

FREE Weekly Online Guided Mindfulness Sessions

breathe. notice. now.

Sundays and Thursdays

7:00 pm - 7:45 pm (EDT)

Sunday June 6 to Sunday June 27, 2021

**with a 60-minute Ask Me Anything Session
on Wednesday June 30, 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)**



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 Wednesday June
30 for a 60 minute
Ask Me Anything
Q & A session.



For more information
please email
adriana@clwindsor.org