

SPECIAL OFFER FOR SAILORS:

Sharpen your competitive edge during the Covid-19 downtime by learning the secrets to mindfulness for athletes while waiting for racing to start again.

- **How to achieve calm on the busiest of start lines**
- **How to remain focused in the toughest of competition**
- **How to tame and channel your anxiety and frustrations**
- **How to more easily access your peak performance zone and drop into flow**
- **How to outsmart the competition**

Kiteboarder and former Thai national Radial champion Siri Chandler shares the secrets she wished she knew when she was a competitive sailor in this **special online Mindfulness for Sailors 2020 workshop series**, running over six weeks, with one session per week and daily home practices.

Introductory Workshop - B 500

(one 1.5 hour session, cost deductible from 6 week programs)

6 week group workshop - B 8,000

(one 2 hour session per week at a time convenient for all participants)

6 week one-on-one coaching - B 15,000

(one 90 min session per week)

Email siri@mindfulnesssth.com to book your first session



Siri Chandler is a Thai-USA mindfulness coach based in the kiteboarding destination of Paknampran, Thailand. Read more about her specialty in Mindfulness for Athletes at www.mindfulnesssth.com