

What is Mindful Life Program?

The Mindful Life Program (MLP), co-founded by [John Bruna](#) and [Mark Molony](#), is a comprehensive mindfulness program that integrates the four key areas of mindfulness – attention, wisdom, values, and an open heart – that help lead you to a personal transformation.

Our programs are:

Practical – They work. They make sense and can be integrated into daily life right away.

Accessible – These are not esoteric teachings that are hard to understand. They are taught using language and examples that are useful and understandable. We also are dedicated to offering free resources and making our programs as financially accessible as possible through scholarships and payment plans.

Universal – These universal teachings can benefit everyone, regardless of culture, religion, spiritual path or economic status. Our programs and courses empower the participants to live mindfully with attention and intention in alignment with their own value system.

The **Mindful Life Program** offers courses and programs that combine meditation training with practical, accessible, and universal skills that empower you to engage in your life with attention and intention. Our programs help you to experience life's events, your thoughts, and your emotions consciously so you are able to respond with clarity and wisdom. Transform your life and cultivate inner peace, wellness, and genuine, lasting happiness.

MLP Foundations Course

The MLP Foundations Course combines the practice of meditation with the application of mindfulness in daily life. Our goal is to help you to live your life with attention and intention, cultivating the skills that empower you to make healthy choices that are in alignment with your values and that are meaningful to you. The course is designed to be practical and accessible, allowing anyone, with or without a background in mindfulness, to participate. The course is also designed to be universal so that anyone can benefit from mindfulness, regardless of cultural, economic, or spiritual background.

The Mindfulness Foundations Course is much more than a mindfulness meditation course. It is an intensive mindfulness program that integrates the four key areas of mindfulness:

Attention – Developing attention through meditation training.

Wisdom – Understanding one's biases, labeling, projections and pre-judgments. Increasing emotional intelligence and learning to respond rather than react.

Values – Living a meaningful life. Developing healthy habits and responses that are in alignment with one's personal values.

Open heart – Developing healthy relationships and connections. Cultivating skills of compassion, loving-kindness, empathic joy, and equanimity.

In order to live a meaningful life and develop the freedom to live consciously, the curriculum focuses on training the mind and cultivating the ability to make healthy choices that are beneficial to the life you want to live. In this way, you can live your life with attention and intention. This course consists of lectures, meditations, small group discussion, journaling, and short video presentations. Our teachers create a safe environment for participants to explore their own values and learn to apply practices to live in alignment with those values.

Enrollment includes:

- 20 hours of engaging in-person class
- Foundations Course Companion Journal
- A copy of "The Wisdom of a Meaningful Life" by co-founder John Bruna
- Three month membership in the Mindful Life Community with app access
- Access to meditation library and additional resources
- Daily practice guide