

Activities for All at Haemfest 2022

We hope that you have a wonderful time at our first ever camping and festival event.

There are plenty of activities to enjoy if you feel like it, but equally, if you are here to relax and chat, please be our guests!



No equipment is required for the following activities unless stated, but for physical activities we suggest you wear comfortable clothing that does not restrict movement, and suitable footwear. No previous experience is necessary.

All activities are on a **first come first served basis** and we will try to accommodate all that want to join in. We ask that younger children are supervised at all times.

- **Yoga**

Equipment required: yoga mat

A gentle morning session to get you moving and ready for the day...

- **Tai Chi**

Tai Chi is also known as Taiji (English translation - supreme ultimate). Although Tai Chi is originally a martial art it is mostly practiced in the west as an exercise for health. The benefits of Tai Chi are enhanced balance, co-ordination & flexibility. Tai Chi also helps to build core muscles. It is classed as moving meditation and helps to calm the mind whilst working to your own comfort zone and your own pace at all times.

- **Qi Gong**

This is a form of exercise and meditation and is ideal for any fitness level as the exercises can be done from a sitting position as well as standing. You work to your own comfort zone at all times so if any of the moves are uncomfortable or difficult you can choose to go back to sitting or standing.

Like Tai Chi, Qi Gong is a discipline whose practice allows you to control, strengthen or cultivate the Qi energy and life force that runs through the body.

- **Introduction to Meditation**

Equipment required: yoga mat or towel to sit on

Learn to meditate so you can take control of your mind as opposed to your mind controlling you. Breathe and relax to create a healthier & stronger mind, body and spirit in this introduction to meditation session.

- **Belly dancing for beginners**

This 90-minute beginner level workshop from 'Fat Chance Belly Dance' (FCBD) is suitable for all bodies, genders and ages. We will learn about the beautiful improvisational art of FCBD-style belly dance.

In the first half, we will be introduced to core slow steps, using our hips, torsos, hands and arms to create a mesmerising flow of gentle movement. Then we will move onto some faster steps, bouncing and shimmying to the beat!

Wear something comfortable, move at your own pace, and bring a water bottle.

- **Stage combat**

We ask that younger children be supervised by parents during these sessions.

Ever wondered how film makers make their fights just so realistic? Or how stunt people manage to get up time and time again after taking brutal looking falls? Then this is the workshop for you. Stage combat is fun. It is a non-competitive, incredibly safe and sociable physical activity. The work encourages people to work together in teams, building trust and leadership skills, as well as communication and creative thinking.

Students will be taught a range of basic techniques and how to portray a fight effectively with correct actions and reactions. They will also gain an understanding of the basic principles of stage combat including angles, staging and misdirection.

- **Sword Fighting**

This workshop covers basic armed sword stage combat skills which are then utilised in a staging of a fight. This is done in a safe environment and encourages working in teams and building trust.

- **Cricket Coaching**

Join our Youth Ambassador Paul Stephens, a qualified cricket coach, to learn the basics of batting and bowling. Whether you are a beginner or want to improve your skills then this is the workshop for you.

- **Circus Skills**

Join Circus Sensible at their drop-in workshops running throughout the day. Each session will start with instruction and then time to practice your skills. Workshops may be limited in numbers so will be on a first come basis so turn up early to guarantee your place. All equipment will be supplied.

- **Sports Day**

Come and join one of the teams for a fun afternoon of traditional events such as the egg and spoon race and "welly wanging". Our Youth ambassadors and volunteers will be recruiting for team members during the day.

- **Intro to Gymnastics**

Equipment required: yoga mat or similar

A chance to learn the basics of gymnastics from our trustee and gymnastic coach Sonia O'Hara. Learn how to perform simple movements and how to present them.

- **Art Tent**

Come and explore your creative side. The Art tent will be open during daytime with a range of materials available for you. There will be a chance to learn some knitting skills and crochet. Face painting will be available during the day on Saturday.

- **Board games**

A range of indoor games will be available in the function room above the toilet block. Please make sure all games are neatly packed away for the next people when you have finished. When other sessions are not taking place in the function room feel free to use the games provided. The room will open from 9am and be locked at 10pm.