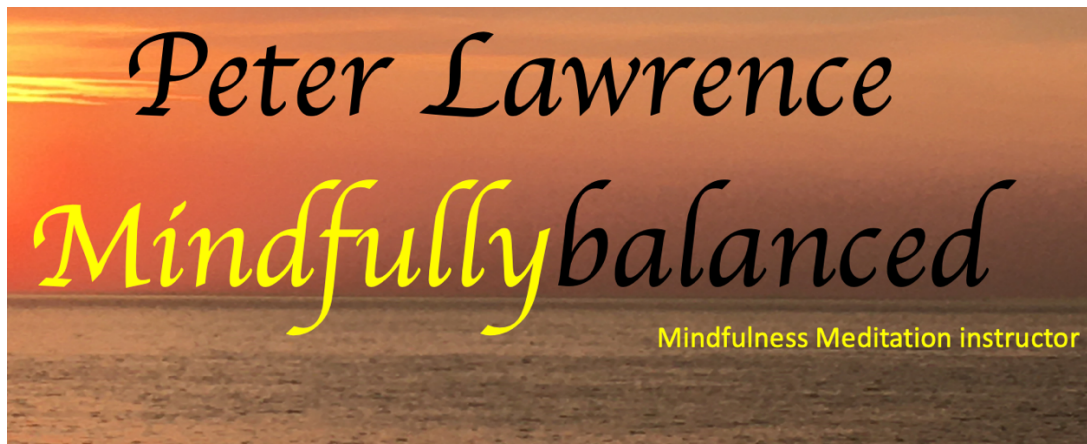


Newsletter 23/2021



Mindfullybalanced.co.uk

Date: 1st August 2021

Contents of this newsletter:

This newsletter covers 2 weeks as I am having a break and there are some sessions (in red) that will be cancelled.

Section 1: **Update weekly sessions: Monday 2nd– Sunday 15th August**

Section 2: **Tom Dally - How meditation made me a better diver.**

Section 1:

Update weekly community sessions from Monday 2nd to Sunday 15th August

Monday 2nd August – 9am and 8.30pm

Wednesday 4th August - 9am

Thursday 6th August – No session

Friday 7th August -No sessions

Weekend times:

Saturday 8th August no session

Sunday 9th August – no session.

Monday 9th August – no sessions

Wednesday 11th August - 9am

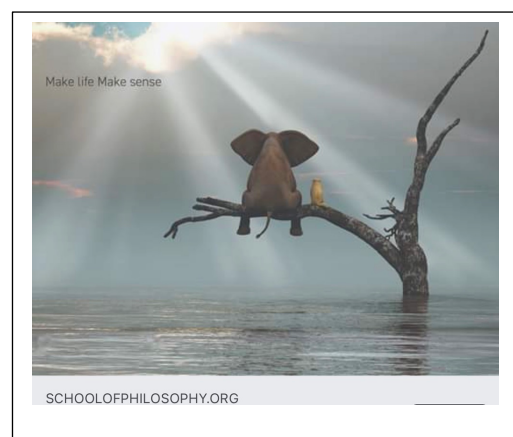
Thursday 13th August – 6.30pm

Friday 14th August 9am and 11.30am

Weekend times:

Saturday 15th August 11am

Sunday 16th August – no session.



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If you want the Zoom code for any of the session(s) you would like to attend, please contact me through my website's 'contact page'

Mindfulness sessions are something that I value very much, they helped me to reset the way my brain works, to think in a calmer way, to bring back focus to things that are important in life, to look at the world and people in it in a more understanding way and to respond to whatever is happening around me in a way that would not cause me unnecessary stress or upheaval. **AR**

Section 2:

Tom Daley: How meditation made me a better diver.

British dive superstar Tom Daley is having the season of a lifetime, and says 10 mins meditation every day is key as he sets sights on world champs and Tokyo 2020.

By Ken Browne

Tom Daley has found the perfect balance.

He's in world-beating form and meditation and mindfulness are playing a massive part.

"I've started to believe I can be the best in the world again," the 24-year-old told the BBC. And that was before he topped the 10m synchro podium at the 2019 Diving World Series in London with dive partner Matty Lee.

"I'm speechless. In the junior world I established myself as quite a successful athlete but this is my first senior international gold medal." - Tom Daley

The two-time Olympic bronze medallist then added a third-place finish in the men's 10m platform before winning the mixed 3m springboard synchro event with Grace Reid.

That victory made it 12 podium finishes in five World Series events this season.

So how does meditation help and how did he get into it?

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It was Daley's husband Lance Black who convinced him to try it.

"When Lance first suggested mindfulness and meditation back in 2016, I was a bit dismissive but it's completely changed my perspective," the British diver said before the London event.

"Just taking 10 seconds to focus on my breathing in the morning, at night or even when I'm up on the board about to compete, really helps me forget any worries about what might have happened or what could happen and just live in the present."



"Hungry to win"

Love, happiness and becoming a dad haven't poured water on Daley's burning ambition, however, If anything, the arrival of his son Robbie has made him even more "hungry to win".

"It's hard to be away from him," Daley told BBC Spirt just before the London World Series, "I want to be there to feed him, or have cuddles but I have to be away for training and competitions so it's up to me to make sure every moment counts."

This renewed sense of purpose comes after he took a break last year due to illnesses and injuries, and admitted that he even considered leaving the sport behind.

Now he's in a very different place: fully recovered physically allied to a strong mental routine that gives him the presence of mind in the moments that matter most.

With the World Championships in Gwangju, South Korea, in July, and the clock ticking down to Tokyo 2020 where he'll be 26, meditation, mindfulness, and much more may see Britain's golden boy of diving make another lifelong dream come true.

Yay!!!

Take care everyone.

With kindness

Pete

