

INTRODUCTION TO MINDFULNESS MEDITATION

A 4-Part Live Series



SLOW DOWN. TAKE A BREATH. BECOME MORE AWARE.

If you've been feeling scattered, overwhelmed, or simply curious about how to be more present in your daily life, this four-part virtual series is for you.

Led by Lisa Cooper - a certified mindfulness meditation teacher trained under renowned teachers Jack Kornfield and Tara Brach - this program offers a welcoming introduction to the practice of mindfulness. Whether you're brand new to meditation or returning to it with fresh eyes, you'll be guided gently through practices that help you meet life with more clarity, compassion, and steadiness.

EACH SESSION BLENDS GUIDED MEDITATIONS, TEACHINGS IN MINDFULNESS MEDITATION, AND TIME FOR REFLECTION

You'll learn how to slow down, listen inwardly, and navigate emotions with more calm and clarity - all while developing practical tools you can integrate into everyday routines. All sessions can be delivered virtually and tailored to your organization or event needs.

A MEANINGFUL OFFERING FOR CORPORATE WELLNESS AND PRIVATE GROUP EXPERIENCES

Whether you're looking to help your team manage stress, improve focus, foster a stronger sense of connection, or simply pause and recharge, this workshop provides a path toward mental clarity and a more mindful approach to everyday life.

Designed with flexibility in mind, each session can be adapted to suit the goals of your organization or event, including:

- ✓ Workplace wellness initiatives looking to reduce burnout and support resilience
- ✓ Private coaching groups seeking self-care practices
- ✓ Executives interested in cultivating mindfulness as part of their leadership style
- ✓ Community groups looking to offer something restorative and uplifting



Participants will leave each session not only with a deeper understanding of mindfulness, but also with simple, effective practices they can use right away to support a greater sense of calm, presence, and purpose.

SERIES OVERVIEW

SESSION 1

Introduction to Mindfulness Meditation

- What mindfulness is—and what it is not
- Using the breath as an anchor for awareness
- Awareness of body sensations, thoughts, and emotions
- Meeting common challenges in meditation with kindness

SESSION 2

Being Fully Human: Working with the Emotions

- Understanding emotions through mindful awareness
- Staying present with difficult feelings without being overwhelmed
- Recognizing emotional patterns with compassion
- Mindfulness-based emotional resilience

SESSION 3

The Wise Heart

- The relationship between mindfulness and compassion
- Practices for opening the heart toward self and others
- Working skillfully with self-judgment and inner criticism
- Cultivating inner steadiness and balance

SESSION 4

Integration & Practice: Bringing Mindfulness into Daily Life

- Informal mindfulness practices for daily life
- Mindful communication and presence in relationships
- Creating a sustainable meditation practice
- Setting intentions for continued practice

Each 75-min session includes:

- ✓ Guided mindfulness meditation
- ✓ Short, practical teachings
- ✓ Inquiry, reflection, and Q&A
- ✓ Between-session practices & gentle assignments
- ✓ Practical tools to support ongoing practice