

Boxing and Mindfulness

6-Week Course

**Tuesdays 5pm - 6pm on Zoom
7th September - 12th October**

A bespoke, six-week course of boxing and mindfulness for carers.

Each session will involve 25 minutes of exercise (including a proper warm up routine and non-contact boxing exercises) and 25 minutes of mindfulness and guided meditation.

The sessions are friendly and welcoming; you don't need to have any experience of boxing or mindfulness. It's a great, fun way to keep fit and learn something new.

To book your place please contact us by phone or email:

events@care4carers.org.uk or 0131 661 2077