

# MINDFUL ATHLETES



## LOOKING FOR A COMPETITIVE EDGE?

Mindfulness helps individuals and teams to:

- ✓ Boost performance
- ✓ Develop an “inner game”
- ✓ Create resilient, adaptable players

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## GET IN THE ZONE

**IMPROVE**  
Focus  
Concentration  
Performance



**MANAGE**  
Stress  
Distraction  
Anxiety

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## MINDFUL ATHLETES COURSE

5 sessions, 1 hour each  
Sliding Scale \$25 - \$75

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[beingmindfulmatters.org](http://beingmindfulmatters.org)

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**Classes for Individuals or Teams**

Additional scholarship options available if needed