

## Lesson Plans

- Free May trial period  
(Wednesdays in May are free)
- Following the trial period: £10 per person per month

100% of profits from these classes help to fund community mindfulness and mental wellbeing projects in England and Wales.

More info on WWTM CIC that runs these projects is on their website at

[www.wwtm.org](http://www.wwtm.org)

## Classes near you

**6+**

- ◆ Every Wednesday from 6-7pm (arrive 5:50 for prompt start)

**12+**

- ◆ Every Wednesday from 7-8pm (arrive 6:50 for prompt start)

St Peter's Church, Penrallt St, Machynlleth  
SY20 8AJ



More info:

Contact Mat @  
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## Mindful Martial Arts Classes in Machynlleth for young people

Combining the core principles of different mindfulness and martial arts systems, to help young people develop

### Balance



### Flexibility



### Strength



### Patience



Classes are in a relaxed, safe and fun environment – with no pressures for buying uniforms, gradings or signing up to long-term or expensive training commitments.

## Balance:

- ◆ Physical and mental balance (body & mind).
- ◆ Body mechanics awareness.
- ◆ Connecting thoughts & feelings for emotional balance.
- ◆ Using martial arts & mindfulness to foster focus, calm, & coordination.



## Flexibility:

- ◆ Flexibility in body & mind.
- ◆ Stretching & relaxing muscles
- ◆ Exploring mindfulness & mental flexibility
- ◆ Martial arts techniques for body flexibility & awareness of mind.



## Strength:

- ◆ Learning strength through control.
- ◆ Exploring yielding as part of being strong.
- ◆ Good body mechanics for strength without forcefulness.
- ◆ Mindfulness for strength of mind & control over reactive feelings.



## Patience:

- ◆ Kindness for self and others
- ◆ Respecting space when practicing together.
- ◆ Awareness of one's abilities and moods, and of others during training.
- ◆ Mindful understanding of others, & practicing kindness through attention & care.



## What's a typical lesson involve?

Warm-ups, stretching, mindful principles & martial arts exercises and techniques, warming down & key lesson points

## What do I need to bring?

Drink & snack if you wish, comfy loose clothing to allow for free movement, e.g tracksuit & t-shirt

## Do we have to take part in additional workshops & gradings?

These can be helpful & important for some, but you don't have to do these if you don't want to

## How much are classes?

There are lots of payment options, from pay as you go to monthly direct debits – we recommend a free trial period first, to see if it's for you

## Do I need insurance?

Students can source their own from home, or through the club. These are usually one-off annual policies – but we recommend trying sessions first before buying

## Can I try it first?

A free introductory month period is available for all students, so you can take your time and get used to the classes before deciding if it's for you

## What's the instructor like?

Mat is DBS checked & works with many community projects. He's trained in various martial arts styles and young people's mindfulness teacher training programmes.

## Do I need to be super fit?

Any level of fitness can attend. Classes will help you develop at your own pace, and you don't have to be super fit to benefit from the classes.

## Can adults/parents/guardians/carers attend?

Yes, adults are free to attend classes with you, and come to observe.

## Will I get hurt?

Classes are non-contact (no fighting) and designed to help develop confidence, stillness, respect, strength and resilience. No one should be hurt in these classes, and all will be encouraged to take part at their own pace.