

FREE Weekly Online Guided Mindfulness Sessions

# breathe. notice. now.

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

**Sunday August 1 to Thursday August 19, 2021**

**with a 60-minute *Ask Me Anything* Session  
on Thursday August 19, 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>**

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 August  
19th for a 60 minute  
*Ask Me Anything*  
Q & A session.



For more information  
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