

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 20 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	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	Mindful 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 app or website: https://www.better.org.uk/leisure-centre/bedfordshire/robinson-pools-fitness	£3
Mindful Yoga	Mindful Yoga Harpur Suite, Bedford MK40 1SL (Follow signs at session)	18+	Wednesday	1 - 2pm	A gentle floor based mindful practice. Maximum 30 people. First come first served basis. No booking required.	£3
Yoga	Mindful 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 the app or website: https://www.better.org.uk/leisure-centre/bedfordshire/robinson-pools-fitness	£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

All details will be stored in accordance with GDPR policy.

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