



Mindfulness Morocco

Mindfulness Self-Care Workbook

A 9-Week Journey to Inner Peace and Authentic Connection

Welcome to Your Mindful Life

I'm so excited to have you here, and I can't wait to help you transform your life. The purpose of this program is to help you discover and reflect more deeply on your strengths, challenges, and goals. Through a series of meaningful activities and practices, you'll dive deeper into understanding not only yourself, but also your life.

Let's get started right away and begin this inner journey together.

Living in the present moment is a freedom for human beings, because we have imprisoned ourselves in our thoughts.

Mindfulness consists of being fully present to everything that arises and accepting things as they are. Because the universe is perfect as it is, we should simply learn to manage our emotions rather than fight them.

Once we accept ourselves, we change our brain frequency, and this transforms our inner world, which in turn will transform our outer world.

About Your Instructor



Merieme Lakhdar

Mindfulness & Nonviolent Communication Coach

When Merieme Lakhdar experienced her first seizure as a young girl, she couldn't have imagined it would eventually lead her to discover her life's true purpose. Living with PNES (Psychogenic Non-Epileptic Seizures) since childhood, she refused to accept that medication was her only option.

Through mindfulness and yoga practices, she learned to manage her emotions rather than fight them, to accept her experiences rather than resist them, and to find wisdom in every challenge. This personal breakthrough became too powerful to keep to herself.

At the height of a successful 19-year career in international media—working with CNN, Cartoon Network, and NBC Universal—Merieme made a courageous decision: she walked away from corporate success to follow her true potential, teaching mindfulness and emotional intelligence to people of all ages.

Professional Credentials & Experience

- ✓ Certified MBSR (Mindfulness-Based Stress Reduction) Facilitator
- ✓ Trained NVC (Nonviolent Communication) Practitioner
- ✓ 19 Years International Media Experience (CNN, Cartoon Network, NBC Universal)
- ✓ Contributor to Google's "Search Inside Yourself" Program
- ✓ 500+ Professionals Trained Across Morocco
- ✓ Fluent in English, French, and Arabic

The 9-Week Journey

This comprehensive program is divided into two phases: building your foundation (Weeks 1-5) and integrating mindfulness into your daily life (Weeks 6-9). Each week includes live sessions, guided practices, and personal reflection exercises.

Foundation Phase: Weeks 1-5

Week 1

Awareness & Presence

"Waking Up to Your Life"

Learn what mindfulness actually means and discover the power of being fully present. Explore how much of our lives we spend on "autopilot" and begin practicing conscious awareness.

- Intentional attention training
- Present-moment focus techniques
- Observing without judgment

Week 2

The Body-Mind Connection

"Coming Home to Your Body"

Explore the intimate connection between body and mind. Discover how your body serves as a powerful anchor to the present moment.

- Full body scan practice
- Somatic awareness
- Mind-body integration

Week 3

Thoughts & The Mind

"Understanding the Story-Making Machine"

Discover that thoughts are not facts and that you have the power to change your relationship with your thinking mind.

- Thought observation techniques
- Recognizing thought patterns
- Working with rumination

Week 4

Emotions & Feelings

"Befriending Your Emotional Life"

Learn to recognize, name, and work skillfully with feelings—both pleasant and difficult.

- Emotional awareness
- RAIN practice (Recognize, Allow, Investigate, Nurture)
- Self-compassion techniques

Week 5

Mindful Communication

"Speaking and Listening from the Heart"

Apply mindfulness to communication using Nonviolent Communication (NVC) principles for authentic connection.

- Deep listening practice
- Honest expression
- The four components of NVC

Integration Phase: Weeks 6-9

Week 6

Living with Difficulties

"Turning Toward What We Usually Turn Away From"

Learn how to meet difficult experiences with awareness and kindness rather than resistance.

- Awareness practice
- Freedom through acceptance
- Skillful response development

Week 7

Compassion and Love

"Extending Kindness to Yourself and All Beings"

Explore your natural capacity for connection and care, learning to cultivate compassion as a way of being.

- Lovingkindness meditation
- Self-compassion practice
- Universal compassion

Week 8

The Burnout Tunnel

"Recognizing Depletion and Restoring Balance"

Shine a light on burnout patterns and develop strategies for sustainable self-care.

- Balance assessment
- Healthy boundaries
- Self-care prioritization

Week 9

Your Precious Life

"Integration, Celebration, and Continuing the Journey"

Reflect on your journey, celebrate growth, and create a sustainable path for continuing your practice.

- Integration practices
- Personal practice plan
- Continuing beyond the course

What You Will Receive



9 Live Sessions

90-minute guided sessions each week, available online



Workbook

Beautifully designed with exercises and reflections



Meditations

Audio recordings for personal practice



Community

Supportive group for sharing and encouragement



Lifetime Access

All recordings and materials remain available



Email Support

Personal guidance throughout the program

The Transformation You Can Expect

- Greater peace and presence in daily life
- Improved emotional regulation
- Enhanced self-awareness
- Better communication in relationships
- Practical tools for managing stress
- sustainable mindfulness practice

What Participants Are Saying



"Madame Merieme is a kind and understanding person. From the very first meeting, I felt the positive energy she radiates. I'm grateful she opened my eyes to certain ways we behave and showed us how to achieve good communication without violence. It's not easy at all, but now we can see situations from another perspective. All it takes is having the right tools to work with, and Merieme provides exactly that."

— Hanaa Tazi



"This course should be mandatory for all teachers, parents, kids, and adults. The breathing, awareness, and communication skills training are absolute game changers. These skills can be taught to children and teachers, and they will be helpful for the rest of their lives. Knowing how to breathe, set your intentions, and communicate your needs are major life skills."

— Teacher, American School of Rabat

Is This Program For You?

This program is designed for anyone seeking deeper peace, self-understanding, and authentic connection. You might be drawn to this journey if:

- ✓ You feel overwhelmed by stress, anxiety, or daily life noise
- ✓ You want to understand yourself better and develop greater self-compassion
- ✓ You're navigating a life transition and seeking clarity
- ✓ You struggle with difficult emotions
- ✓ You desire more meaningful connections with others
- ✓ You're curious about mindfulness but don't know where to start
- ✓ You've tried meditation before but found it hard to maintain
- ✓ You want practical tools for managing life's challenges
- ✓ You're ready to invest in your personal growth
- ✓ You feel something is missing in your life

No Experience Necessary

No previous experience with mindfulness or meditation is required. All you need is an open heart and a willingness to explore.

Get in Touch

I would love to support you on your journey to inner peace. Whether you have questions about the program or you're ready to begin, please don't hesitate to reach out.

J'aimerais vous accompagner dans votre voyage vers la paix intérieure.



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Merieme Lakhdar



Location

Morocco / Maroc

"Sber (Patience) and Hamdoulah (Gratitude) are the keys to transformation."

Mindfulness Morocco | Merieme Lakhdar

Transforming Lives Through Mindfulness & Compassionate Communication

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