

FREE Weekly Online Guided Mindfulness Sessions

# breathe. notice. now.

**Mondays and Fridays**

**9:00 am - 9:45 am (AEST)**

**Monday August 2 to Friday August 20, 2021**

**with a 60-minute *Ask Me Anything* Session  
on Friday August 20, 2021**

Join us on Monday 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/98484141617](https://zoom.us/j/98484141617)**

**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 August 20  
for a 60 minute  
*Ask Me Anything*  
Q & A session.



For more information  
please email  
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