

FREE Weekly Online Guided Mindfulness Sessions

breathe. notice. now.

**Sundays and Thursdays
7:00 pm - 7:45 pm (EDT)**

Sunday April 18 to Thursday May 20, 2021

Join us on Sunday and Thursday evenings 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)
<https://zoom.us/j/98484141617>**



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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 Thursday May 20 for a 45 minute Ask Me Anything Q & A session.



For more information please email adriana@clwindsor.org.