

MASTERING MINDFULNESS

WITH LOUISE MARTIN

JUNE 5TH, 2023 – 12:00 BST | RIGRUN RECOVERY ZONE

If you enjoyed Louise's first webinar in May, come along to this second session to delve deeper into mindfulness and the specific ways it can help you feel fitter, stronger and healthier, including:



- The positive effect of incorporating mindfulness into intense and gentle exercise
- How mindfulness can help you nourish your body and avoid injury during your fitness journey
- How you can begin to look forward to your workouts by practising mindfulness

Visit rigrun.co.uk/recovery-zone for more details.

INCLUDES PRIZE DRAW ENTRY TO WIN A YOGA MAT FOR BODY SCAN MEDITATION



Scan the QR code to join the webinar!

