

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+	Monday	2.45 - 3.30pm	A relaxing and mindful Pilates class in the calm and quiet museum environment. Maximum 20 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. Also streamed live online at: www.bedfordsportlive.crd.co No maximum online or requirement to pre-book.	£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. Please observe social distancing & Covid guidelines. Maximum 30 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. A lateral flow test is advised where possible in advance of attendance to confirm negative Covid-19 status, however is not mandatory for entry.

For more information, please contact Robert Lindsay:

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