

FREE Weekly Online Guided Mindfulness Sessions

breathe. notice. now.

Sunday Evenings
7:00 pm - 7:45 pm (EST)
November 7 - December 12

**with a 60-minute Ask Me Anything Session
on Sunday December 12, 2021**

Join us on Sunday 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>



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 Sunday
December 12th for a
60 minute
Ask Me Anything
Q & A session.



For more information
please email
adriana@clwindsor.org