



# CULTIVATING EQUANIMITY

AN INTRODUCTION TO MINDFULNESS

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## PROGRAM BENEFITS

- Lifelong Skills in Mindfulness—  
Meeting Life's Surprises with Calm Presence
- Deeper/Authentic Connection and Engagement with Peers
- Deeper/Authentic Connection with Self



## SIX SESSION PROGRAM OUTLINE

- Mindfulness of Breath and Arriving in Presence
- Body Awareness: Working with Challenging Feelings
- Strategies for Working with Emotions and Thoughts
- Tools for Building Emotional Resilience/Learning to be Present and Non-Reactive
- Relating to the World with an Open Heart & Mindful Communication
- Living Aligned with Your Deepest Purpose

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## PROGRAM CO-LEADER

- **Jake Tarr**, is the President of The Insight Meditation Community of Washington, one of the largest meditation communities in the country. He completed his mindfulness meditation teacher training with Tara Brach and Jack Kornfield. He founded the Yearlong Mindful Transformation program for the DC area YPO Gold Chapters. He also founded Transformational Journey, a yearlong program for Washington-Metro area CEOs now in its sixth year. He is a member of the board of the Hoffman Institute. Jake is a cofounder of Kinetic Ventures an early-stage technology fund manager.





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## PROGRAM CO-LEADER

**Jonathan Foust**, MA, CSA, is a senior teacher with the Insight Meditation Community of Washington and a senior teacher and former president of Kripalu Center. He learned meditation at the age of 15 and for many years lived in a monastic setting studying with world-renowned teachers.

Jonathan leads a weekly meditation class in Arlington, VA and a variety of trainings ranging from residential retreats to courses and workshops for organizations such as the Young President's Organization, the World Bank, the U.S. Senate and House of Representatives, the staff of the National Security Council and the D.C. Superior Court Justices.



## Additional/Optional Offerings For Participants Looking for More

*Included as part of Core Offering*

- 30 Minute, Mid-Week Short Meditation and Writing Prompt with Jake
- 30 Minute, Mid-Week “Ask Me Anything” with Jonathan Foust
- 40 Day Mobile Mindfulness Daily App offering expert 10-minute instruction and guided meditations. The teachings from this App will be reinforced in the weekly meetings
- Between Meetings Learning Partner Relationships will be Encouraged to Enhance the Learnings and the Social Connections and Engagement

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## MOBILE APP GUEST TEACHERS

Tara Brach and  
Jack Kornfield

Co-creators of the Online Application Mindfulness Daily, a 40 day, 10 minutes a day guide to developing a sustainable Mindfulness Practice.



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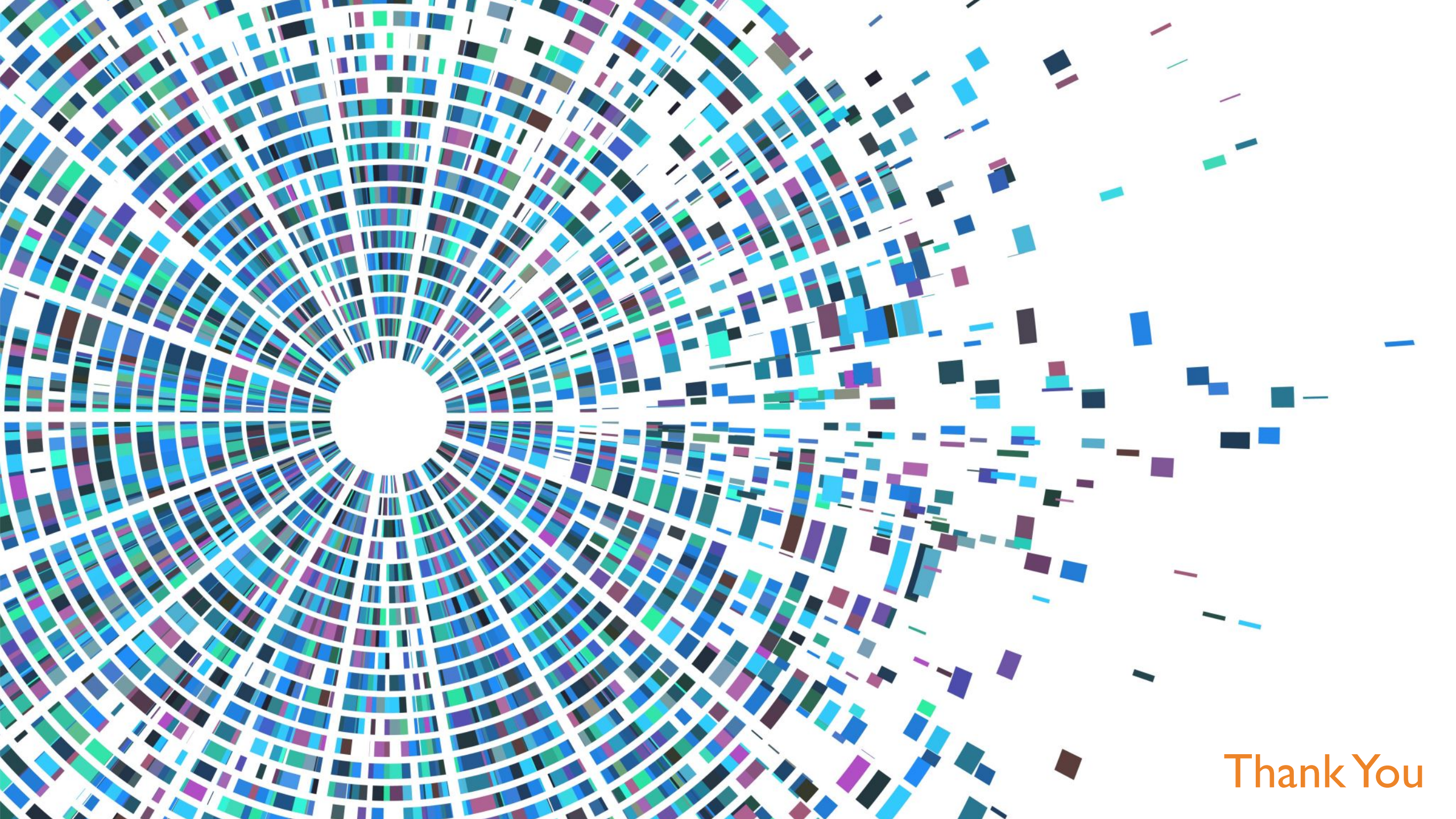
# QUESTIONS

Contact

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Thank You