

Your Logo

EVERYDAY MINDFULNESS

with
Your Name



Session 1

Introduction to Mindfulness



Welcome



What's bringing joy right now?

What's going well?

What feels pleasant?



What's challenging right now?

What's causing stress?

What about life is unpleasant?





Your first 1-minute
mindfulness meditation.

A photograph of a hand holding water over a lake at sunset. The hand is in the foreground, with water dripping from it. The lake is in the middle ground, and the sunset is in the background, creating a warm, golden glow. The sky is filled with soft, orange and yellow clouds. The water in the lake is calm, with gentle ripples. The overall mood is peaceful and contemplative.

Introductions

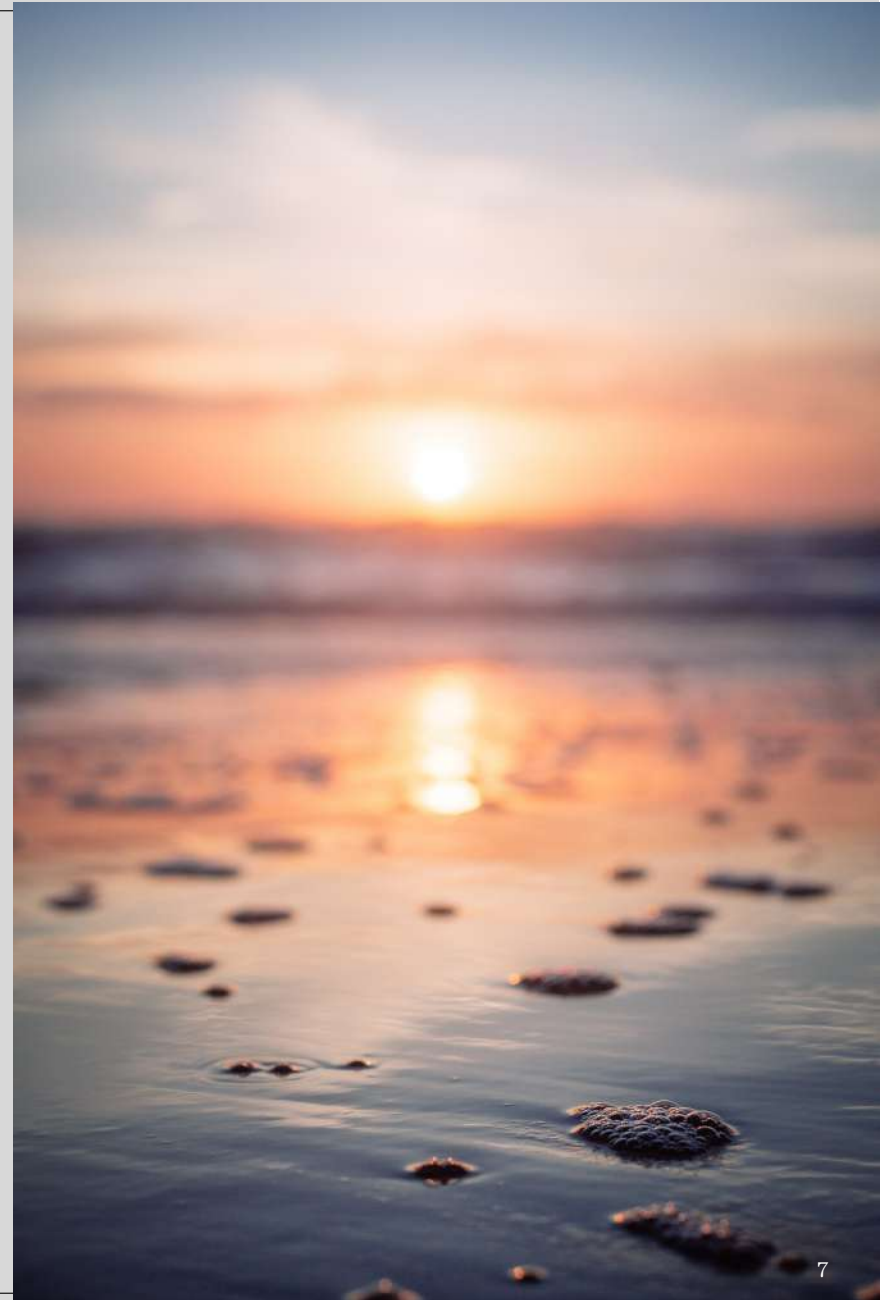
Please share with the class:

- Name
- Reasons or goals for taking this class
- Something you want us to know about you

Ground Rules

We agree this shared space will be:

- Safe to show up as our authentic selves
- Open and curious, with a beginner's mind
- Supportive, accepting, and kind to all
- Confidential
- Accessible
- Safely challenging
- Welcome to change and growth





Benefits

What Mindfulness can offer

- Symptom reduction: less stress, anxiety, depression, insomnia
- Enhancements: performance, concentration, decision-making, clarity, memory, balance, resilience
- Self-acceptance
- Emotional regulation



Breath Awareness Meditation

A photograph of a hand holding water over a lake at sunset. The hand is in the foreground, with water dripping from it. The lake is in the middle ground, and the sunset is in the background, creating a warm, golden glow. The sky is filled with soft, orange and yellow light, and the water reflects this light. The overall mood is peaceful and contemplative.

Reflection

On our first formal practice

- What did you notice? Sensations, thoughts, emotions?
- Did anything surprise you?
- Anything you will try differently for next time?

Breathing

Why it matters so deeply to mindfulness

- Breath is “the bridge which connects life to consciousness.” –Thich Nhat Hanh
- Breath is an invisible, moment-to-moment life force
- Attention to breathing develops patience and resilience.



Break



Focused Attention

The Present Moment

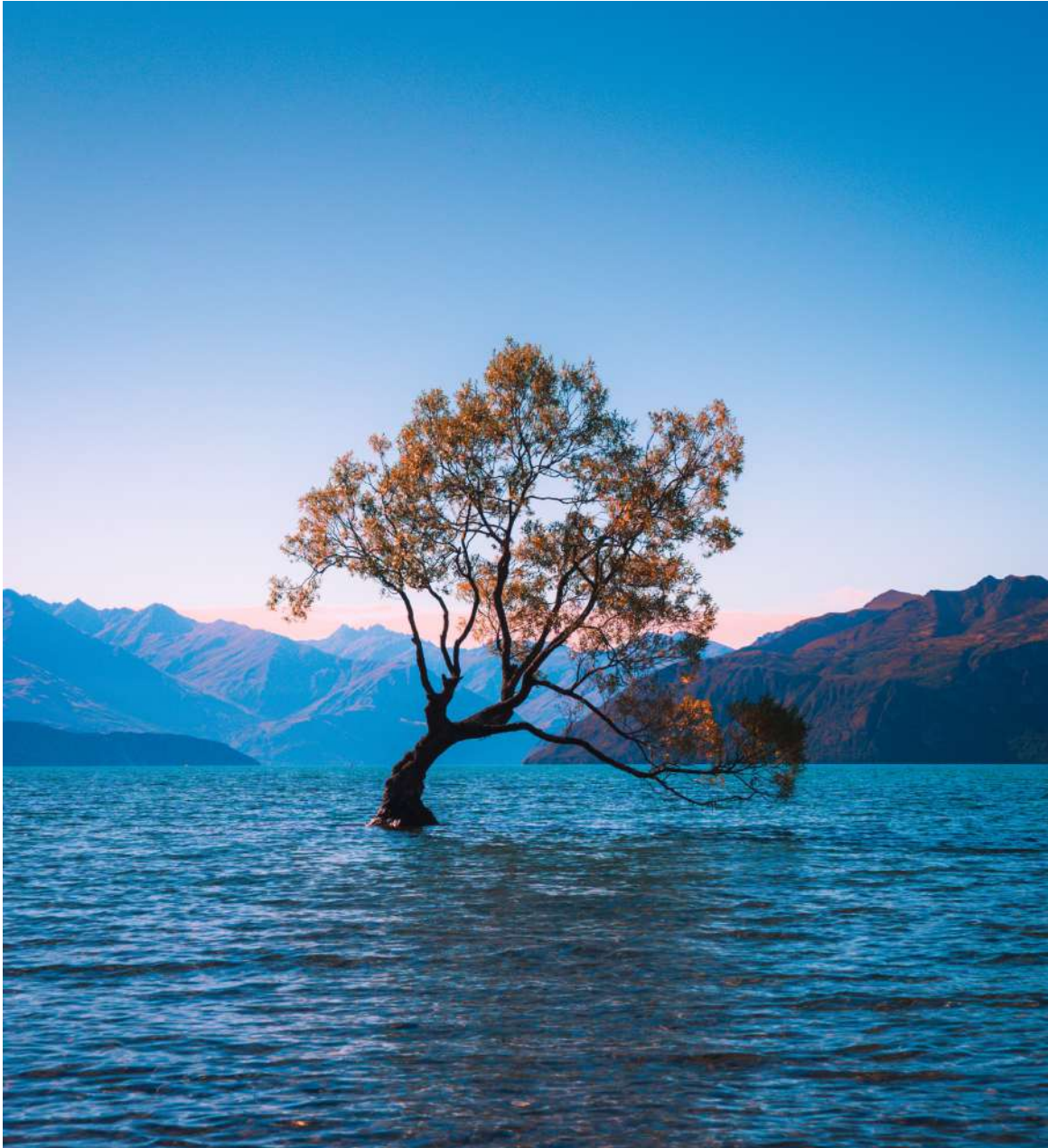
PRACTICE



Grounding Meditation

Be right where you are.

NOW



The Importance of Daily Practice:

The power of mindfulness
develops with disciplined
effort.



Closing Notes

Next Session: Time/Date, Topic

- Student Workbook
- My contact information
- Other Announcements



Feeling Your Feet

Wish each other and
ourselves well.

CLOSING