



CULTIVATING THE AWAKENED HEART



PROGRAM BENEFITS

- Lifelong skills in strengthening the attitudes of your mind and heart to enhance your ability to live live in an open-hearted, creative and rewarding way
- The development of resilience to life's surprises and upsets through living from an undefended heart and letting go of preconditioned thoughts

01

Cultivating
Kindness

02

Cultivating
Compassion

03

Cultivating Joy

04

Cultivating
Composure,
Calm and
Balance

FOUR SESSION PROGRAM OUTLINE

30-DAY OBSERVATION AND RESTRAINT



Observation: Choose one thing to do each day that you know will bring you joy



Restraint: Choose one thing to not do each day that will be you joy by avoiding

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.






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

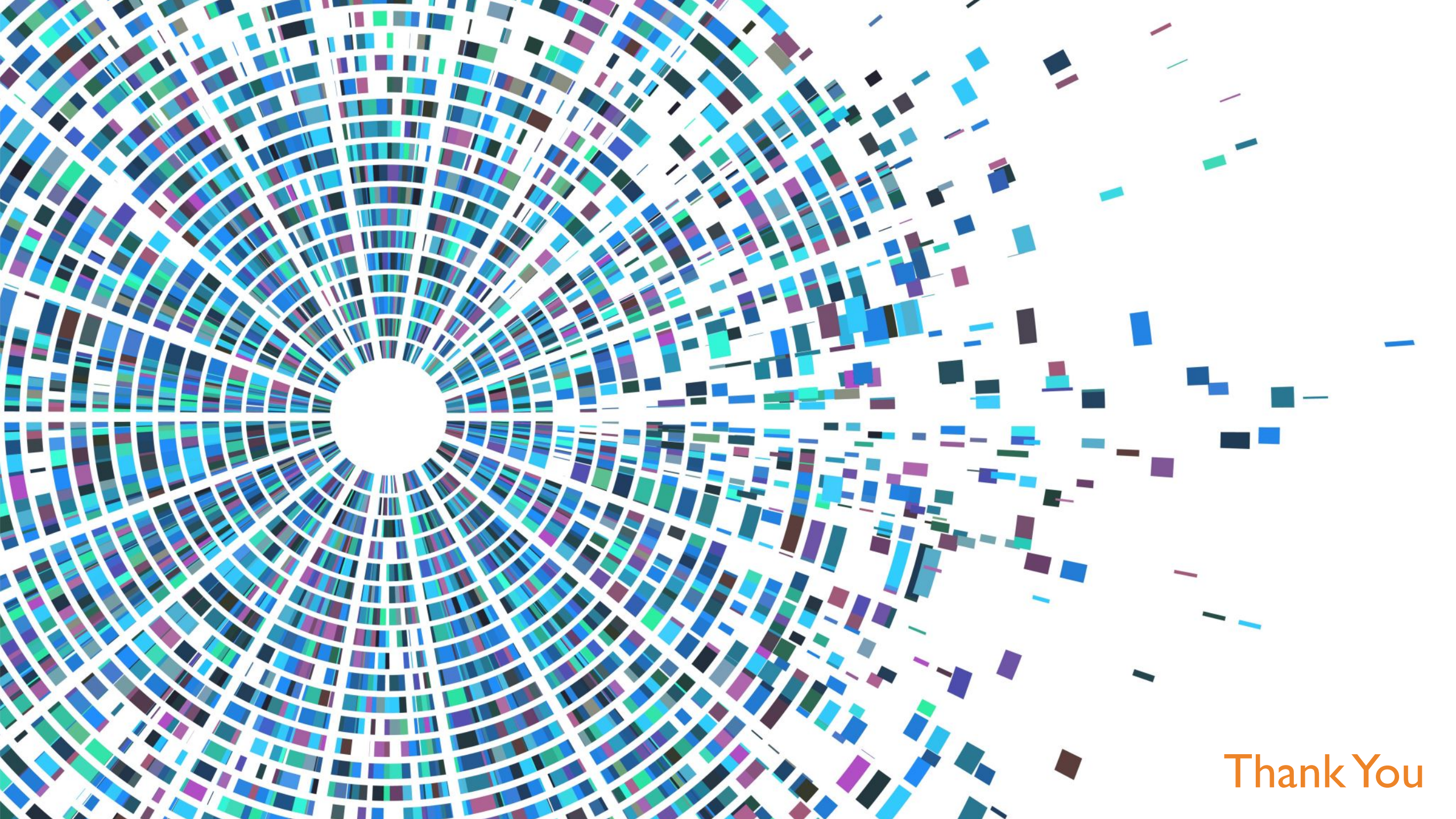
- 30 Minute, Mid-Week Short Meditation and Writing Prompt with Jake
- 30 Minute, Mid-Week “Ask Me Anything” with Jonathan Foust
- Between Meetings Learning Partner Relationships will be Encouraged to Enhance the Learnings, Social Connections and Engagement

QUESTIONS

Contact

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Thank You