

introduction to mindfulness meditation

**six week course £60
Wednesdays 7-9pm
from September 5th 2018**



living mindfulness

07532 383676

Cycle de six cours de Méditation Pleine Conscience



*La pratique de la méditation nous invite
à expérimenter une attitude différente
tant dans une pratique formelle
que dans notre vie quotidienne ...
s'installer dans un état d'«Être» plutôt que de «faire»
basé sur la réceptivité et l'écoute.*

S'arrêter quelques instants afin de revenir « à la maison », à nos sens, reconnaître et accepter ce qui se passe en nous et autour de nous, ce que vit le corps, le cœur et le mental. Et ainsi, prendre conscience de notre réactivité, de nos croyances, des multiples scénarios qui nous habitent. Petit à petit, transformer la façon d'entrer en relation avec la vie, aller vers plus de simplicité, de liberté, d'engagement en restant connecté au cœur.

Ce cycle propose un entraînement progressif à la méditation. Il est conçu pour vous aider à intégrer, à mettre en œuvre la pleine conscience dans votre vie quotidienne, quels que soient le stress et les challenges auxquels vous êtes confrontés.

Un cycle sur 6 semaines construit sur une progression pédagogique axée sur l'expérimentation, l'exploration et l'intégration :

- Des pratiques de méditations guidées : Conscience du corps, du souffle, des sensations, des pensées, des émotions...des exercices de détente corporelle
- Des exercices à intégrer dans la vie quotidienne
- Des temps de partage et de réflexion sur les expériences vécues pendant les pratiques en séance et les exercices à domicile
- Des apports théoriques

LIEU: Crest

DATES: 6 séances de 2h00

Les mercredis 25 avril, 2, 16, 23, 30 mai et 6 juin de 18h30 à 20h30

Pour bénéficier au mieux du programme, Il est préférable de s'engager sur les 6 semaines

PARTICIPATION FINANCIERE: Libre et consciente

INFORMATIONS ET INSCRIPTION : 06 33 78 71 60

ou marietabastot@gmail.com

Mindfulness



What is it? How do I do it?

5 week course starting April 18th

Wednesdays 6.30 - 8pm Wood Vale, Forest Hill

£5 the first session £15 for the rest of the course

Email fairlie@freeingthebody.com to book your place

mindkids

meditação para crianças e jovens

ohmm.....



Daniela Degani

11 99978-2122
daniela@mindkids.net
www.mindkids.net

MINDFULNESS

6 Week Course with Gemma Mallol

This course blends ancient Buddhist wisdom with cutting edge research-verified mental training with the latest self-compassion strategies that can transform your life.

By learning to develop a curious, non-judgmental attitude towards your experience, you can:

- Enhance your emotional, mental and physical well-being
- Effectively manage anxiety, depression and related conditions
- Manage the inner critic and develop more self-compassion
- Improve your relationships
- Work more productively and creatively
- Improve concentration
- Significantly lower your stress levels
- Boost your immune system
- Enjoy a more balanced life and a deeper sense of inner calm

Each week has a different theme and will involve both group discussions along with practicing formal guided meditation and mindfulness techniques.

WHERE:

Mondays @ The FLAVEL Dartmouth from 12.30 - 2.30pm upstairs in The Studio.

COURSE DATES:

4th June, 11th June, 18th June, 25th June, 2nd July and 9th July 2018.

COST:

£50 for 6 week course / I have some concession spaces so please contact me for those.

WHAT TO BRING:

If you are sitting on the floor, please bring yoga mat and a cushion or blocks. A blanket or shawl. Chairs are provided for sitting.

WHO FOR:

Everyone is welcome at whatever level, all religions welcome.

CONTACT:

For bookings and enquiries please email Gemma Mallol stillflowing@hotmail.co.uk or call 07745300237



OM

Taking time out

Introduction to Mindfulness

A six week course for Health and Social Care professionals and support staff.

There is a growing body of scientific evidence and acceptance of Mindfulness as a method with many benefits for stress, health and wellbeing. Its' practice also offers significant potential support for our work, relationships and happiness.

This six week introductory course will cover the theory and practice of mindfulness meditation in a systematic and practical way. It is a direct enquiry into the experience of being you and aims to reveal the possibility of living a more fulfilling life. It promises to be interesting, insightful, challenging and potentially life changing.

Course details: Thursdays May 3rd to June 7th 7-9 pm

The Change Academy, Newton Abbot - £90

early birds fee £70 - before April 19th deposit payable

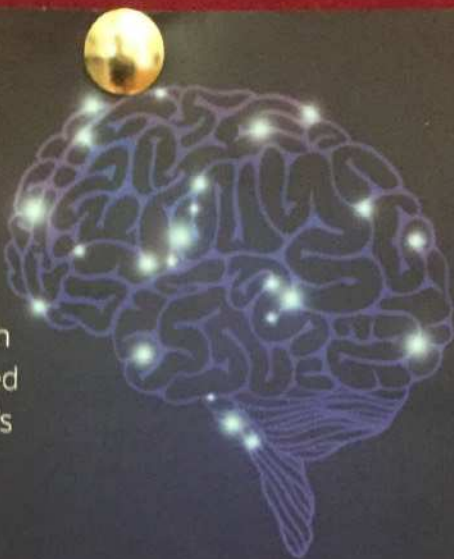
For further info contact Lloyd on 07591452716
or check the facebook page.



Lloyd Skett has been practising mindfulness since 1990. He works locally as a physiotherapist for people with persistent pain and has a longstanding fascination with neuroscience and the evolution of the universe. This course is part of his mindfulness teacher training.



MRI scans show that after a course of mindfulness practice, the brain's "fight or flight" center, the amygdala, appears to shrink. This primal region of the brain, associated with fear and emotion, is involved in the initiation of the body's response to stress.



Tom Ireland - managing editor
at the Society of Biology

www.mindful.org/how-the-brain-changes-when-you-meditate/

Most of us from the moment we wake up until we fall asleep at night are on the go. Driven relentlessly to the next task, place to be or screen, accompanied by an ongoing stream of inner commentary, much of it somewhat anxious and critical and often not even about what's happening now. We may have a vague or momentary awareness of the tension in our belly and shoulders, the taste of our food or our child's worried or excited look. Or we may not.

Mindfulness is the basic human capacity to know what we are experiencing by paying attention to the present moment without being overly reactive or judgemental. It is both a natural ability and something that can be cultivated.

Developing the ability to calm the mind and body we begin to pay direct attention to different aspects of our internal and external experience as they happen in the moment. This investigation starts to uncover the way, via our habitual automatic responses, we are unknowingly complicit in the creation of much of our stress and difficulty.

We worry and fuss.

*Instead of being what it is, life becomes what we believe about it
and taking responsibility for things that are not ours to take,
we neglect the real opportunity to know and do what it is ours to know and do.*

A Taste of Mindfulness



Are you wanting to be happier in your life? Are you wanting to reduce your level of stress? If the answer to either of these questions is **YES**, please join us for an experiential evening program providing **A TASTE OF MINDFULNESS**.

What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what's going on around us.

"When we get too caught up in the busyness of the world, we lose connection with one another – and ourselves." – Jack Kornfield



The speaker: *Ann Giro-Salsbury* has practiced Mindfulness and meditation for 25 years. She is participating in the Mindfulness Institute Training for Teachers and offers a Six Week Introductory Training (SIT) in Mindfulness course. Additionally, Ann is a certified trainer of Non Violent Communication as well as a certified coach. Ann is American living with her husband in Tours.

This program is sponsored by *BizNice* and *English4Kids*. It is targeted to adults and will be offered in English.

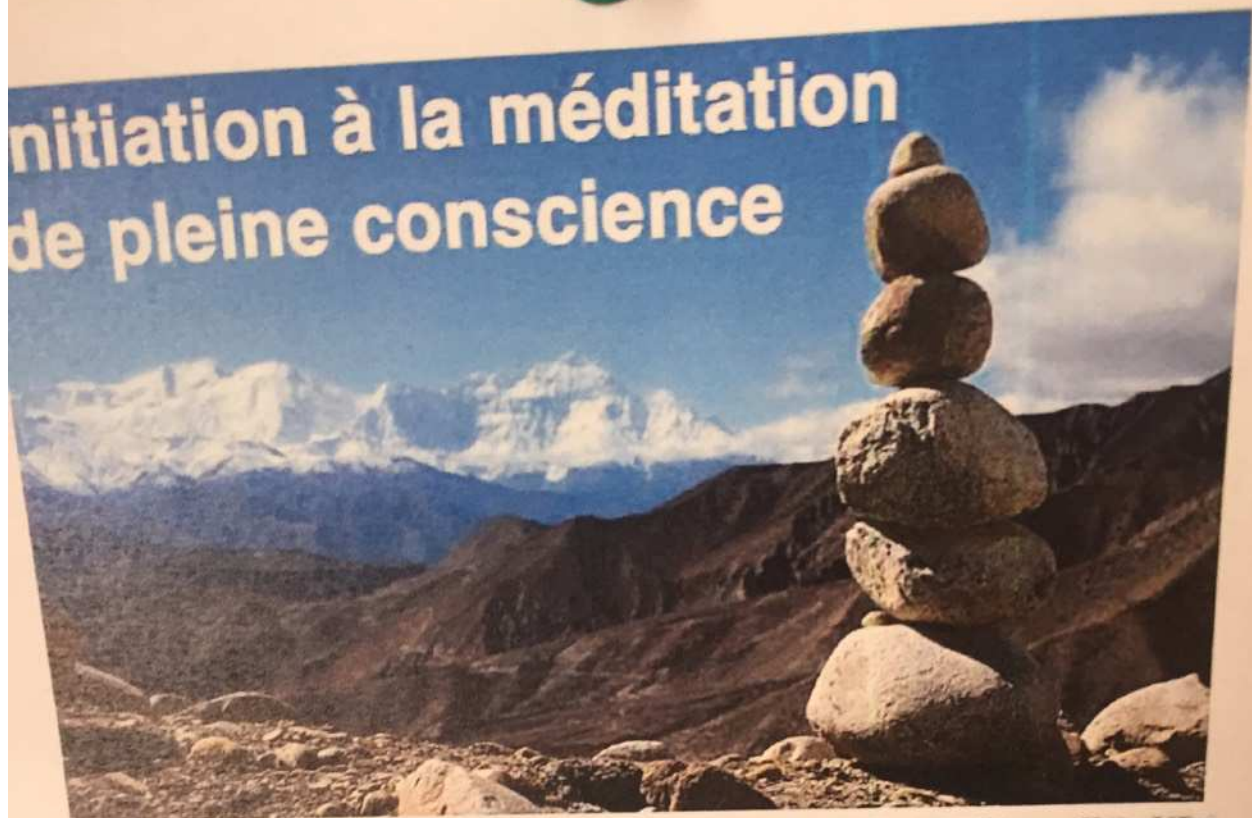
Date: **Thursday, 21 June 2018** from 19:00 to 20:30

Place: *English4Kids* school located at 15 rue de Sully, 37000 Tours

Register, please go to: <https://www.helloasso.com/associations/association-biz-nice/evenements/an-american-taste-of-mindfulness>

**English
for kids!**

Initiation à la méditation de pleine conscience



Cycle de 6 ateliers avec instructions théoriques et exercices pratiques pour apprendre à développer votre attention, votre intelligence émotionnelle et votre bien-être général, et réduire le stress et l'anxiété.

Programme

Jeudi 26 avril : s'ancrer dans le moment présent grâce à la respiration

Jeudi 3 mai : se (re)connecter avec son corps

Jeudi 17 mai : réduire sa réactivité aux expériences de la vie

Jeudi 24 mai : développer son intelligence émotionnelle

Jeudi 7 juin : se libérer des pensées parasites

Jeudi 14 juin : cultiver présence et bienveillance dans sa vie

Les ateliers ont lieu de 19h45 à 21h15 à YogaOm, rue de Lausanne 67, 1950 Sion (le dernier cours se déroulera dans la nature, proche de Sion, de 17h30 à 19h).

Prix pour les 6 ateliers : 180.- (150.- si inscription avant le 10 avril 2018)

Informations et inscription : cellne.muller@gmail.com
ou 079/293.04.92

INTRODUCTION AUX PRATIQUES DE LA MÉDITATION « MINDFULNESS »

Avec Christine Küpfer Warrand



Un cycle de 6 semaines pour s'exercer aux fondamentaux

Des pratiques de méditations guidées, des apports théoriques et des temps de partage pour:

- S'entraîner à la méditation assise, debout et en mouvement
- Ancrer la pratique dans sa vie quotidienne
- Se centrer dans son corps et sa respiration dans l'expérience de « l'instant présent »
- Pratiquer la bienveillance pour soi et pour les autres
- Gérer son stress et sa réactivité
- Reconnaître le fonctionnement de ses pensées et de son état d'esprit, apprendre à lâcher-prise des contenus inutiles
- Explorer, comprendre et apprendre à travailler avec une gamme d'expériences émotionnelles

Ce cours est conçu pour des personnes qui débutent leur pratique de la méditation et aussi pour tous ceux qui souhaitent approfondir ses principes et techniques de base.

Lieu : Salle Verdaine, 11 rue Verdaine, 1204 Genève

Dates et horaire : Les jeudis 26 avril, 3 mai, 17 mai, 31 mai, 7 juin et 14 juin.
De 19h à 21h.

Prix : Chf 325.-

Inscription : christine@meditation-geneve.ch - 00 41 78 687 4666





MINDFULNESS MEDITATION 6-WEEK TRAINING

August 4th - September 8th, 2018
9:00 - 11:00 AM

In this course you will discover how mindfulness meditation is the foundation for managing stress and how it can help you establish clarity of what you want most for your life. As you rush through your days feeling frenetic and harried, take a moment and ask yourself, Do I really want to live my life this way? Take this journey with me, to find your calm in a stressful world.

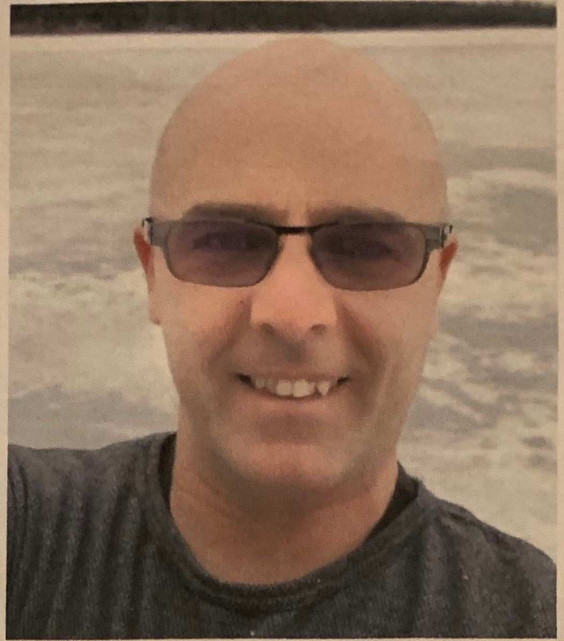
Who should take this course?

This mindfulness meditation course is meant for anyone, whether you are new to meditation or have been practicing for some time. All will benefit, no matter what age or background. Meditation does not discriminate.

What are some of the possible benefits of meditation practice?

- Build resilience in the face of difficulties
- Clear confusion in our mind
- Feel balanced in body and mind
- Improve relationships
- Live life more fully

Frequently meditators experience relief from:



Thursdays in April and May

5:30 - 7:00 pm

Introduction to Mindfulness Meditation

with Todd Jordan

This eight-week series will meet weekly to provide an introduction to mindfulness meditation. Mindfulness training develops mental clarity, which in turn supports emotional intelligence and general well-being. Mindfulness practice supports self-care, compassion and contributes to a durable experience of peace and happiness.

This class is appropriate for those new to insight meditation and for more experienced individuals who would like to refresh an existing practice.

This class will meet on 8 Thursdays, April 4, 11, 18, and 25, May 2, 9, 16, and 23

Participation in the full eight-week series is strongly recommended but not necessary.

Registration: Non-refundable pre-registration is offered on sliding scale of \$80-\$160

No one turned away for lack of funds


For registration and other questions please email dtodd1@gmail.com

The SF Dharma Collective (SFDC) seeks to build a sangha led dharma community with you. Join us by checking out a sit, volunteering and/or coming to a collective meeting, and help us turn our aspirations and yours into a durable community.

**sf | dharma
collective**

2701 FOLSOM, SF 94110
sfdharmacollective.org

MINDFULNESS: RIDING THE WAVES OF EXPERIENCE



CULTIVATING OPEN AWARENESS AND ACCEPTANCE

Become aware of the flow of your moment-to-moment experiences
Become more open to, and accepting of, your experiences
Develop skills for self-care and self-compassion

Instructed by:
Jessica Samuels, PhD

Certified Philosophical
Counselor, APPA

Associated with the
Mindfulness Training
Institute

6 week course
Wednesdays 2-4 PM

April 17 – May 22

Location: Stevenson
College, Fireside Lounge

No credit and no written
homework

Sign up and ask
questions:
jsamuels@ucsc.edu

Please note that mindfulness meditation is not a treatment for psychological disorders. If you need help with psychological issues please make an appointment at Counseling and Psychological Services.

From Chaos to Calm

A six week introductory course in mindfulness

Six Tuesdays
April 30 - June 4, 2019

3:00 - 5:00 PM
Lakeport Conference
Room



Are you...

- ◆ Experiencing stress or tension
- ◆ Anxious or nervous?
- ◆ Reacting instead of acting?
- ◆ Losing sleep?
- ◆ Preoccupied with the past or future rather than the present?
- ◆ Running on automatic?

Lake FRC staff (with supervisor approval) are paid for attendance. Friends and family attend for free as room permits.

Would you like to...

- ◆ Be more relaxed and focused?
- ◆ Gain a sense of healthy balance in your life?
- ◆ Reduce stress, anxiety and emotional reactivity?
- ◆ Experience more authenticity and joy in your life and relationships?
- ◆ Would you like to smile more and fret less?



JoAnn Saccato, MA is an author, life-coach, inspirational speaker, educator and consultant. She is the author of *Companioning the Sacred Journey: A Guide to Creating a Compassionate Container for Your Spiritual Practice* and *Mindful and Intentional Living: A Path to Peace, Clarity and Freedom*. JoAnn is a teacher-in-training with Mindfulness Training Institute, an IMTA accredited teacher training program.

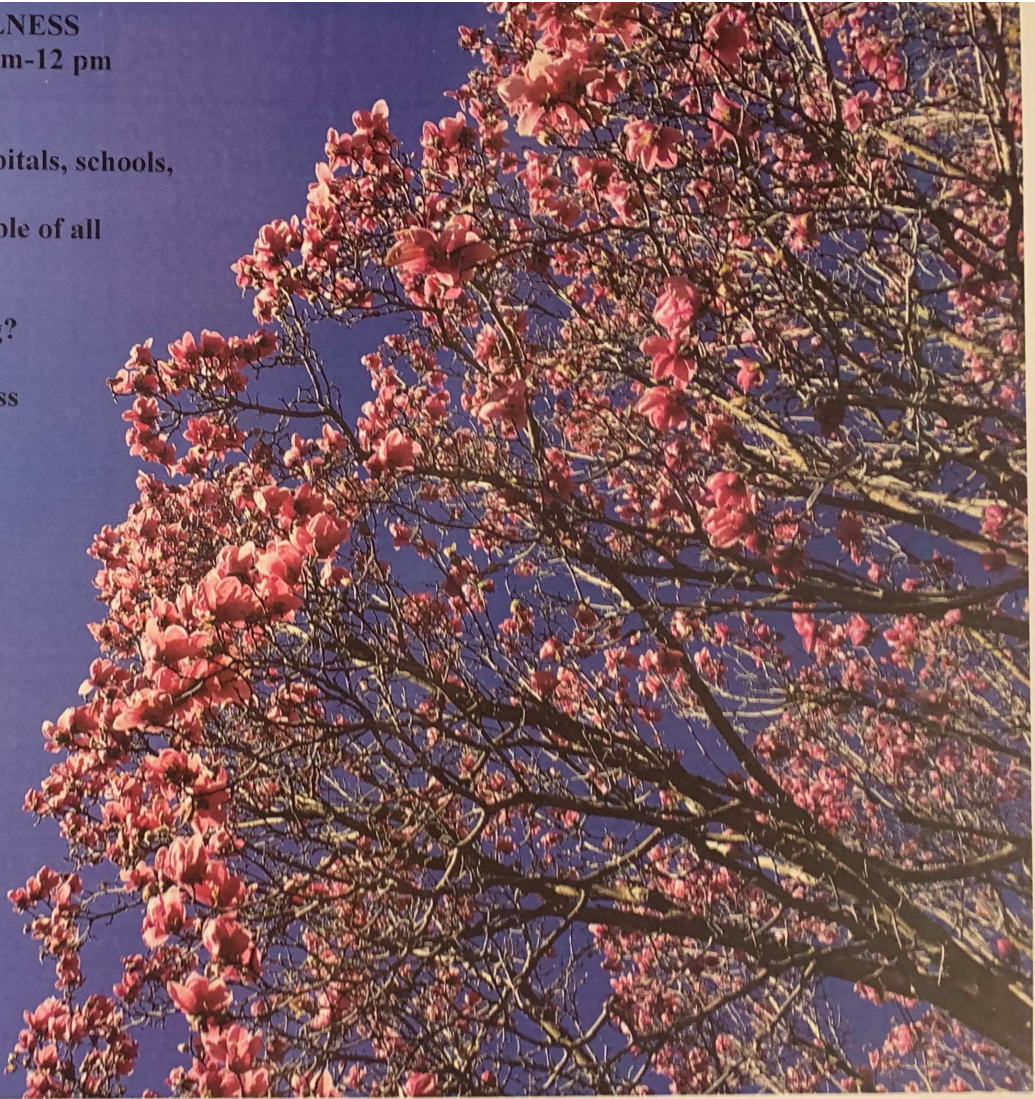


INTRODUCTION TO MINDFULNESS
Thursdays, April 11-May 16 10 am-12 pm

What is mindfulness?
Why is mindfulness taught in hospitals, schools,
at the UN and NASA?
Why is mindfulness taught to people of all
ages?
Why do neuroscientists
find mindfulness research exciting?

Join me to learn about Mindfulness
and if it may benefit you.

Gale Schleimer
MSW, UC Berkeley
Mindfulness Teacher in Training
with the
Mindfulness Training Institute,
accredited by the IMTA
(International Mindfulness
Training Association)



**Parks
Make
Life
Better!**

Register by visiting www.danville.ca.gov/regguide and using Activity Code #20840. For assistance, please call (925) 314-3430.

LIVING INTO MINDFULNESS

**FREE INTRODUCTION
TO MINDFULNESS**

**Research shows practicing mindfulness helps reduce stress
by helping us build resilience
and bring more calm and joy to our lives!**

Six-week course

Wednesdays April 17-May 22 6:30-8:30pm

SPACE IS LIMITED!

To register & get course details

-email instructor: Marnie Rehn

livingintomindfulness@gmail.com

www.livingintomindfulness.com

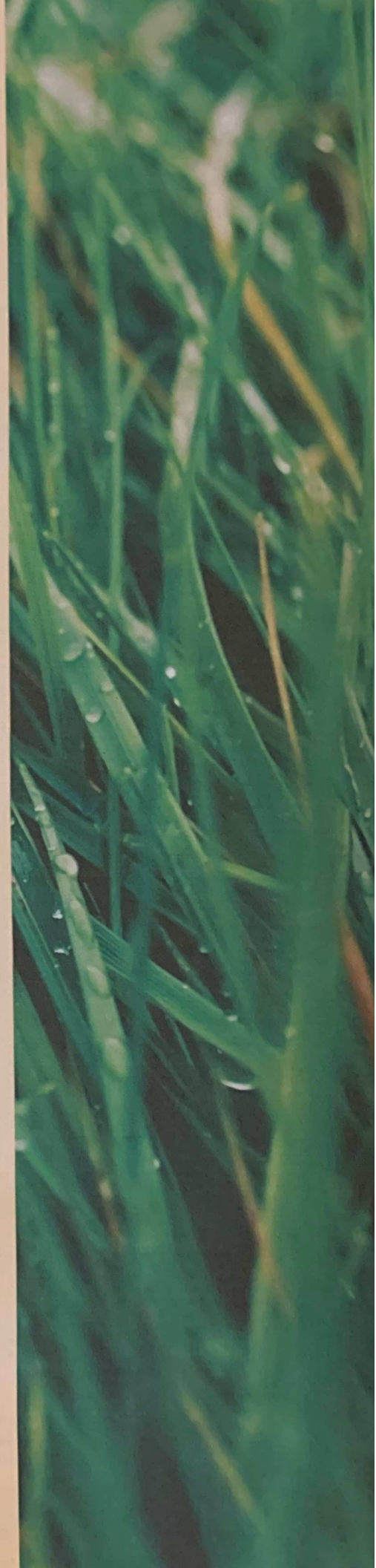
**MINDFULNESS TRAINING
INSTITUTE**

TRAINING IN MINDFULNESS

The Fundamentals of Mindful Attention
in six 2-hour classes

**WEDNESDAYS 4-6 PM
MARCH 6, 13, 20, 27 & APRIL 3, 10
WHILSHIRE HOSPICE, SLO**

This course is free. All are welcome. Please visit
www.mindful-activity-practice.com for more
information/registration. Space is limited.



SIX WEEK INTRODUCTORY COURSE IN

MINDFULNESS

LEARN HOW TO DEVELOP A FOCUSED AND EMBODIED ATTENTION, SELF-AWARENESS,
EMOTIONAL INTELLIGENCE, AND A GREATER SENSE OF EASE AND WELL BEING

TUESDAYS
APRIL 9TH - MAY 14TH
7 PM - 9 PM

www.bmindful.org

More Details Available Online

"PRACTICE KINDNESS WHENEVER POSSIBLE, IT'S ALWAYS POSSIBLE"

DALAI LAMA

Beau Storch
Teacher in Training



ALL ARE WELCOME



GREENHEART
YOGA & MEDITATION CENTER

2260 HUNTINGTON DR. - SAN MARINO

SIX WEEK INTRODUCTORY COURSE IN

MINDFULNESS

LEARN TO DEVELOP A FOCUSED AND EMBODIED ATTENTION, SELF AWARENESS,
EMOTIONAL INTELLIGENCE AND A GREATER SENSE OF EASE AND WELL BEING

ALL ARE WELCOME

TUESDAYS

APRIL 9TH - MAY 14TH

7 P.M. - 9 P.M.

COME JOIN US
ON THE ROOFTOP
AT



GREENHEART
YOGA & MEDITATION CENTER

2260 Huntington Drive - San Marino - (626) 234-2059

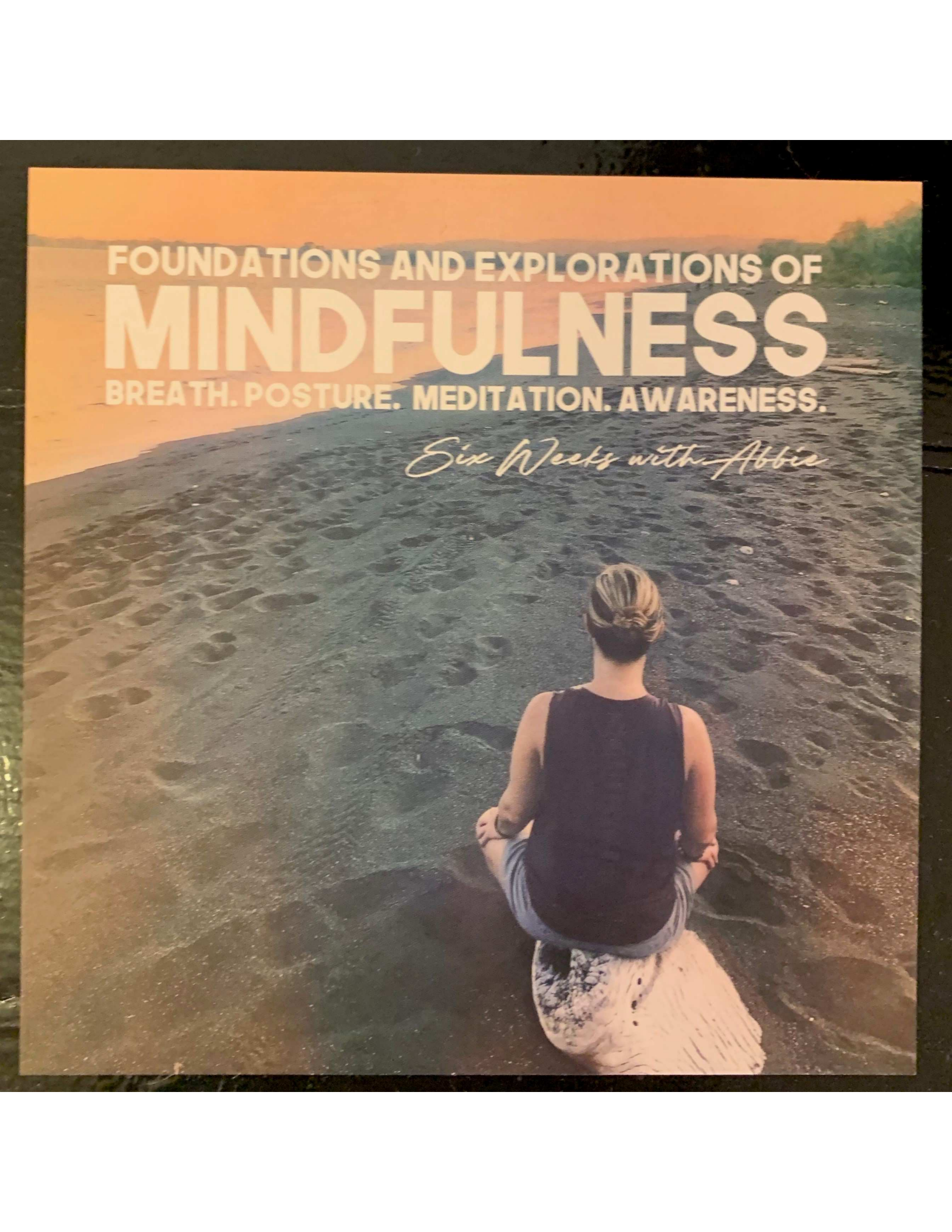
www.bmindful.org

More Details Available Online

Beau Storeh
Teacher in Training



"PRACTICE KINDNESS WHENEVER
POSSIBLE. IT'S ALWAYS POSSIBLE"
DALAI LAMA

A woman with her hair in a bun, wearing a dark tank top and light-colored pants, is sitting in a meditative pose on a beach. She is facing away from the camera, looking out at the ocean. The sky is a warm orange color, suggesting sunset or sunrise. The sand in the foreground is dark and has many footprints.

FOUNDATIONS AND EXPLORATIONS OF
MINDFULNESS
BREATH. POSTURE. MEDITATION. AWARENESS.

Six Weeks with Abbie

Explorations & Foundations *w/ Abbie Dutterer*

THURSDAYS 7-8:30PM
APRIL 4, 11, 18, 25 & MAY 9, 16
OAKSTOP 14 274 14TH ST
SLIDING SCALE



Join yoga and mindfulness teacher Abbie Dutterer for a Spring mindfulness series in downtown Oakland! This six-week course will help students build a foundational meditation practice and support bringing mindful awareness into everyday life. We will also explore historical context and modern research around the practice of mindfulness. Each session will include time for questions and discussion.

This course is open to all and designed for both true beginners and experienced meditators to expand their practice and understanding. Enrollment includes access to weekly online meditations.

INFO + REGISTRATION WWW.JUSTABBIE.COM



Six-week Training Course

Wednesdays, 6:00-8:00pm starting April 10th, 2019

in the Clearlake Riviera

Cost: \$40 for the course

Space is limited.

To enroll contact drgregnuckols@gmail.com or 650-644-6165.



Greg Nuckols has practiced mindfulness since 1996. He is a licensed psychologist and teacher-in-training with Mindfulness Training Institute, and he has taught mathematics, psychology, and mindfulness at Stanford University. This course will help you establish a regular mindfulness practice, which has been shown to reduce stress, enhance psychological well-being, improve interpersonal relationships, and increase joy and creativity.



This mindfulness course is being offered to fulfill a requirement in the instructor's year-long teacher training program.

\$10 suggested donation per class

No one turned away for lack of funds

Mindfulness with RAMON

A six week course for
Queer-BI POC MR on
Mindfulness and
Meditation. 7/3/19

Wednesday evenings 5:30 pm - 7:45 pm

at the Oakland LGBTQ Community Center

3207 Lakeshore Ave. (Entrance on Rand Ave.), Oakland, CA 94610

Class Description: In this crazy time, mindfulness allows us to catch the moment before we react to conflict and stress. **July 3rd** will be an introductory session with all invited to come and discuss the class and experience a 15 minute guided meditation. On Wednesdays from July 10th to August 14th each 2 hour class will build on the last with guided meditations, teachings and small group discussions.

Definition of BI POC MR: Black, Indigenous/First Nation, People Of Color, Mixed Race

Contact me at mindfulnesswithramon@gmail.com





Foundations of mindfulness

A 6-week course

April 20 - May 25 2021
Tuesdays 18:00-20:00

on Zoom or in person


**perspectives
of presence**

H.O.M.E.: Heartful Options for Mindful Embodiment

Mindfulness (H.O.M.E.) Course with Lynne Michelson

6 Saturdays: April 3 – May 15
(skip May 1st)

10:30 am-12:00 pm PT – Zoom

Join Lynne on a 6-week journey for more Joy,
Balance, Focus, Peace, & Aliveness.

This interactive and experiential course is for seekers who would like **to deepen their mindfulness practice and their capacity to calm, still, and center themselves**. Each week will have its own theme, meditation practice, and meaningful discussion—with practical ways to bring it to your home and to your life. **Together, we will learn, grow, and develop an embodied and accepting relationship to our human experiences.**

Price: sliding scale \$75-\$150 (which will be donated)

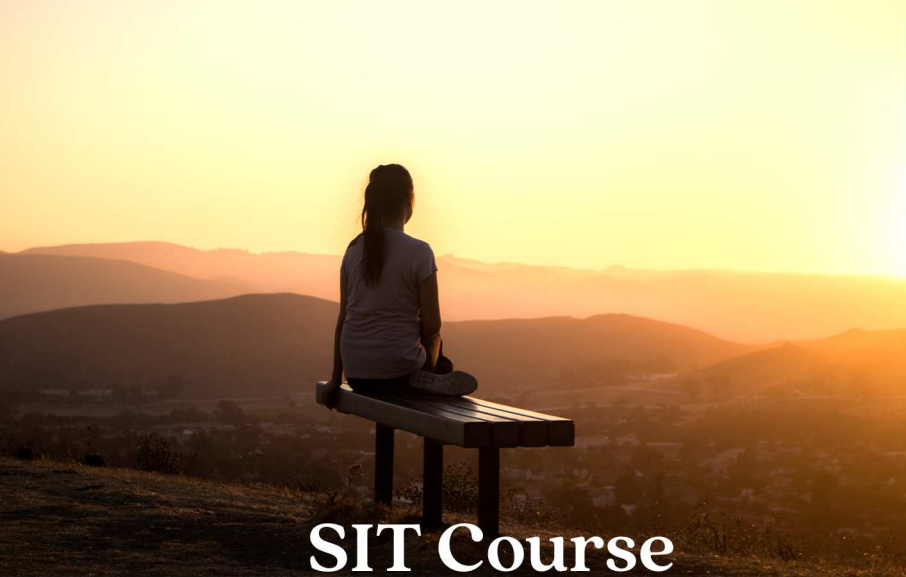
[Click here](#) for more details and to register for this course.

To learn more about Lynne and experience a few meditations, visit her website at lynnemichelson.com.



Lynne Michelson, MSW, CPCC

As both a psychotherapist and professionally certified coach for over 20 years, Lynne offers her clients a potent combination of healing and personal empowerment. She is a senior Calling in the One Coach, Master Relationship Coach and has trained scores of coaches at the Relationship Coaching Institute. Lynne is passionate about transformation, starting on the path in 1972 in England as a human development graduate student and has never stopped, teaching the power of embodied mindfulness. She has supported hundreds of clients to grow—falling in love with themselves, and creating full extraordinary lives. Lynne offers her Deepening Intimacy and Conscious and Playful programs in the San Francisco Bay area where her classes and groups are known as both nourishing and enjoyable places for conscious connecting.



SIT Course

The Fundamentals of Mindful Attention

For those recovering from drug or alcohol addiction

REGISTER TODAY FOR A SIX-WEEK COURSE

One 2-hour class per week,
begins Tuesday April 13th from
5:30-7:30pm

Location: Skyway
House Outpatient
392 Connors Ct
Ste C, Chico Ca

Cost is \$50 for the
entire six weeks.
Scholarships
available!

Register or learn more at
www.madelinebelton.com

The Fundamentals of Mindful Attention

A Six-Week Introductory Training in Mindfulness

Taught by
Ramona Lisa Ortiz-Smith, MBA

Free Spirit Offerings



Photo Credit: Stacy Miller, Spirit Rock Meditation Center

Six, 2-Hour Classes on Zoom
(zoom link provided after registration)

Friday Evenings 6:30 pm – 8:30 pm Pacific Time
March 19th & 26th and April 2nd, 9th, 16th, & 23rd, 2021

-
- **REGISTRATION:** To register or for more information, please respond to this email or visit my website: <http://www.freespiritofferings.com/> and submit a contact form with “Mindfulness Training Course” in the subject box.
 - **COST:** The course is offered by donation. You will be invited to make a financial contribution in the Spirit of “Gift Economics.” This will be explained as part of the course.
 - **PURPOSE:** By attending this training you will be supporting me with the completion of my teacher Certification with the Mindfulness Training Institute (MTI).

Do you feel like....

- you have too many plates spinning?
- you are taking care of everyone but yourself?
- life is passing you by and you are simply holding on?
- you are physically in one place but your mind is ruminating elsewhere?

Invest in Yourself:

6 - WEEK INTRODUCTORY COURSE IN MINDFULNESS & MEDITATION

In this six-week session, you will be introduced to skills and techniques that can help...

Train your mind to improve concentration and focus

Manage stress & adversity

Increase your resiliency through life's twists and turns

Unlock joy in life's simple moments

Navigate the natural tensions of interpersonal relationships

Requirements for Participation:

- Beginner's mind and a curious spirit
- Commitment to attend all six sessions (2 hours on Friday afternoons for six weeks)
- Commitment to practice at home a minimum of 10 minutes a day

Space will be limited to 10 individuals to allow for focused attention and small group interaction

For questions or to register, please email [Kylen Bailey](mailto:kylen.bailey@ucsf.edu)

THE DETAILS:

- THIS WORKSHOP WILL BE HELD VIA ZOOM
- SESSIONS BEGIN ON APRIL 16TH AND RUN FOR SIX WEEKS
- SESSIONS WILL RUN EVERY FRIDAY FROM 3:00-5:00 EST
- OLIVE WILL BE OFFERING THIS COURSE FREE OF CHARGE TO EMPLOYEES
- IF THERE IS MORE DEMAND THAN SPACES AVAILABLE, WE WILL ASSESS RUNNING ADDITIONAL WORKSHOPS IN THE FUTURE



ABOUT THE INSTRUCTOR:

REBECCA HELLMANN HAS PRACTICED MINDFULNESS FOR THE PAST FIVE YEARS. SHE ATTRIBUTES THIS PRACTICE TO PROVIDING HER WITH THE REFUGE NECESSARY TO JUGGLE THE CRAZINESS OF MANAGING AN EXECUTIVE CAREER, SURVIVING A LOVED ONE'S SUBSTANCE ABUSE ADDICTION, NAVIGATING DIVORCE AND EVENTUALLY CO-PARENTING...ALL WHILE TRYING TO BE A PRESENT, PATIENT AND COMPASSIONATE MOTHER TO FOUR ELEMENTARY-AGE CHILDREN. SHE'LL BE THE FIRST TO SAY - THIS IS A LIFELONG JOURNEY (THERE'S A REASON IT'S CALLED A "PRACTICE"). BUT SHE HAS SEEN FOR HERSELF THAT THIS PRACTICE CAN BE RADICALLY TRANSFORMATIVE.

IN 2020, SHE MADE THE DECISION TO LEAVE HER JOB AS THE CHIEF MARKETING OFFICER OF A RAPIDLY GROWING START-UP, TO ENGAGE IN A YEAR-LONG INTENSIVE MINDFULNESS TEACHER TRAINING PROGRAM.

REBECCA IS OFFERING THIS CLASS AS A PRACTICUM REQUIREMENT FOR HER SUCCESSFUL GRADUATION FROM THE MINDFULNESS TRAINING INSTITUTE IN BERKELEY, CA.

YOGA @ CINDY'S COURSE MINDFUL RADIANCE

6 Wk Introductory Virtual Training in Mindfulness



Come join Steph, mindfulness/yoga teacher & registered nurse, for a heartfelt series exploring the foundational teachings of mindfulness. Together we will learn to develop a clear, embodied accepting relationship to our human experience through meditation, discussion, inquiry and gentle movement. Regardless of experience or background, you are welcome in this class. We are so excited to embark on this mindful journey together.

WHEN:

APRIL 5TH-MAY 10TH
Mondays 6-8pm PST

Online: Zoom
Recordings Available

COST:

\$96 (Early Bird Price by 3/22)
\$120 (Full Price)

INCLUDES A WEEKLY Y@C CLASS
(Your choice of vinyasa, mindful yoga or pilates)

100% of Proceeds Benefits
The Conscious Kid & Lead with Soul Force
- two educational organizations elevating the youth

Info + Registration: <https://tinyurl.com/yogamindfulnessworkshop>