

FREE Weekly Online Guided Mindfulness Sessions

breathe. notice. now.

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 Tuesday October
25th for a 90-minute
Ask Me Anything
Q & A session.



For more information
please email
adriana@clwindsor.org

Join us on Tuesday mornings (AEST, Sydney Time) as we explore and practice a skill set that has been proven to offer many benefits to enhance and improve levels of overall health and wellness.

1.5 hr. Introductory Session (8:30 am - 10:00 am)

Tuesday September 13

Deeper Dive Sessions

Tuesday September 20 (8:30 am - 9:30 am)

Tuesday September 27 (8:30 am - 9:30 am)

Tuesday October 4 (9:30 am - 10:30 am)

Tuesday October 18 (9:30 am - 10:30 am)

with a 90-minute "Ask Me Anything" Session with Peter Marks

Tuesday October 25 (9:30 am - 11:00 am)

CLICK HERE

for a brief overview of
B-FIT Mindfulness, Breathe. Notice. Now.,
and the facilitators.

An example of a Deeper Dive Session:

- 10-minute greeting/grounding activity
- 20-minute review of B-FIT mindfulness
- 20-minute guided mindfulness practice
- 10-minute discussion and wrap up

Click Here Every Session to Join

<https://us06web.zoom.us/j/84222366857>