

Mindfulness Meditation



Practice Loving Kindness and Self Compassion through guided meditation and chanting music

**Open groups for
men and women**

**Join us every Thursday at
11:00—12:00pm**

Location:

**400-10 Kingsbridge Garden Circle
Mississauga ON L5R 3K6**



For more information Contact Margaret:
905-897-1644 x 209 | Cell:416-518-0228
E:mczach@cfspd.com

