# Peer-led Healing & Recovery through

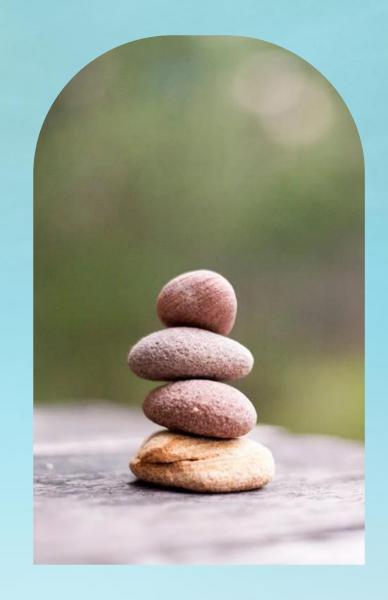
Mindfulness-Based Interventions

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## Agenda

- I. Intro
- 2. Cultural Humility
- 3. Breath-focused Meditation Jeremy
- 4. Body Scan Jeremy
- 5. Loving Kindness Meditation Jeremy
- 6. Tea Ceremony Jade
- 7. Sound Meditation Jade
- 8. Discussion and Q&A



#### Intro



Jeremy and Jade are Certified Peer Counselors.

We promote healing and recovery support through mindfulness-based interventions.

## Cultural Humility



Self-Reflection

Self-Critique

Biases and Limitations

**Openness** 

Lifelong Learning

Individual Needs

#### **Breath-focused Meditation**

Bringing awareness to breath

Allowing experience to flow

Concentration

**De-Activation** 

Come and go



## Body Scan



Grounding

Peace

Harmony

Connect Mind, Body, and Heart

## Loving Kindness Meditation

Cultivate love, compassion, and kindness for Others, and for Ourselves



## Tea Ceremony



Humility

Purity

Simplicity

Harmony

Tranquility

Hospitality

Respect

Belonging

**Tradition** 

Sound Meditation

Inner peace

Healing

Relaxation

Clarity

**Emotional well-Being** 

Self-awareness



## Discussion and Q&A



How was your experience?

What do you take away from this?

What would you do differently?

Any thoughts or questions?

# Thank you







Jeremy Elkon Jade Park