

Five things to do in Edinburgh in the next five days



11 March 2017

At the Out of the Blue Drill Hall there are enough activities to fill an article of its own, but this week there is an excellent line up for [Bruncheon](#) on 11 March 2017 featuring The Eastern Swell, Dowally, Edinburgh Contemporary Choir and Candythief, aka anglo-euro songwriter Diana de Cabarrus.

Live music and brunch at the Drill Hall Arts Cafe.

Also on 11 March there is the Edinburgh FairTrade Festival at the Eric Liddell Centre on Morningside Road from 10.30 till 14.30pm.

[More details here.](#)

12 March 2017

Restoration Yard's dedicated recuperative space, Wellbeing Lab, is set to host two wellbeing workshops designed to nurture the mind, body and spirit this March.

The first workshop takes place on Sunday 12 March and focuses on mind calm meditation. The discipline teaches effective and gentle approach to managing stress and anxiety and helping to calm busy minds.

Fully accredited Mind Calm Coach, Lesley Bell, will take the six-hour session and demonstrate practical techniques to worry less and sleep better as well as helping to improve relationships and live in the moment.

The session, led by two Mindfulness Association trained meditation teachers, explains how to tune into your body and senses, be kinder to yourself and carry out everyday tasks mindfully.

Attendees can treat themselves to something from Restoration Café's delicious lunch menu, or combine a take away with a tranquil stroll around Dalkeith Country Park.

Wellbeing Lab is located within retail and leisure destination Restoration Yard, which can be found in the heart of Dalkeith Country Park. It offers a programme of activities including restorative and kundalini yoga, cognitive behavioural therapy, pilates and more.

Find out more about Wellbeing Lab's programme of classes and workshops at www.restorationyard.com or Restoration Yard's social media channels on Facebook <https://www.facebook.com/DalkeithCountryPark/>, Twitter @RestorationDCP and Instagram @restorationyarddcp



Go and see the new film about the Brits in India which our Adam has reviewed for you [here](#)...



Book on of the Resonate Concerts at The Queen's Hall [here](#).