

## **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

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