



Mindfulness for Teens – Summer 2017 Series

June 12th – July 17st, 2017

Mondays: 5:30 - 6:30 pm
Greenmeadow Pool Community Room
303 Parkside Drive
Palo Alto, CA 94306

Instructor

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Overview

Dear teens - I am so excited to be teaching this class to you all!

As a mother of a teenager and having been one once myself (a long time ago!), I'm aware of what a confusing, exhilarating, stressful, joyful, depressing, exciting time in your life this is! You are experiencing what it means to "grow up" and to share all your many gifts with this world. So many changes, so much to keep up with..

While most of our days are spent engaging with our external world, there is so much going on in our "inner" world that we hardly pay any attention to. In this class, we will learn to become familiar with how life is unfolding in our minds and bodies in the form of our breath, bodily sensations, sensory stimulation received through our five senses, our thoughts and feelings. We will learn how to bring our awareness to the present moment so that we can more fully experience our world and ourselves. And yes, research has shown that this process helps us become less stressed, feel happier and more at ease.

The practice of mindfulness has been so life changing for me and I wish that I had found it earlier in my life. My hope for you is that you will learn this practice and make it your own while you're still young so that more of your lives can be happy and peaceful. And as you spread your happiness and peace to more and more people, we will have a more peaceful and happy world ☺.

This is a very hands-on, interactive class. Each of the sessions will include meditation, some discussion on a topic of relevance to you, and a group/individual activity. I'm looking forward to a rich and enlivening course with each of you! Welcome!

- Gayathri



Class Themes

Week 1: June 12th, 2017

Introductions, Introduction to mindfulness, Mindfulness of breath

Offers the opportunity for you to get to know your instructor, fellow classmates, for you to clarify your personal intentions for coming to this class, and to begin to learn about mindfulness and meditation. In our first meditation together, we will explore what it means to become aware of our breath and breathing.

Week 2: June 19th, 2017

Mindfulness of Body and Senses, Meditation on self-acceptance

In addition to mindfulness of breath, we will learn how to become mindful of our bodily sensations and each of our sense organs. We will talk about what it means to accept ourselves just as we are and the challenges we face when it comes to loving and accepting ourselves fully.

Week 3: June 26th, 2017

Mindfulness of Thoughts and Feelings, RAIN

We will continue the practice of mindfulness, this time by observing our thoughts and feelings. We will discuss the difference between thoughts and feelings and pay attention to how feelings show up in our bodies as various sensations. We will explore how we can be more accepting and open to difficult feelings using the practice of RAIN.

Week 4: July 3rd, 2017

Mindful Walking, Lovingkindness (Metta) Practice

We will try a meditation in motion by doing a walking meditation. As we continue to develop more open-heartedness, we will explore a loving kindness meditation where we send messages of well-being to ourselves and others in widening circles of inclusion.

Week 5: July 10th, 2017

Review of practices, Discussion on relationships

We will use this class to review all the practices we've learned so far. For discussion, we will examine relationships in our lives that are challenging (with friends, family, teachers, etc.) and see how we can bring the practices of mindfulness to help us navigate relationships with wisdom and clarity.



Week 6: July 17th, 2017

Appreciation and Gratitude, Meditation on gratitude

In this last class, we will take the time to appreciate each participant in the class and talk about all the things we are grateful for. We will celebrate the changes we have witnessed and share the ongoing challenges we face in the practice. We will end with a meditation on gratitude. We say our goodbyes and make plans for ongoing connection and support.

Suggested Reading

Doty, Dr James. *Into the Magic Shop.*: Hodder & Stoughton, 2016. Print.