

MEDITATE-ATHON

nov 09



Wherever
you go,
go with all
your heart.

CONFUCIUS



TORONTO • OTTAWA • OSHAWA
KITCHENER • LONDON • VIRTUAL

clear mind  open heart

An **INCREDIBLE VARIETY** of guided mindfulness practices
RAISE FUNDS for mindfulness therapy to help the disadvantaged
Meditate for **MENTAL HEALTH**, give to yourself and others

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a mindful
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