

## From stressed to your best.

Five weeks. One hour a week. A mindfulness program for people whose lives don't pause for a retreat.

### 5 weeks

Program length

### 1 hour

Per session + Q&A

### 4–30 min

Daily practice, builds weekly

### Small groups

Community support

### What it is

Beginnings is the same science in a shape that fits the week. Five sessions. An hour each. A practice you can do standing at the kettle. That's it. Stick with it. That part matters.

Week one you start. Week five you're carrying it on your own. In between, a little more practice each time. By the end, you respond to stress instead of reacting to it.

### Three parts to each week.

- **A live session, once a week.** An hour with a small group and your instructor. Optional 15-minute Q&A after.
- **Short video + practice, every day.** A short guided practice most days. It starts at four minutes a day and builds to about thirty by week five.
- **A small group.** About 25 people take the course together and meet each week in the live sessions.

### What it costs — Courses like this usually run around \$300.

#### The full course

All five weeks, everything included.

**\$148**

#### Try the first week

Continue for the remaining \$140, or stop.

**\$8**

### You probably know someone in this group.

- A nurse who's absorbed other people's stress for a decade and is starting to feel it in her back.
- A therapist between sessions, wondering when she last took a full breath.
- Anyone who's tried meditation apps and quit in week two.
- Anyone who heard "MBSR" and thought not eight weeks.

### How you start

1. Watch the 3½-minute program overview at **be-ginnings.com** — no account needed.
2. Create an account; three more short orientation videos follow (about 12 minutes for all four).
3. A short health profile and the participant commitment.
4. A 30-minute intro call with your instructor. Once you have met, you are in.