

FREE Weekly Online Guided Mindfulness Sessions

breathe. notice. now.

**Tuesdays and Saturdays
9:00 am - 9:45 am (AEDT)**

Tuesday February 9 to Saturday February 27, 2021

Join us on Tuesday and Saturday mornings as we explore and practice a skill set that has been internationally proven to offer many benefits to enhance and improve levels of overall health and wellness.

Just some of the benefits of practicing mindfulness include increased:

- levels of memory, concentration and focus;
- experiences of happiness and less stress;
- flexibility with thoughts and feelings;
- satisfaction in relationships both personal and professional; and
- sense of compassion and kindness for self and others.

NO REGISTRATION REQUIRED

**[Click Here Every Session to Join](https://zoom.us/j/93730756637)
<https://zoom.us/j/93730756637>**

Have questions
about your
practice or want to
learn more about
mindfulness?



Join **Peter Marks**
CEO, A Centre for
Conscious Care and
co-founder of B-FIT
Mindfulness on
Saturday February
27th for a 30 minute
Ask Me Anything
Q & A session.



For more information email
adriana@clwindsor.org