

Online Mindfulness Meditation Sessions

Participate in live one-hour mindfulness sessions hosted by Professor Paul Ritvo.

Beginners welcome!

<https://yorku.zoom.us/j/841827319>

Meeting ID: 841-827-319

Sessions available:

Monday, Wednesday and Friday at **12 p.m.** and **1 p.m.**

Tuesday and Thursday at **5:30 p.m.**

The Zoom app is accessible to you at home and on your personal device.

Questions? Email patricia.lupton@sinaihealth.ca