

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 Monday October
24th for a 90-minute
Ask Me Anything
Q & A session.



For more information
please email
adriana@clwindsor.org

Join us on Monday evenings 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 (6:30 pm - 8:00 pm)

Monday September 12

Deeper Dive Sessions (6:30 pm - 7:30 pm)

Monday September 19

Monday September 26

Monday October 3

Monday October 17

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

Monday October 24th (6:30 pm - 8:00 pm)

[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>