Program overview

Modern life leaves many of us in a persistent state of overwhelm - especially in the wake of the coronavirus pandemic. Work/life balance, financial and relationship challenges, health setbacks, and family obligations are some of ongoing triggers that can create a persistent sense of personal firefighting.

Working parents face a special challenge, with schools being closed, kids activities to prepare, and regular work responsibilities to fulfill during the day. These challenges can erode our sense of wellbeing and our capacity to truly be where we are, able to fully appreciate and take advantage of the joys that are already in our life.

Using mindfulness meditation practices, this program will prepare you to experience improvements in cognitive skills, mental health, physical health, and emotional intelligence – ultimately improving attention, awareness, and life satisfaction. Together these new capacities and tactics will enable you to remove obstacles to being present, creative, and optimistic – moving from distracted and disaffected to more satisfied and measurably more happy with life.

Who should attend?

Are you...

✓ Feeling overwhelmed between work, personal, and family obligations while school is closed?
✓ Facing intimidating financial, relationship, or health challenges?
✓ Reacting to the unfolding public health crisis with moments of fear, anxiety, or panic?
✓ Feeling burned out, exhausted, or frustrated?
✓ Experiencing persistent negative moods, critical thinking, or judgment that inhibits important relationships?

If you answered yes to any of the questions above, this program is for you.
Who is the instructor?

Jonathan Levene

Jonathan has been practicing Vipassana (mindfulness) meditation since 2010 and has completed intensive mindfulness instruction and retreats at both the Cambridge Insight Meditation Center and Insight Meditation Society in the greater Boston area. He is currently completing a 2-year certification in teaching mindfulness meditation with teachers Jack Kornfield and Tara Brach, certified by the Awareness Training Institute and the Greater Good Science Center at UC Berkeley. He is also an avid practitioner of Tai Chi and Chi Gong as moving meditation exercises. Jonathan has taught mindfulness programs for managers and executives at Harvard, and has served as an executive coach and facilitator in Harvard Business School Executive Education programs. He is also a certified executive coach specializing in executive presence, mindfulness, emotional intelligence, and resilience for executives and high-potential leaders in the high-tech and life-science sectors - for clients including Amazon, Cisco, HP, Merck, Pfizer, and the Broad Institute of MIT and Harvard. Jonathan lives in Needham, MA with his wife and two strong-willed daughters. He is a jazz lover and barbecue aficionado originally hailing from Toronto. Upon emigrating, he was treated for acute Canadian politeness and has been relapse-free for 25 years.

What will I learn?

In this program, you’ll learn:

- **How to practice effective mindfulness meditation**, including strategies for formal and informal practice, and how to use various objects of attention to foster attention and focus
- **Tools for mindfully boosting emotional intelligence** by recognizing and regulating emotional states through the body
- **Strategies for cultivating happiness** using evidence-based practices of gratitude and compassion
- **Approaches for stress reduction** through fostering present-centered awareness
- **How to foster resilience** to volatile, uncertain, complex, and ambiguous conditions
- **Strategies for fostering kindness and compassion** to strengthen relationships, reduce stress, and improve cognitive capacity

How will a mindfulness meditation practice benefit me?

According to the American Psychological Association, the evidence-based benefits of a mindfulness meditation practice include:

- **Improved cognitive skills**, including working memory, focus, attention, mental stamina, and cognitive flexibility (the ability to switch between different concepts fluidly)
- **Improved mental health**, including reduced stress, burnout, rumination, and sleeplessness
- **Improved physical health**, including improved immune response and reduced hypertension (high blood pressure), coronary heart disease, cell aging, and age-related cognitive decline
- **Improved emotional intelligence**, including improved self-awareness, emotional self-regulation, emotional awareness of others, and relationship management
What will be covered?

**Introduction to Mindfulness**
- Introducing mindfulness and meditation concepts, formal and informal practice, mindful eating and breathing practices, and guidelines for regular practice

**Strengthening Attention and Focus**
- Observing the mind in action, dealing with distractions, mindful listening and walking, and handling common hindrances to effective practice

**Working with Emotions**
- Using somatic intelligence for developing emotional self-awareness and self-management, practicing with grounding and mindfulness of body sensations

**Cultivating Kindness and Compassion**
- Developing positive emotions towards self and others through kindness and compassion practices, strategies for dealing with strong self-judgment

**Fostering Happiness**
- Leveraging positive neuroplasticity to cultivate happiness and manage the brain’s negativity bias

**Developing Resilience to Change**
- Working with resistance to change and managing pleasant, neutral, and unpleasant reactions to internal or external conditions

What’s the program structure?

A series of six weekly 60-minute classes conducted virtually via Zoom.

Classes will be held on Tuesdays from 8-9 pm on:
- April 7
- April 14
- April 21
- April 28
- May 5
- May 12

Each session includes instruction, practice, Q&A, and group discussion.

How do I sign-up?

To enroll, complete the following form:


There is a limit of 20 participants. Spaces are available on a first-come, first-served basis.