Mindfulness Challenge 2017

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

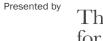
A NY WAY SALEN TO BE

October 15, 2017

11 am - 3 pm

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

MindfulnessChallenge.ca







Sold Out Last Year! "An incredible

and uplifting experience"



