

Adult Activities LDWFC 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.