

Week of March 1st, 2010: things to do in Glasgow

Written by Join Gather

Sunday, 28 February 2010 00:00 - Last Updated Sunday, 21 February 2010 21:39



Monday 1st

Start the month on a high with [Djembe Drumming](#) at the Art of Living Club. Drumming is so much more than just making a noise... it can help concentration, focus, co-ordination, counting, confidence and listening skills. You may also find it relaxing, energising, meditative and most of all.....fun. And it's free so, why not come along and see for yourself?

Wednesday 3rd

Learn to quieten your mind with [Transcendental Meditation](#) . The benefits of meditation are well established. Meditation reduces blood pressure, stress and stress related disorders. It develops the brain, increasing creativity, intelligence and improving decision making as well as problem solving abilities. This introductory talk is free, Wednesday at 7.30pm

Thursday 4th to Sunday 7th

Week of March 1st, 2010: things to do in Glasgow

Written by Join Gather

Sunday, 28 February 2010 00:00 - Last Updated Sunday, 21 February 2010 21:39

The popular Creative Stitches & [Hobbycrafts](#) shows are back at the SECC. Discover all the latest ideas and innovations in the world of creativity and crafts! As more and more people turn away from the mass-produced and turn instead towards 'handmade and personalised' this is the place to find all the encouragement and supplies you need for your own creative craft projects. Save money by making cards and gifts yourself, and give a truly personalised present.

Friday 5th

It's the release date of Alice in Wonderland, the update on Lewis Carroll's classic adventure through the eyes of Tim Burton's. The Burton/Depp/Bonham Carter trio promises to take you to a world of amazing fantasy. Alice is now 19 years old and destined to be married to a rich suitor. When she runs off into the grounds of a Victorian estate at a party thrown in her honour, she once again stumbles down a rabbit hole into the magical world she first discovered as a young girl. But things have changed since Alice's last visit... [View the trailer here](#)

Saturday 6th

The legendary movie is back: The Rocky Horror Picture Show with Dr. Scott's Extra Forks is at the [Grosvenor Cinema](#) in the West End. As always this is an opportunity that's not to be missed, sit back, relax and get ready to throw some rice and toast at your favourite extra fork! March 5th and 6th at 11.30pm

Photos credits: SoundJourney

Week of March 1st, 2010: things to do in Glasgow

Written by Join Gather

Sunday, 28 February 2010 00:00 - Last Updated Sunday, 21 February 2010 21:39
