

COURSE PROPOSAL

Introduction to Mindfulness Meditation

Begin here. Benefit now.

with Amari Alexander

THE INVITATION

We have never been busier. And most of us become very good at keeping up. We solve problems, manage teams, and hit deadlines. And yet, many of us still feel chronically unsatisfied, permanently stressed, and perpetually on edge. But it doesn't have to be this way.

Mindfulness meditation is known as the Great Teacher. It's a practice that works slowly but surely, through building understanding for how your life really looks. It allows you to see things as they actually are, stripped bare of your conditioning, habits, and patterns of reactivity. The greater your understanding, the more flexible and tolerant, the more compassionate you can be towards yourself and others, not in some distant future where everything is perfect, but today, in your real life, as it is now.

In this course, you'll learn the foundations of mindfulness meditation through simple, practical tools you can use immediately, at your desk, before your next meeting. 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 | MINIMUM |
|----------------|-----------|----------------------|----------------|
| Virtual (Zoom) | 4-6 weeks | Weekly, 60-90 min | 6 participants |

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

WEEK BY WEEK

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|---------------|---|
| 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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