

## CONSCIOUS CARE & SUPPORT SPEAKER SERIES PRESENTS



### A MINDFUL MORNING SOUND BATH WITH DIANA, THE OWNER OF INNER TEMPLE YOGA

Wednesday November 1<sup>st</sup>, 2023 @ 10:30 AM –11:30 AM  
@ Picton Town Hall

(2ND FLOOR OF OLD FIRE HALL, ON THE CORNER OF KING STREET & ROSS STREET, ACROSS FROM CLPE OFFICE. ACCESSIBLE  
ELEVATOR IS AVAILABLE & PARKING IS FREE & AVAILABLE AT CLPE OFFICE BUILDING)

**JOIN US AND LEARN ABOUT & EXPERIENCE A MINDFULNESS SOUND BATH**

This is a very gentle and accessible form of mindfulness where benefits are typically experienced immediately.

Please dress super comfortably and please bring an exercise/ yoga mat, pillow, blanket. In some instances, people also like to use an eye pillow.

No experience is necessary, and you are welcome to participate while you sit or lay down.

**THIS IS A FREE EVENT AND FAMILY, FRIENDS, AND CLPE EMPLOYEES ARE WELCOME.**

PLEASE RSVP: [kathy.dickson@clpe.on.ca](mailto:kathy.dickson@clpe.on.ca)