



# Organizational Offerings

We offer trainings both onsite and online to meet your organization's needs!

## Onsite Trainings:

### **Mindfulness Foundations Course –**

An in depth 20-hour training in the skills of living mindfully, tailored to the specific audience. The course is typically presented over 8 weeks, with a 2.5 hour weekly class. Course is offered both privately for organizations and publically. Continuing Professional Development (CPDs) credits available for social workers, therapists, and substance abuse counselors. Enrollment includes:

- 20 hours of in person class
- Foundations Course Companion Journal and Wisdom of a Meaningful Life
- Downloadable guided meditations
- Daily practice guide
- One month membership in the Mindful Life Community

### **Custom Presentations and Workshops –**

These programs are designed to meet the needs of the specific audience and range from 1 hour to multi-day programs.

Topics have included:

- Mindfulness in Practice - The Role of Mindfulness and Compassion Training in Developing Resilience Skills
- Values in Practice – A Workshop in Connecting Personal and Practice Values and the Role of Mindfulness

### **Mindfulness in Recovery® MIR Implementation Training –**

This 14-hour training is suitable for addiction treatment professionals and program staff involved in treatment and recovery. It is offered through the Mindfulness in Recovery® Institute.

# Online Resources and Training:

## **Mindfulness Memberships –**

Daily guidance and support in skills of mindfulness accessible through an app and conveniently delivered by email. The daily inspirations focus on one theme each week such as attention, value or compassion and practical daily lessons and guidance in applying and taking action, developing the habit of living mindfully. Members can read or listen to the short daily inspiration and have guided meditations at their fingertips. Connect with members across the US and internationally. Choose from the Mindful Life Community or the Mindfulness in Recovery® Community. Group and individual memberships available.

## **Online Mindfulness Course –**

Four Keys of Living Mindfully is an online, self-paced introductory mindfulness course that provides support in developing practical skills to help live with attention and intention in daily life. The four keys addressed are attention, values, wisdom and open-heartedness. This course can be used by individuals at their own pace or used in the work setting delivered to a group. Enrollment includes:

- Eight 30-minute video sessions with Co-Founder John Bruna
- Course Guide and Companion Journal
- Guided Meditations
- 28 Days of meditation training and support with John Bruna in a downloadable audio format

## **28 Day Meditation Course -**

Establish a consistent meditation practice with 28 days of progressive guidance with MLP co-founder John Bruna. This 28 day meditation course is designed to allow anyone, whether they are a complete beginner or an experienced meditator trying to be more consistent, establish and sustain a meditation practice that works for them. The teaching and guidance primarily focus on shamatha (calm abiding) meditation, as it is designed to develop concentration and attention. This is offered online and can be used individually or with a group.



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