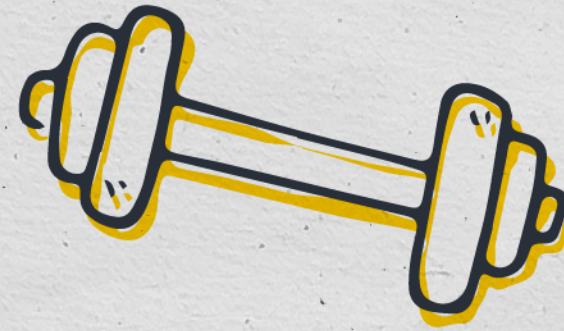


# BEN DAVIE



## Fitness, Movement And Mindset Coach

Ben is a dedicated Physical and Mental Wellness Specialist, specialising in inclusive fitness workshops. Ben believes in 'Fitness for Everyone,' empowering young people to improve their physical and mental wellbeing and develop resilience.

His workshops include bitesize movement breaks, breathwork, and stillness. Ben's fitness workshops are led with empathy, leaving all young people feeling inspired to look after themselves in a healthy way.



**CLICK HERE & BOOK ME TODAY**

### SESSIONS Focus On:

- ✓ Mindfulness & Mindset
- ✓ SEND Movement & Wellness Session
- ✓ Breathwork & Movement

### AVAILABLE FOR:

- ✓ Primary, Secondary & SEND
- ✓ Southern Schools

Watch Me  
in Action

