

FREE Weekly Online Guided Mindfulness Sessions

breathe.  
notice.  
now.

**Monday Mornings**  
**11:00 am - 11:45 am (AEDT- Sydney Time)**  
**November 8 - December 13**

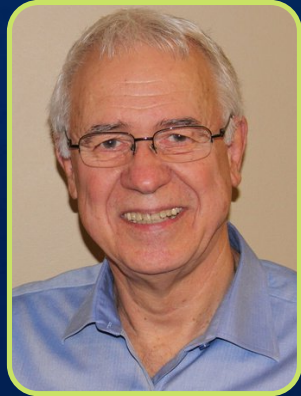
**with a 60-minute Ask Me Anything Session**  
**on Monday December 13, 2021**

Join us on Monday 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 Monday  
December 13th for a  
60 minute  
**Ask Me Anything**  
Q & A session.



For more information  
please email  
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