

COMMUNITY CLASS

Introduction to Mindfulness Meditation

Begin here. Benefit now.

with Amari Alexander · Southeastern Michigan

THE INVITATION

Moment by moment, life is flowing by, and it is never the same. People come into your life and go. Friends leave, relatives die. Your fortunes go up, and they go down. Sometimes you win, and just as much, you lose.

We don't like how much things change, so we grasp after experiences we like and want to continue, we reject that which causes us pain and discomfort, and we ignore the boring monotony as much as possible. And then we wonder why we feel disconnected, fearful, and joyless about our daily life. But it doesn't have to be this way.

Mindfulness meditation teaches us a different way to be with our experiences. It's a practice that trains our attention to stay in the present moment, even when difficulties arise. And when we learn to stay here, instead of getting lost in anxious thoughts about the future or ruminations about the past, we discover we can meet those tough moments with kindness, for ourselves and others.

In this course, you'll learn the foundations of mindfulness meditation through simple, practical tools you can use immediately, with your morning coffee, after lunch, before bed. Wherever you are, the practice meets you there. No prior experience needed. No special equipment. Just the simple willingness to pay attention.

COURSE DETAILS

FORMAT	DURATION	SESSIONS	COST
In person	6 weeks	60 min, weekly	Free

Each weekly session includes a short teaching, a guided meditation, and time for group reflection. Materials provided: handouts, guided meditations, and practice suggestions.

WEEK BY WEEK

Week 1 **What is mindfulness?** Three practices you can use anywhere, starting today.

Week 2 **Cultivating acceptance.** Mindfulness of breathing as a foundation for presence.

Week 3 **Our storytelling minds.** Noticing thought patterns. Walking meditation.

Week 4 **Cultivating kindness.** RAIN: a framework for meeting difficulty with compassion.

Week 5 **Working with resistance.** Relating skillfully to pain, discomfort, and suffering.

Week 6 **Building a practice.** Integrating mindfulness into daily life. Moving forward.

ABOUT YOUR TEACHER

Amari Alexander is completing the Mindfulness Meditation Teacher Certification Program with Tara Brach and Jack Kornfield, a rigorous two-year training in mindfulness, compassion, and contemplative teaching. She's been practicing insight meditation for 8 years, and it has been a primary resource through chronic illness, burnout, inter-continental moves, work, and family life. Amari teaches mindfulness that is grounded in daily practice, accessible, trauma-informed, and built for real life.

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