



BAM!

boxing
and
mindfulness

LEARN BOXING & MINDFULNESS ONLINE

HELPS YOU FEEL CALMER,
STRONGER & IN CONTROL

BOXING WORKOUT
& MIND TRAINING
WITH PRO
INSTRUCTORS
LIVESTREAMED
FROM A REAL
BOXING CLUB



**EVERY
FRIDAY**

6:00PM - 7:00PM

**NO EXPERIENCE OR
EQUIPMENT NEEDED**

www.mindfulpeakperformance.com/register

to register for free use [↑ THIS LINK ↑](#) or contact Luke on

☎ 07787 436889 ✉ luke@mindfulpeakperformance.com



 **compass wellbeing**