

FREE Weekly Online Guided Mindfulness Sessions

breathe. notice. now.

**Mondays and Fridays
9:00 am - 9:45 am (AEST)**

Monday September 20 to Friday October 15, 2021

**with a 60-minute *Ask Me Anything* Session
on Friday October 15, 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>

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 October
15 for a 60 minute
Ask Me Anything
Q & A session.



For more information
please email
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