



Mindful Chess
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London not-for-profit offers free online chess coaching over the holidays

Mindful Chess are offering free online chess lessons every Saturday in December. Although primarily aimed at 6 to 16 year olds, anyone is welcome to join.

Mindful Chess are running a series of free online chess lessons every Saturday in December, to support parents and families who may not be in a position to pay for coaching. The sessions are primarily aimed at children aged 6–16, but anyone is welcome to join — whether they're completely new to the game or looking to sharpen their skills.

Sessions will be conducted over Google Meet on Saturday mornings, from 9 to 10am. To sign up, fill in the contact form [here](#).

Founder, Jake Fishman, said:

“We see chess as a tool to help build children’s confidence, focus, and emotional resilience, while encouraging creative thinking and personal development. Especially over the holidays, we want to try and give children a positive space to learn, connect, and grow.”

About Mindful Chess

Mindful Chess is a London-based not-for-profit dedicated to giving children and adults greater access to chess. They teach over 250 students each week across 14 schools, as well as through online lessons for children and adults.

For more information, please visit <https://www.mindfulchess.org/>.