

We are running the following face-to-face groups:

MONDAYS

Tai Chi

Take part in the mindful movements of this ancient martial art, helping your mind and body with the slow, sequence of moves.

Location: **Centrale Shopping Centre**

Time: **10am-11am**

Table Tennis

A chance to play table tennis among friends in our welcoming small group.

Location: **Centrale Shopping Centre**

Time: **11am-11.50am**

TUESDAYS

Jogging Group

Absolute beginners jogging group, building up stamina and fitness with stretches and a chance to chat.

Location: **Lloyd Park (meet by cafe)**

Time: **10am-10.30am**

Tennis Coaching

Starts 26th April

Location: **South Croydon Sports Club**

Time: **12pm-1pm**

WEDNESDAYS

Allotment

Get back to nature, breathe the fresh air, catch up and grow food from scratch at our lovely allotment plot.

Location: **South Croydon**

Time: **10am-11.30am**

Please book your place to attend

Badminton

Location: **South Croydon Sports Club**

Time: **2pm-3pm**

Hatha Yoga

A mix of poses and breathing to build strength and flexibility.

Location: **Fairfield House**

Time: **11am-12pm**

THURSDAYS

Yoga

Gentle breathing and stretching exercises.

Location: **Orchard House, South Croydon**

Time: **11am-12.30pm**

Please book your place to attend

FRIDAYS

Cycling

Bikes provided, a gentle led cycle ride through South Norwood Country Park.

Location: **Meet at Croydon Sports Arena**

Time: **10am-12pm**

We are also running the following online Zoom groups:

TUESDAYS

Get Fit and Go

If you want to exercise, but find it more of a struggle, through injury, illness or because you're a beginner, our experienced trainer will build up your fitness and strength with specially adapted exercises.

Location: **Zoom - contact for info**

Time: **12pm**

Zoom Catch Up

A chance to speak with other members of Active Minds, find out about our activities from those who have been share your experiences.

Location: **Zoom - contact for info**

Time: **1pm-2pm**

Yoga

Use gentle stretches and deep breaths to calm your mind and body, all under the guidance of our knowledgeable teacher.

Location: **Zoom - contact for info**

Time: **3pm**

THURSDAYS

Mindfulness

Our patient and experienced teacher will guide you through ways to focus your mind, taking you into a relaxed and calm place, using breathing, visualisation and movement.

Location: **Zoom - contact for info**

Time: **1pm**

FRIDAYS

Relaxation

Listening to calming music and a soothing voice will guide you into a place of pure calm. Our lovely teacher will help you to build skills that you can use to relax your mind and body.

Location: **Zoom - contact for info**

Time: **1pm**

To refer someone to the Active Minds groups please fill out the referral form found at: <https://www.mindincroydon.org.uk/how-we-can-help/connecting-with-people/active-minds/>