

# Community Mindfulness Burlington

## Fall Mindfulness Sessions

Join us for free, drop-in mindfulness sessions  
Slow down, take a breath, and be present in your community



**All sessions at [either Mountainside Park \(comfortable weather\) or Mountainside Recreation Centre Community Room 1 \(cold/inclement weather\), 2205 Mt Forest Dr.](#)**

- Sunday, September 9th, 10:00-11:00 am
- Sunday, September 30th, 10:00-11:00 am
- Sunday, October 21st, 10:00-11:00 am
- Sunday, November 18th, 10:00-11:00 am

Wear comfortable clothing, and bring a yoga mat or meditation cushion if you have one or borrow one. Mindfulness activities will be facilitated by community volunteers, and will be inclusive and secular. All are welcome.

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