

FREE Weekly Online Guided Mindfulness Sessions

# breathe. notice. now.

**Tuesdays and Fridays**

**8:00 am - 8:45 am (AEDT)**

**Tuesday March 16 to Friday April 2, 2021**

Join us on Tuesday and Friday 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.

**NO REGISTRATION REQUIRED**

**[Click Here Every Session to Join](https://zoom.us/j/99039064468)**  
**<https://zoom.us/j/99039064468>**



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 Friday April 2nd  
for a 45 minute  
*Ask Me Anything*  
Q & A session.



For more information  
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