

Mindfulness Challenge 2017

**Sold Out
Last Year!**

*“An incredible
and uplifting
experience”*

Be Brave. Be Kind. Breathe. Meditate for mental health!

- Raise funds for mindfulness therapy to help the disadvantaged
- 4 hours of mindfulness and kindness exercises, designed for all

October 15, 2017

11 am - 3 pm

- Daniels Spectrum, **Toronto**
- MacLachlan College, **Oakville**
- **Virtual** - gather together anywhere!

MindfulnessChallenge.ca

Presented by

The Centre
for Mindfulness
Studies 

Sponsors

