



MINDFULNESS

No matter how established your personal mindfulness practice is, sometimes you can use a little extra inspiration. Mindfulness is a way of befriending ourselves and our experience, and I invite you to join me for 4 weeks in a virtual setting as we explore some key elements, practices, connections and reflection opportunities related to mindfulness, and explore opportunities to close our stress cycles and find joy.

February 14, 21, 28 & March 7
10:00-10:45
via Zoom

[Learn more about mindfulness offerings & menu of self-guided wellness workshops](#)

[Register for the 4 Week Program](#)

Eventbrite Link to Register: <https://www.eventbrite.ca/e/mindfulness-self-care-series-tickets-525083517937>

For more information or mindfulness resources please email wellness@waypointcentre.ca