GET OUT OF THE CONVERSATION IN YOUR HEAD & RECONNECT WITH YOUR BODY THROUGH MINDFUL MOVEMENT

WHAT’S IT ALL ABOUT?
TRiM combines mindfulness techniques with short jogging and running intervals to help you tune into the present moment. It’s about bringing awareness to the process itself, rather than zoning out and just exercising the body.

HOW DO YOU RUN MINDFULLY?
We use internal and external focuses to help anchor our attention, using the breath, body and senses as we move. Generally, we drop the external distractions, which can be in the form of music, GPS watches and smartphones. The goal is to stay mentally connected with your movement without distraction, fully engaging in present moment awareness.

INTRODUCING YOU TO THE BENEFITS OF MINDFUL RUNNING
Every Wednesday from 4:00pm - 5:30pm, Sports & Wellness Hub, Studio 2
FREE

WHAT’S IT ALL ABOUT?

BENEFITS
Running mindfully is a great way of managing stress and optimising the health benefits, as well as enhancing your enjoyment of aerobic exercise. It can help to:

DECLUTTER YOUR MIND
RE-ENERGISE
BOOST YOUR MOOD
IMPROVE FOCUS
ENHANCE MINDSET

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Transforming Running into Mindfulness

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Transforming Running into Mindfulness
WHAT TO EXPECT?
Each session starts inside with a mental cool down and a physical warm-up in preparation for exercise. We then head outside to practice different 'on the run' mindfulness techniques during jogging and running intervals, taking in local routes around campus. Sessions end with a physical and mental cool down in the form of stretching and short mindfulness exercises back inside the studio.

Practices developed will include:

- GROUNDING TECHNIQUES
- SINGLE AND DOUBLE FORM FOCUSES
- BREATHING TECHNIQUES
- BODY SCANNING
- RELAXATION PRACTICES

Themes to be explored during sessions will include connecting with the environment and senses, the breath as an anchor, physical and mental posture, physical sensations and the body.

WHO IS IT FOR?
TRiM sessions are generally aimed at beginners or those new to running wanting to improve their fitness levels and learn about integrating mindfulness into their movement. Groups are for a maximum of 10 people and sessions are taught in an informal, friendly and supportive environment.

WHAT DO I NEED TO BRING?
Comfortable and weather-appropriate clothing and a pair of trainers. As well as the intention to be mindful.

HOW DO I BOOK?
Please book in advance at: https://warwick.ac.uk/services/sport/events/Search 'Trim'

FIND OUT MORE?
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