

breathe. notice. now.

Friday Mornings

March 18 to April 1- 9:00 am - 9:45 am (Sydney Time)

April 8 to April 29- 8:00 am - 8:45 am (Sydney Time)

**with a 60-minute *Ask Me Anything* Session
on Friday April 29, 2022**

Join us on 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://us06web.zoom.us/j/89982541556)
<https://us06web.zoom.us/j/89982541556>

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 29 for
a 60-minute
Ask Me Anything
Q & A session.



For more information
please email
adriana@clwindsor.org