



MEMBERSHIP WELLBEING AND ENGAGEMENT

MONTHLY ONLINE MEDITATION AND MINI-FORUM GATHERINGS
FOR THE EDUCATION YEAR



PROGRAM BENEFITS

- Deeper/Authentic Connection and Engagement with Peers
- Improved Sense of Well Being
- Developing Skills in Mindfulness— Meeting Life's Surprises with Calm Presence



SAMPLE MONTHLY SESSION OUTLINE

- Introduction of Monthly Meeting Topic (ie. Cultivating Composure, Calm and Balance)
- Guided Meditation
- Instruction
- Mini-Forum Breakout Session with Discussion Prompt
 - (3-4 participants per mini-forum)
 - New mini-forums each month
- Closing Meditation

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
Offering
For Participants
Looking for
More

Included as part of Core Offering

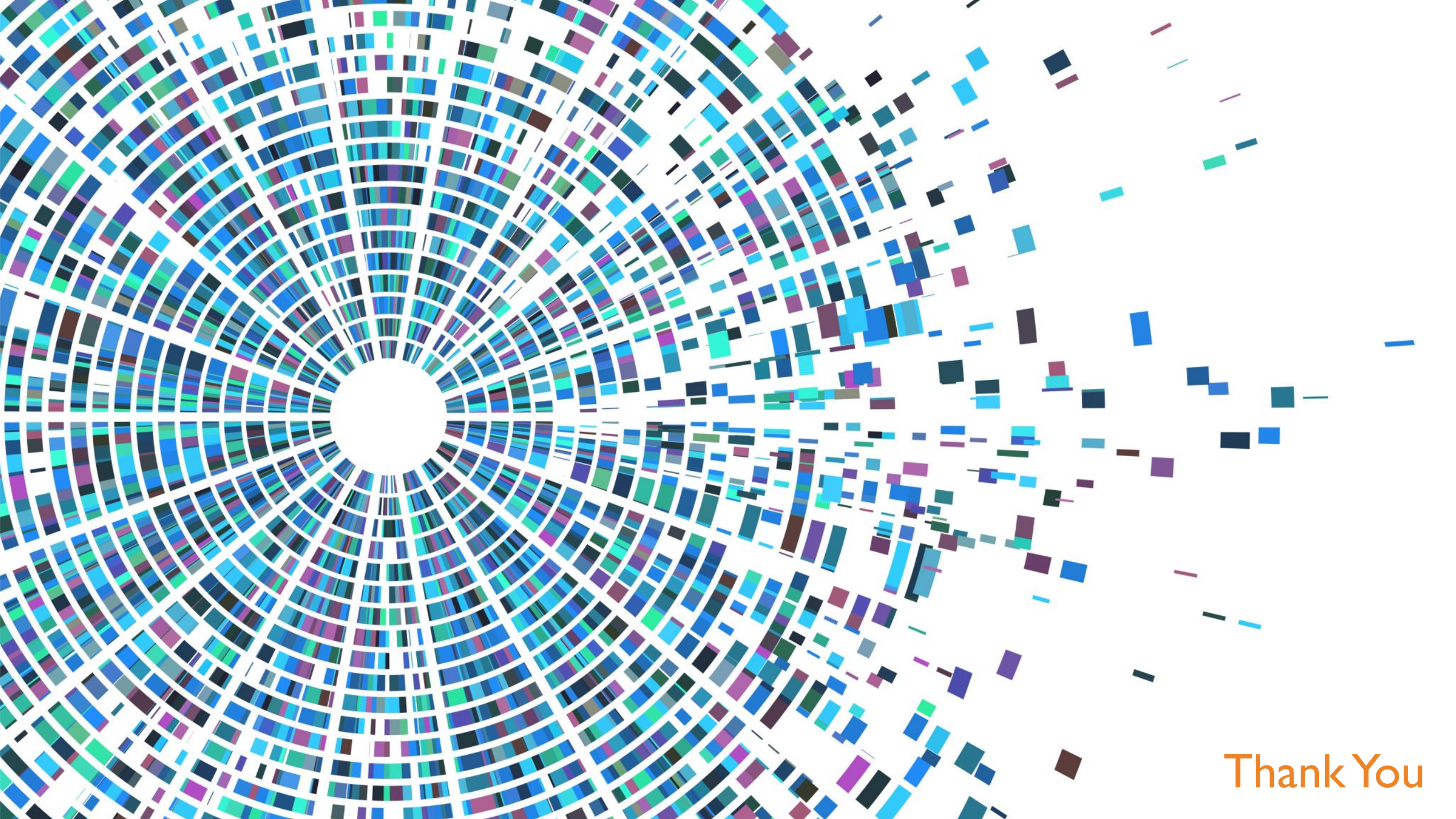
- 30 Minute, Mid-Month Short Meditation and Open Discussion

QUESTIONS

Contact

programs@transformationaljourney.me





Thank You