Hall

Saturday 25 April 19:45

We live in a culture which prizes speed of communication, travel and thought. But is there an alternative? Carl Honoré, author of *In Praise of Slow*, believes there is. Slowing down at the right moments can bring more depth, pleasure and meaning to our lives. It can also make the economy more efficient, creative and sustainable. Are we ready to slow down or are we stuck in fast-forward?

PRICE £10

Craftspace: Slow Arts

Level 5 Function Room at Royal Festival Hall

Monday 27 April 19:45

From knitting groups on the tube to potters winning the Turner Prize, the revival of craft is central to current arts practice. Helen Carnac, co-curator of Craftspace's new exhibition on Slow Arts joins artist Russell Martin and researcher Paul Harper to consider notions of slowness and craftsmanship.

PRICE £7.50

Morning Yoga Class

The Clore Ballroom at Royal Festival Hall

Tuesday 28 April – Wednesday 29 April 10:00

Start your day with a free yoga class. Book your place in advance.

PRICE Free WEB southbankcentre.co.uk or TEL 0871 663 2500 to reserve

Taking Time: The Work of Fred Sandback

The Hayward: Upper Galleries

Wednesday 29 April 12:00

An in-depth look at the sculptures featuring in *Mark Wallinger Curates: The Russian Linesman*

PRICE Free with exhibition ticket

Slow Travel

Level 5 Function Room at Royal Festival Hall

Wednesday 29 April 19:45

Anxiety over climate change has made Slow Travel not only an appealing life style choice but the only option for the environmentally conscious. Harry Eyres (FT Slow Lane columnist) joins Ed Gillespie (Guardian 'slow traveller') to discuss Slow Travel in a speeded-up society, from commuting to global sunseeking.

PRICE £7.50

Southbank Centre Belvedere Road
London SE1 8XX TEL 0871 663 2500
WEB southbankcentre.co.uk

Slow Food Market

Southbank Centre Square

Friday 1 May – Monday 4 May

12:00 – 20:00 (closes 18.00 on Sunday)

Over 40 stalls selected by Slow Food London will sell sustainable and traditionally prepared foods from a selection of the UK's leading artisan food producers and beyond, with talks about the art of food production.

PRICE Free

Slow Feast

Southbank Centre Square

Sunday 3 May 12:00 – 18:00

Enjoy an all day leisurely feast all over the Southbank site, buying from the Slow Food London market - look out for special deals. Wonderful choir ensembles from the Various Voices festival will serenade you while you eat!

PRICE Free



Slow down at the

British Museum

Why Does 'When' Matter?

British Museum: BP Lecture Theatre

Friday 1 May 18:30

A cultural perspective on the pressures of time
Speakers Silke Ackermann, British Museum cultural historian, Brian Durrans, cultural anthropologist, Peter Shepherd-Skaerved, musician and Madeleine Bunting, Guardian columnist discuss concepts of time, pace and the corresponding pressures from a cultural and historical perspective.

PRICE £5 (£3 concessions) EMAIL tickets@britishmuseum.org

Poetry and Meditation Workshop

British Museum: Paul Hamlyn Library

Friday 1 May 18:00 – 19:30

Learn meditation skills and take part in a poetry workshop with Buddhist, poet and meditation teacher Subhadassi, taking inspiration from some of the objects in the Museum's collection.

PRICE £5 (£3 concessions) EMAIL tickets@britishmuseum.org

© Trustees of the British Museum



Slow Down London Gallery Talks

British Museum

Tuesday 28 April – Saturday 2 May 13:15 – 14:00

This week of Slow Down London talks will explore themes of time, tranquility and wellbeing. Admission is free so just drop in.

Tuesday 28 April

Medieval Time(s)

Room 40

SPEAKER Silke Ackermann

Wednesday 29 April

**Early Buddhism in India and
the Great Stupa at Amaravati**

Room 33a

SPEAKER Michael Willis

Thursday 30 April

**Scenes of Nature
in Japanese Art**

Room 92

SPEAKER Rosina Buckland

Friday 1 May

Taking it Easy in Ancient Egypt

Room 61

SPEAKER Katharine Hoare

Saturday 2 May

**'Cradle to Grave'
The Journey of Health**

Room 24

SPEAKER Susie Freeman

British Museum

Great Russell Street WC1B 3DG

TEL 020 7323 8181

EMAIL tickets@britishmuseum.org

WEB britishmuseum.org

THE
BRITISH
MUSEUM

Slow down at

Foyles

At Foyles, we think that there should always be time for curling up with a good book. During Slow Down London, take a reading break in one of our designated slow zones - just look for the green grass and lawn chair - in all of our four shops.

Snail Mail

The Gallery, Foyles Charing Cross Road

Saturday 25 April 14:00 – 16:00

What happens when we stop texting, emailing and instant messaging and pick up a pen and paper? What will we say to our loved ones, to ourselves? Led by poet Miriam Nash, the Snail Mail workshop will explore these questions, drawing on famous letters of the past and present for inspiration.

PRICE Free EMAIL events@foyles.co.uk to reserve

Three Men in a Float / Slow Living

The Gallery, Foyles Charing Cross Road

Tuesday 28 April 18:30

As pioneers in the art of slow travel Dan Kieran, Ian Vince and Prasanth Visweswaran embarked on an unconventional 680 mile road trip across the UK. Their mode of transport? A 1958 electric milkfloat they christened 'The Mighty One' (after Che Guevara's motorcycle) that required eight hours charging time for every 20 miles. Dan and Ian talk us through their remarkable adventure.

The event begins with a chance to meet Bruno Contigiani, director of the Italian organisation 'The Art of Slow Living' who will talk about his vision of slow living as a route to happiness.

PRICE Free EMAIL events@foyles.co.uk to reserve

Birds, Words and Bicycle Bells

Ray's Jazz Café, Foyles Charing Cross Road

Wednesday 29 April 18:30

Ingenuous comedian Alex Horne joins forces with quirky urban folkstress Annalie to pay homage to some of the slower delights of London life. Perrier Award nominee Horne reads from his brand new book *Birdwatchingwatching*, while Annalie performs acoustic songs from her debut album *The Anomaly Project*.

PRICE Free (no booking required)

Wine and Words

The Gallery, Foyles Charing Cross Road

Thursday 30 April 2009 18:30

Great wines inspired ancient poets, emperors and philosophers. So was the wine, and the poetry, better then or now? Join poet and classicist Harry Eyres of the FT's Slow Lane, and 'natural' wine evangelist David Harvey of sous l'nez, to sample slow wine and words that Heraclitus, Horace and Hadrian might have known.

PRICE £10 WEB foyles.co.uk (visit website to book)

Londonist Presents: Slow Exposure

Ray's Jazz Café, Foyles Charing Cross Road

Friday 24 April – Sunday 24 May 08:00 – 21:00

Londonist - a website about London and everything that happens in it - is running a photography competition with Slow Down London as its theme and inspiration, culminating in an exhibition in the Café. Drop in throughout the festival.

WEB londonist.com

Foyles 113 – 119 Charing Cross Road WC2H 0EB

also at: Royal Festival Hall, St Pancras

International, Westfield London

TEL 020 7437 5660 WEB foyles.co.uk

FOYLES

Slow down at the

National Portrait Gallery

Slow Down London at the National Portrait Gallery features a range of free activities exploring ideas of time, contemplation and reflection. Stroll around the fascinating Collection, and unwind with a series of gallery tours and lectures. Enjoy a limited edition 'Slow Down Cocktail' throughout the festival in the panoramic setting of the Portrait Restaurant & Bar.

Making Time

Friday 24 April 19:00 – 20:00

Who is responsible for keeping time? What is the story behind the speaking clock? Why was time sold in London? David Rooney, Curator of Timekeeping at the Royal Observatory, Greenwich explores the characters behind the story of time - and how by making time, changing pace and slowing down, you have more time.

PRICE Free (capacity 150)

Enjoy live be-bop jazz prior to the talk at 18:30 and sip a Slow Down cocktail in the rooftop bar after the talk.

The Capable Mr Brown

Thursday 30 April 13:15 – 14:00

Take a deep breath of fresh, country air as Russell Bowes invites you to explore the life and works of England's most famous gardener - Lancelot 'Capability' Brown. Russell looks at the changes in England which inspired a move away from the detailed, fussy gardens of the 17th century to rolling parkland and open space.

PRICE Free (capacity 150)

© Colin Streeter



Free Gallery Tours

Take time out from your hectic schedule to drop by the Gallery and stroll through the Galleries with artists and historians. Meet in the Ondaatje Wing Main Hall of the National Portrait Gallery.

Edwardian Portraits

Saturday 25 April 15:00

Highlights of the Collection

Sunday 26 April 15:00

Highlights of the Collection

Tuesday 28 April 15:00

Picture description for visually impaired visitors

Thursday 30 April 14:00

[National Portrait Gallery](#) St Martin's Place

WC2H 0HE TEL 020 7306 0055

WEB npg.org.uk PRICE Free

Portraits of the Tudors

Saturday 2 May 15:00

Highlights of the Collection

Sunday 3 May 15:00

National Portrait Gallery

Slow down by

Walking London

Britain's biggest walking charity the Ramblers Association and one of its groups the Metropolitan Walkers (a group for Londoners in their 20s and 30s) will be organising a series of Slow Down London walks for all ages where Londoners can explore the greener and more tranquil parts of their city. All walks are free. For more information visit www.metropolitan-walkers.org.uk

London Viewpoints

Saturday 25 April 13:00

An 8 mile walk through Hampstead Heath, Highgate Woods and Alexandria Palace Park ending at Chalk Farm tube station. We should enjoy fine views of London from Parliament Hill. Bring a packed lunch.

MEETING POINT Wood Green tube station

Dinosaurs and Discovery

Sunday 26 April 13:00

A 6 mile walk through Dulwich Park, Dulwich Woods and the Horniman Museum gardens ending at a café in Crystal Palace Park where there will be an ice cream opportunity.

MEETING POINT Forest Hill station

Evening Stroll: Royal Parks

Tuesday 28 April 19:00

A 3 mile stroll through Hyde Park and Regent's Park ending at a pub near Great Portland Street tube station.

MEETING POINT Knightsbridge tube station

Evening Stroll: South Bank

Thursday 30 April 19:00

A 3 mile stroll along the Thames Path ending at a pub near Borough tube station. We'll enjoy views of some of London's most famous landmarks.

MEETING POINT Vauxhall tube station Exit 1

© Francisco Requena



Epping Forest & the Alfred Hitchcock Trail

Saturday 2 May 13:00

A 7 mile circular walk through Wanstead Flats, Epping Forest and Wanstead Park ending at a pub near Leytonstone tube station. Café lunch stop.

MEETING POINT Leytonstone tube station

Hidden Green North London

Sunday 3 May 13:00

A 6 mile walk from Highgate to Angel tube station following a disused railway line, the Capital Ring and the New River.

MEETING POINT Highgate tube station
Exit on the corner of Archway Road /
Shepherds Hill

Bentley Priory & Deer Park

Monday 4 May 13:00

Join the Kensington, Chelsea & Westminster Ramblers group for a 6 mile circular walk through Harrow Weald Common, Old Redding, Bentley Priory and deer park. Pub stop en route.

MEETING POINT Stanmore tube station

www.ramblers.org.uk



Slow Down London Events

Friday 24th April

Slow Exposure	Foyles Charing Cross (to 24 May)	08:00 – 21:00	p.09
The Art of Calm	Skylark Galleries (to 4 May)	11:00 – 18:00	p.25
The Big Slow Walk	Embankment Gardens	17:00	p.17
Pamper Night	Special Yoga Centre	17:00 – 22:00	p.18
Making Time	National Portrait Gallery	19:00 – 20:00	p.10

Saturday 25th April

Tai Chi Workshop	Bodyworks	09:00 – 10:00	p.18
Urban Gardening	The School of Life	10:00 – 21:00	p.28
Theatre Workshop	The Albany	10:00 – 18:00	p.22
Wallpaper Printing Workshop	London Printworks	10:00 – 15:00	p.24
Slow Down London Walk: London Viewpoints	Metropolitan Walkers	13:00	p.12
Snail Mail	Foyles Charing Cross	14:00 – 16:00	p.08
An Introduction to Meditation	London Shambhala Meditation Centre	14:00 – 16:30	p.20
Qi Gong Workshop	Bodywise	15:00 – 18:00	p.18
International Harp Ensemble	St. John's, Smith Square	19:30	p.26
Slow as a State of Mind	Southbank Centre	19:45	p.04

Sunday 26th April

Slow Down London Walk: Dinosaurs and Discovery	Metropolitan Walkers	13:00	p.12
Slow Down Yoga	The Life Centre	14:00 – 16:00	p.19
Woodland Meander	London Wildlife Trust	16:00 – 18:00	p.28
Creative Writing and Poetry	London Buddhist Centre	09:30 – 17:00	p.22

Monday 27th April

Slow Down Meditation Class	London Buddhist Centre	13:00 – 14:00	p.20
Creating Happy Cells	Skylark Galleries	18:30 – 19.15	p.25
Poet in the City	King's Place (Hall One)	19:00	p.22
Royal Philharmonic Orchestra	Royal Festival Hall	19:30	p.26
Craftspace: Slow Arts	Southbank Centre	19:45	p.04
Meditation Open Evening	London Shambhala Meditation Centre	19:30 – 21:30	p.20

Tuesday 28th April

Morning Yoga Class	Southbank Centre	10:00	p.04
Medieval Time(s)	British Museum	13:15 – 14:00	p.07
Slow Down London Walk: Royal Parks	Metropolitan Walkers	19:00	p.12
Silent Meditation	Islington Unitarians	18:15 – 19:15	p.21
Three Men in a Float	Foyles Charing Cross	18:30	p.08

Wednesday 29th April

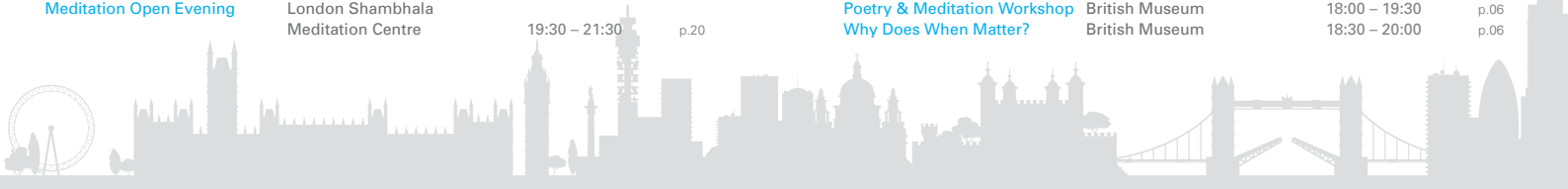
Morning Yoga Class	Southbank Centre	10:00	p.04
Taking Time: Fred Sandback	The Hayward	12:00	p.05
Early Buddhism in India	British Museum	13:15 – 14:00	p.07
Birds, Words and Bicycle Bells	Foyles Charing Cross	18:30 – 20:00	p.09
Poetry and Stillness	Newington Green Unitarians	19:00 – 21:30	p.21
Slow Down Meditation Class	London Buddhist Centre	19:15 – 21:40	p.20
Slow Travel	Southbank Centre	19:45	p.05

Thursday 30th April

St. John's Thursday Lunchtime Concert	St. John's, Smith Square	13:00	p.26
Scenes of Nature in Japanese Art	British Museum	13:15 – 14:00	p.07
The Capable Mr Brown	National Portrait Gallery	13:15 – 14:00	p.10
Very Slow Art talks	Skylark Galleries	18:00 – 20:00	p.25
Slow Down London Walk: South Bank	Metropolitan Walkers	19:00	p.12
Wine and Words	Foyles Charing Cross	18:30	p.09
Dulwich College Madrigal Choir and Symphony Orchestra	St John's, Smith Square	19:00	p.26

Friday 1st May

Drawing on the Imagination	Sir John Soane's museum	10:00 – 16:00	p.24
Taking it Easy in Ancient Egypt	British Museum	13:15 – 14:00	p.07
Slow Food Market	Southbank Centre Square	12:00 – 20:00	p.05
Poetry & Meditation Workshop	British Museum	18:00 – 19:30	p.06
Why Does When Matter?	British Museum	18:30 – 20:00	p.06



Slow Down London Events

Saturday 2nd May

Contemplative Arts	London Shambhala		
	Meditation Centre	10:00 – 17:00	p.24
London Canal Write	WRITELondon	11:00 – 16:00	p.23
Slow Down London Walk:			
Epping Forest	Metropolitan Walkers	13:00	p.13
Cradle to Grave	British Museum	13:15 – 14:00	p.07
Slow Food Market	Southbank Centre Square	12:00 – 20:00	p.05
Artists at Work!	Skylark Galleries	14:00 – 18:00	p.25

Sunday 3rd May

Creative Writing on the Move	WRITE London	11:00 – 16:00	p.23
Slow Food Market	Southbank Centre Square	12:00 – 18:00	p.05
Slow Feast	Southbank Centre Square	12:00 – 18:00	p.05
Slow Down London Walk:			
Hidden Green North London	Metropolitan Walkers	13:00	p.13
Artists at Work!	Skylark Galleries	14:00 – 18:00	p.25
Onetaste	The Bedford	19:00 – 23:00	p.27

Monday 4th May

Character Watch	WRITELondon	11:00 – 15:00	p.23
Slow Food Market	Southbank Centre Square	12:00 – 20:00	p.05
Slow Down London Walk:			
Bentley Priory & Deer Park	Kensington Ramblers	13:00	p.13
Artists at Work!	Skylark Galleries	14:00 – 18:00	p.25

Slow Down Out & About

The Big Slow Walk

Friday 24 April 17:00

Join us for a very sloooooow walk across Waterloo Bridge (on the pavement!) at rush hour on the first day of the festival. Enjoy one of the city's loveliest river views at a snail's pace, and show your support for Slow Down London.

MEETING POINT Embankment Gardens (east end, at corner of Savoy Place & Victoria Embankment). Wear white and/or blue if possible.

Slow Down London day trip

Tuesday 28 April

Look out for slow travellers Dan Kieran and Ian Vince on a day trip around London in their milk float. They'll be joined by Bruno Conzignani, director of L'Arte del Vivere con Lentezza ('The Art of Slow Living'), who aims to find out if London pedestrians are guilty of habitual speed. Watch our website for details.

Walk to Work

Monday 27 April – Friday 1 May

Help slow down London by joining in Walk to Work week. Get ideas on how you can easily fit space in your life for a daily walk, enjoy our city and clear your mind for the day ahead.

WEB walkingworks.co.uk

Visit slowdownlondon.co.uk

for latest details and events



Enjoy some slow moves

Pamper Night

The Special Yoga Centre

Friday 24 April 17:00 – 22:00

Come and relax, unwind and enjoy one of many wonderful therapies: massage of all kinds, mani/pedicures, waxing, facials and other luxurious, invigorating therapies which help you slow right down.

The Special Yoga Centre 2a Wrentham Ave NW10 3HA

WEB specialyoga.org.uk PRICE £5 advance, £6 on the night

Tai Chi Workshop

Bodywise

Saturday 25 April 9:00 – 10:00

Through tai chi practice we learn to listen to our bodies and our environment, to relax and stay centred in the midst of change. All are welcome to this drop-in class with John Linney (Prasannavira).

PRICE £6 / £5

Qi Gong Workshop

Bodywise

Saturday 25 April 15:00 – 18:00

Qi Gong involves moving and breathing slowly with awareness. It helps the body feel harmonious, soft, open and flowing: ideal for our speedy, stressed lives. This workshop with Francesca Jaggs is suitable for all ages and physical abilities.

PRICE £21 / £16

Bodywise 119 Roman Road E2 0QN TEL 0208 981 69 38 EMAIL info@bodywisehealth.org.uk

© Thierry Bai



Slow Down Yoga

The Life Centre

Sunday 26 April 14:00 – 16:00

Join leading yoga teacher and self-confessed slow person Graham Burns for two hours of yoga in the slow lane – and be amazed at the inner scenery you might see for the first time. Open to all levels, including beginners, Slow Down Yoga will combine discussion about how yoga can help us slow down with breathing practices, movement, restorative postures and deep guided relaxation.

PRICE £20

The Life Centre 15 Edge Street W8 7PNT TEL 020 7221 4602 WEB thelifecentre.co.uk

Try meditation

Live Life in Real Time: An Introduction to Meditation

London Shambhala Meditation Centre

25 April 14:00 – 16:00

In the midst of speed and stress, meditation trains us to cope better with our lives and to be in the present moment instead of rushing through it. This workshop will introduce the technique of sitting meditation, led by experienced teacher Jim O'Neill. This simple but profound practice can be used anywhere, by anyone, whatever their religious or cultural background.

PRICE £20 / £15 concessions

The centre is also open for meditation instruction on Mondays, Tuesdays and Wednesdays from 19:30 to 21:30. Free, no need to book.

London Shambhala Meditation Centre 27 Belmont Close SW4 6AY

TEL 020 7220 3207 WEB shambhala.org.uk

Slow Down Meditation Classes

London Buddhist Centre

Monday 27 April – Friday 1 May 13:00 – 14:00

Tuesday 28 April – Wednesday 29 April 19:15 – 21:40

Ideal for newcomers to meditation ...and slowing down! We teach two fundamental meditation practices; the mindfulness of breathing and the Metta Bhavana (the development of loving kindness). No need to book, all welcome.

London Buddhist Centre 51 Roman Road, Bethnal Green E2 0HU

TEL 0845 458 4716 WEB lbc.org.uk PRICE £1 (lunchtimes) £7 / 5 / 3 (evenings)

© Thierry Bail



Silent Meditation

UK Spirituality at Unity Church

Tuesday 28 April 18:15 – 19:15

This meditation group includes 15 minutes of instruction and discussion, followed by 40 minutes of silent meditation.

Unity Church Between 277 and 278 Upper street, Islington N1 2TZ

TEL 0780 914 4879 WEB ukspirituality.org EMAIL apakula@gmail.com PRICE Free

Poetry and Stillness for Heart and Soul

UK Spirituality at Newington Green Unitarians

Wednesday 29 April 19:00 – 21:30

Come to this weekly candle-lit event to experience stillness, music, and poetry. Poetry readings interspersed with music and silence.

Newington Green Unitarians 39 Newington Green N16 9PR

TEL 0780 914 4879 WEB ukspirituality.org EMAIL apakula@gmail.com PRICE £2 donation

Meditation in workplaces

We are offering you and your colleagues the opportunity to try a free workshop in your workplace during the festival. The one-hour workshop will introduce the practice of sitting meditation, which provides a way to slow down and see how your mind works.

EMAIL slowdown@slowdownlondon.co.uk

Slow down with words

Slow Down London Theatre Workshop

The Albany

Saturday 25 April 10:00 – 18:00

A one-day theatre workshop for ages 12 plus, exploring themes of speed, communication and ‘slowing down’ in our daily lives and our relationships with others. Led by dramatist and teacher Michael Benenson. Performance at 17:30, open to all.

The Albany Douglas Way SE8 4AG TEL 020 8692 4446 WEB thealbany.org.uk PRICE Free

EMAIL boxoffice@thealbany.org.uk to reserve

Creative Writing & Poetry: A Place for the Genuine London Buddhist Centre

Sunday 26 April 09:30 – 17:00

Suitable for anyone with an interest in writing, reading and appreciating poetry. Vishvantara (a Poetry London 1st Prize winner) will invite participants to develop contrasting poetic voices. Maitreya-bandhu will chair a discussion on the poetry of Marianne Moore. There will be a chance for everyone to read from their work.

London Buddhist Centre 51 Roman Road E2 0HU TEL 0845 458 4716 WEB lbc.org.uk

PRICE £25 /£17 concessions

Poet in the City: Rimbaud and Verlaine

King's Place (Hall One)

Monday 27 April 19:00

A Poet in the City event celebrating the life and work of two of the greatest nineteenth century French poets, and their connection with Kings Cross, where they lived in the year 1873.

King's Place 90 York Way, King's Cross N1 9AG TEL 0844 264 0321 WEB kingsplace.co.uk

PRICE £11.50 (tel) £9.50 (online)

© Alistair at wernherethis.co.uk



WRITELondon: Slow Down Workshops

Join WRITE London on a site-specific creative writing workshop with poet Jasmine Cooray. No writing experience necessary.

The London Canal Write

Saturday 2 May 11:00 – 16:00

A creative walk along London's canals, stopping on the way to write, reflect and share. Led by Jasmine Cooray & Miriam Nash.

MEETING POINT tbc (check www.slowdownlondon.co.uk)

Creative Writing on the Move

Sunday 3 May 11:00 – 16:00

A treasure trail of locations that explore movement and stillness in our capital, from the ant's nest of inner city swarms to the peace of an overgrown cemetery.

MEETING POINT Soho Square

Character Watch

Monday 4 May 11:00 – 15:00

Visit different locations observing and sketching members of the public; collecting characters and observing your fellow urbanites more closely.

MEETING POINT Soho Square

WRITELondon TEL 0785 344 5872 EMAIL gigglyjas@hotmail.com PRICE £8/5 concessions

Look, draw, paint, create

Wallpaper Printing Workshop

Craftspace at London Printworks

25 April 10:00 – 15:00

In the spirit of its forthcoming exhibition *Taking Time: craft and the Slow Movement*, Craftspace invites you to explore your creativity with wallpaper printing. No need to book; suitable for all ages.

London Printworks Unit 7 Brighton House, 9 Brighton Terrace SW9 8DJ

TEL 020 7738 7841 WEB craftspace.co.uk PRICE Free

Drawing on the Imagination

Sir John Soane's Museum

Friday 1 May 10:00 – 16:00

An introduction to Hogarth's marvellous paintings in the John Soane's Museum and his engraved compositions. Participants will use Hogarth's work as a starting point for creating their own compositions in ink. Tutor: Jane Bush

Sir John Soane's Museum 13 Lincoln's Inn Fields WC2A 3BP TEL 020 7440 4254

EMAIL bkington@soane.org.uk WEB soane.org PRICE £25 per person (8 places)

Contemplative Arts

London Shambhala Meditation Centre

Saturday 2 May 10:00 – 16:00

These art forms, inspired by the meditative tradition of Shambhala Buddhism, communicate how to slow down to find time to be with yourself and the world around you. Demonstrations and talks include: Kyudo (Zen archery), Calligraphy (meditative script); Kalapa Ikebana (Japanese flower arranging), Miksang (photography).

London Shambhala Meditation Centre 27 Belmont Close SW4 6AY

TEL 020 7220 3207 WEB shambhala.org.uk PRICE £5 per session or £17 for full day

© Alistair at wernbacheris.co.uk



Slow Down — Artists at Work!

Skylark Galleries in Bernie Spain Gardens

Saturday 2 May, Sunday 3 May and Monday 4 May 14:00 – 18:00

Come and enjoy the relaxing pursuit of creating works of art. All are welcome, you can: be a Pavement Artist, join a Collaborative Collage, or watch our painters at the Easy Easels. Guided by artists from the Cool, Calm, Collective, Skylark Galleries.

Also at Skylark Galleries:

Exhibition – The Art of Calm

Tuesday 21 April to Monday 4 May 11:00 – 18:00

Visualisation – Creating Happy Cells

Monday 27 April & Wednesday 29 April 18:30 – 19:15

Very Slow Art – Free talks by Skylark Artists

Thursday 30 April 18:00 – 20:00

Bernie Spain Gardens (Adjacent to Oxo Tower Wharf) Upper Ground SE1

Skylark 1 Gallery Studio 1, Gabriel's Wharf, 56 Upper Ground SE1 9PP

Skylark 2 Gallery Unit 1.09, First Floor, Oxo Tower Wharf, Barge House Street SE1 9PH

PRICE Free WEB skylarkgallery.com

Slow down to listen

The International Harp Ensemble

St John's Smith Square

Saturday 25 April 19:30

Slow Down your London at St. John's, by experiencing beautiful music in a tranquil setting in the heart of Westminster. The International Harp Ensemble, conducted by Luisa-Maria Cordell with Nicholas Cartledge (flute), William Ball (oboe) and Hilary Taylor (cello), play The Magic of a Thousand Strings.

Other St John's, Smith Square concerts this week include:

St. John's Thursday Lunchtime Concerts: Samantha Ward piano

Thursday 30 April 13:00

Dulwich College Madrigal Choir and Symphony Orchestra

Thursday 30 April 19:00

St. John's Smith Square SW1P 3HA TEL 020 7222 2168 WEB sjss.org.uk PRICE £12.00 / £8.00

Royal Philharmonic Orchestra

Royal Festival Hall, Southbank Centre

Monday 27 April 19:30

Charles Dutoit conducts Prokofiev: The Love for Three Oranges: Symphonic Suite; Piano Concerto No.3; Romeo and Juliet (excerpts) Leave the outside world behind and engage in a deeper critical and emotional appreciation. Soloist, Martha Argerich (piano), is an enigma, as famed for her aversion to the spotlight as for her outstanding playing.

Royal Festival Hall Southbank Centre SE1 8XX TEL 0871 663 2500

EMAIL info@rpo.co.uk WWW rpo.co.uk PRICE £45.00 – £8.00

© Alistair at wernadethis.co.uk



Onetaste

The Bedford

Sunday 3 May 19:00 – 23:00

London's No.1 music and spoken word show offers the perfect Sunday night out. Experience a gig where you take time to sit down, have a meal and take in the best up and coming talent from the UK soul, folk, jazz and alternative scenes, all housed in the surrounds of the illustrious Globe Theatre at The Bedford.

The Bedford 77 Bedford Hill, Balham SW12 9HD

WEB onetaste.co.uk PRICE £8 adv / £10 door

Connect with nature

Urban Gardening

The School of Life

Saturday 25 April 10:00 – 21:00

Take a one-day 'holiday' with Emma Townshend, The Independent on Sunday's gardening columnist. She will guide us through a rarely seen side of London, opening doors to secret outside spaces on rooftops, down alleyways and inside office blocks. She'll demonstrate essential urban skills such as how to grow salad in a window-box, joined by legendary guerrilla gardener Richard Reynolds.

The School of Life

70 Marchmont Street WC1N 1AB

TEL 0207 833 1010

WEB theschooloflife.com

PRICE £95.00 incl. meals and activities

Woodland Meander

London Wildlife Trust

Sunday 26 April 16:00 – 18:00

We often lead guided walks but as part of Slow Down London, we offer a spiritual meander through Sydenham Hill Woods where we can all take time to sit/lie/meditate/stretch in the woods whilst soaking up the sights and sounds in a deeper way. Wildlife observation can require patience so come and learn and relax at the same time!

Sydenham Hill Woods

MEETING POINT Crescent Wood Rd

TEL 07834 867422

EMAIL cbrown@wildlondon.org.uk

WEB wildlondon.org.uk

PRICE £3 (booking required)

© Alistair at wernadethis.co.uk



Garden Museum

An oasis of calm in one of the most densely populated areas of central London – beside the Thames opposite the Houses of Parliament. Our current theme is 'Spirit of Place', and we are delighted to be part of Slow Down London. For events during the festival visit our website.

Garden Museum Lambeth Palace Road SE1 7LB

TEL 020 7401 8865 WEB gardenmuseum.org.uk

RSPB

Discovering wildlife's a rare and precious thing. The Royal Society for the Protection of Birds supports Slow Down London because we know one of the greatest hurdles stopping Londoners enjoying wildlife is a lack of time. Now there's no excuse. Look at our website for ways to take time out in London with the birds.

WEB www.rspb.org.uk/london

Slow Down: this week

Start your day differently

Wake up five minutes earlier than usual so you have time to get dressed and have breakfast without hurrying.

Take a real lunch break

Eat al fresco, not al desko! Go out and look at something; eat your lunch in peace, away from your workplace.

Listen with undivided attention

to a piece of music; to a bird singing; to your friend or colleague who is speaking.

Switch it off

It might be your email or your phone – take some down time to relax.

Walk a different route

With a change to our routine we can discover our neighbourhood and our city with fresh eyes.

About Slow Down London

Directors: Tessa Watt, Amanda Stone, Deepa Patel

Partnership building: Emma Lister

Patrons: Carl Honoré, Ed Gillespie, Harry Eyres, Professor Cary Cooper, Tom Hodgkinson, Alastair Sawday

Thanks to: Liz Poirier, Melissa Caneppele, Rebekah Ford, Paul Finn, Zeldia Moehring, Amy Waddell, Suzi Price, Rachel Whitehead, Rob Whitehead, Jim O'Neill, Angie Nehring, Richard Woolley, Jacqueline Marot.

Partners: Bodywise, British Museum, Craftspace, Cockpit Arts, Foyles, The Garden Museum, Living Streets, L'Arte del Vivere con Lentezza, Londonist, The Life Centre, The London Buddhist Centre, London Shambhala Meditation Centre, The London Wildlife Trust/ Centre for Wildlife Gardening, The Mary Ward Centre, Metropolitan Walkers, The National Portrait Gallery, Onetaste, Poet in the City, The Ramblers Association, The Royal Philharmonic Orchestra, RSPB, St John's Smith Square, The School of Life, Skylark Galleries, Slow Food London, Sir John Soane's Museum, Southbank Centre, The Special Yoga Centre, Transport for London, UK Spirituality, Walk London, WRITELondon, Yogamatters

Slow Down London is supported by:

UnLtd 

 Esmée
Fairbairn
FOUNDATION

For more partners, events and the latest information visit www.slowdownlondon.co.uk

Contact us at slowdown@slowdownlondon.co.uk

Slow Down London Ltd is a registered company # 6688389

Design: Fitzroy & Finn www.fitzroyandfinn.co.uk



