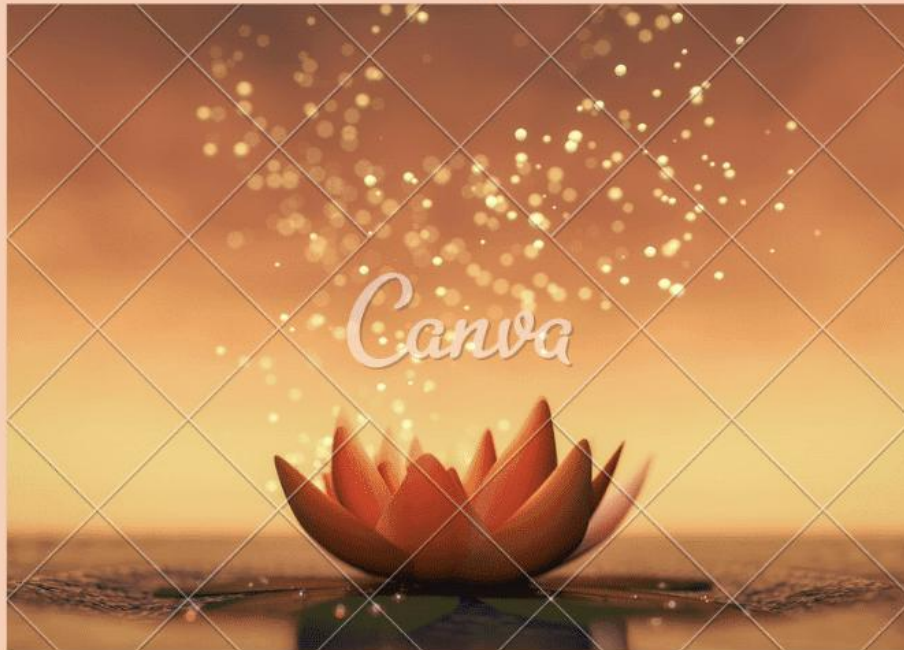


# MINDFUL RADIANCE

## 6Wk Introductory Training in Mindfulness



Come join Steph, mindfulness/yoga teacher and 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. I am so excited to embark on this mindful journey together.

**WHEN:**

**MONDAYS**

**APRIL 5TH - MAY 10TH**

**6-8pm PST**

Online: Zoom



**Info + Registration: [stephradcliffe.com](http://stephradcliffe.com)**