



Join Us For Our Mindful Community Gatherings

1-hour weekly on Sunday mornings
10 a.m. EST

with Heidi Bornstein & Stephen Chadwick

Our intention is to support
each other in this
challenging time with
experiential practices
including meditation,
movement, reflection and
group sharing.

This is a time to practice and experience
for yourself how mindfulness can
support us in our daily lives.

For more information,
contact Steve and Heidi
(416) 267-4707
ZOOM Register in advance
[HERE](#)

