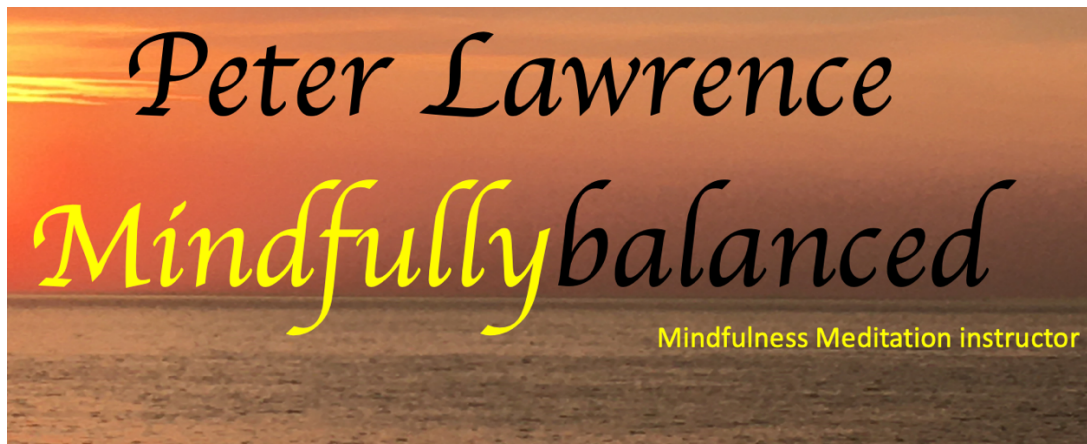


Newsletter 23/2021



Mindfullybalanced.co.uk

Date: 15th August 2021

Contents of this newsletter:

Section 1: **Update weekly sessions:**

Monday 16th – Sunday 22nd August

Section 2: **Short read - Laura Trott – (the most decorated British female Olympian of all time)**
How mindfulness has helped my cycling.

Section 1:

Update weekly community sessions from Monday 16th to Sunday 22nd August

Monday 16th August – 9am and 8.30pm

Wednesday 18th August - 9am

Thursday 19th August – No session

Friday 7th August – 9am and 11.30am

Weekend times:

Saturday 8th August 11am

Sunday 9th August – no session.

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'



Newsletter 23/2021

Thanks for today. It really is great doing the neck and shoulder work. I think there isn't anyone it won't benefit. It's good for us all and for some reason I'm more mindful when we have to do a movement and be mindful. Rather than sitting still and being mindful! **MD**

Section 2:

Laura Trott: How mindfulness has helped my cycling.

Laura Trott, who became the most decorated British female Olympian of all time, spoke out about how breathing in the right way helped to calm her nerves ahead of competition.

She told Cosmopolitan magazine that being mindful had proved hugely helpful on the track.

Mindfulness fan: Laura Trott, who is now Britain's most decorated female Olympian, says she uses the art of meditation to help her prepare for the biggest of races.

She revealed: 'The first one is all to do with breathing, and really ties into the idea of mindfulness - only thinking about what you're doing in that very moment and not allowing your mind to run away with worries about past events and those in the future.'

'It sounds stupid but by thinking about your breathing, it stops you thinking about anything else. If you push your belly out when you take a breath in, like doing the opposite to what you think you should do, it really helps.'

(I don't think it sounds stupid at all Laura ☺)!!!!

Yay!!!

Take care everyone.

With kindness

Pete

