



# 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



JOIN  
US  
ON



EVERY  
FRIDAY

6:00PM - 7:00PM

NO EXPERIENCE OR  
EQUIPMENT NEEDED

[www.mindfulpeakperformance.com/register](http://www.mindfulpeakperformance.com/register)

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

☎ 07787 436889 ✉ [luke@mindfulpeakperformance.com](mailto:luke@mindfulpeakperformance.com)



compass wellbeing