



# Mindful Muay Thai



Mindful Muay Thai sessions are designed to merge the focus of the mind with body and spirit through specific movement whilst also enhancing mental alertness, inner and physical strength.



Being guided through yin and yang techniques, stemming from traditional Muay Thai and Ancient Mindfulness in a supportive environment, you will instantly feel the effects of mind, body and spirit ~ empowered and in alignment.

## Sessions held every Monday

Teens 4:15 - 5:15

Adults 7:30pm – 8:30pm

### What to bring:

- Towel
- Water bottle
- Own gloves if you have them (gloves supplied)
- No shoes in session
- Gentle, peaceful, open mind



**Location:** Joyful Buddhas, 70 Ocean Street, Victor Harbor

**Cost:** \$15 per session. Discount passes available.

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