

ROOTED

Syllabus- A 4 Week Progressive Meditation Journey

WEEK 1 — PAUSE

Step out of doing and into being.

Learn the foundations of meditation and what happens when we intentionally step out of the constant thinking, doing, planning, and responding. Explore simple practices to calm the nervous system, restore your energy, and begin creating a different relationship with your mind.

WEEK 2 — ROOT

Go deeper. Come home to yourself.

Learn mantra meditation and receive your unique signature mantra in a private zoom meeting. Explore how mantra helps take your awareness beyond the surface activity of the mind, allowing you to settle inward, deepen your practice, and strengthen your connection to yourself.

WEEK 3 — NOTICE

Cultivate awareness with your eyes open.

Learn the practice of mindfulness and how to cultivate greater awareness in your everyday life. Practice noticing your thoughts, emotions, surroundings, and where your attention is going—so you can be more present with yourself and the life happening around you.

WEEK 4 — LIVE

Be here. Enjoy your life.

Bring the practice off the cushion and into your life. Explore how greater awareness and connection to yourself can help you be more present for the people, moments, and experiences that matter—and spend less of your life caught in your head and more of it actually living.

*after registering for ROOTED, students will be able to schedule their one on one zoom meeting with Kawehi to receive their personal mantra.

