

Mindful Sport

Physical Activity Sessions for Mental Health and Wellbeing

| Activity | Where | Age | Day | Time | Further Info | Cost |
|--------------------------------------|---|----------|--|-----------------|--|-------------------------|
| Table Tennis | Mindful Table Tennis The Higgins Bedford Castle Lane, Bedford MK40 3XD | 18+ | Monday | 12.30 - 1.30pm | Social games with free play and coaching. Maximum of 25 people indoors & 30 people outdoors. *No session on Bank Holidays. | £3 |
| Gentle Pilates | Gentle Pilates The Higgins Bedford Castle Lane, Bedford MK40 3XD | 18+ | Tuesday (from 26 th July) | 10.00 - 10.45am | A relaxing and mindful Pilates class in the calm and quiet museum environment. Maximum 15 people. First come first served on the day. | £3 |
| Swim | Relaxation Swimming Robinson Pools and Fitness Park Avenue, Bedford MK40 2JZ | 18+ | Wednesday | 8 - 9pm | Gentle music, soft lighting, slow and relaxing. Maximum 30 people. You must book in advance via the Fusion app. Please arrive ready to swim. Changing available afterwards. | £3 |
| Mindful Yoga | Mindful Yoga Harpur Suite, Bedford MK40 1SL (Follow signs at session) | 18+ | Wednesday (Starts 25 th May) | 1 - 2pm | A gentle floor based mindful practice. Maximum 30 people. First come first served basis. No booking required. | £3 |
| Yoga | Evening Relaxing Yoga Robinson Pools and Fitness Park Avenue, Bedford MK40 2JZ | 18+ | Wednesday | 7.45 - 8.45pm | Maximum 25 people. You must book in advance via the Fusion app. | £3 |
| Walk | The Wellbeing Walk Meet at The Higgins, Bedford Castle Lane, Bedford MK40 3XD | 18+ | Friday | 11am - 12.30pm | Social walking group with drinks stop afterwards. Maximum 16 people. | FREE |
| Live Stream Online Activities | www.bedfordsportlive.crd.co | All ages | Daily Sessions | Various | For those who are unable to get to sessions please check out the LIVE online classes or YouTube recordings. No need to pre-book - just join online from home. | Suggested donation only |

The maximum capacity indoors will be based on Government guidance and per venue restrictions / Covid risk assessment. Please observe social distancing at all times and observe the Covid guidance at the session. All details will be stored in accordance with GDPR policy.

For more information, please contact Robert Lindsay:

@ robert.lindsay@bedford.gov.uk 01234 718829 www.bedford.gov.uk/sport

Let's Be Open About Mental Health To
Break The Stigma