



THE INNER GAME OF TENNIS, LIFE & EVERYTHING!

8 week Mindfulness Programme

Do you....Find yourselves frequently swept away by the current of thoughts and feelings, worries, pressures, responsibilities, wanting things to be different from how they are right now?

This 8 Week "Inner Game" mindfulness course can help you to see things differently, perhaps to feel less stuck, less tired, to have more options, more strength, more confidence. And yes, it may even improve your game of tennis by helping you to reduce distractions and focus more on your game, in the moment.



Mindfulness can be help with:

- Anxiety, panic and depression
- Blood pressure
- Headaches
- Sleep disturbance & fatigue
- Skin disorders
- Managing stress
- Energy and enthusiasm for life
- A greater ability to relax
- Self-confidence and self-esteem
- Ability to cope with pain

PROGRAMME RUN OVER 8 WEEKS IN 2 HOUR SESSIONS IN THE EVENINGS.

NORMALLY £330 +VAT PER PERSON, REDUCED TO A ONE OFF OFFER OF £50 +VAT PER PERSON*

Time: 7:00pm – 9:00pm on:
June 8th; 15th and 29th
July 6th and 13th
Sept 7th; 14th and 28th

FOR MORE INFORMATION OR TO BOOK CONTACT

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*Terms and conditions apply