



# Mindful Motherhood with Adèle



**6-Week Online Course for busy  
moms to learn practical tools for  
everyday mindfulness**

If you're a busy mom who craves calm & focus and is looking for practical tools and everyday wisdom – my 6-Week Mindful Motherhood Program is for you.

Designed to break down barriers and give you access to knowledge and skills, through this course, you will cultivate the foundations of your mindfulness practice.

By connecting and grounding yourself, you can show up more present, engaged and joyful in every aspect of your life – and especially for your children.

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*“Mindful parenting is the hardest job on the planet, but it’s also one that has the potential for the deepest kinds of satisfactions over the lifespan, and the greatest feelings of interconnectedness and community and belonging.”*

— Jon Kabat-Zinn

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**FOR MOMS WHO CAN'T MEET EVERY  
WEEK AT THE SAME TIME**

**1:1 Personalised Sessions**

**\$1225USD (payment plan available)**

Finding the same hour every week as a mom can be challenging so be guided personally on your journey at a time that best suits you.

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**FOR MOMS WHO CAN FIND AN HOUR A  
WEEK AT A REGULAR TIME**

**Intimate Group Sessions**

**\$725USD (payment plan available)**

Join our group session and journey alongside a community of mothers who are coming together to cultivate more mindfulness in their everyday lives.

**REGISTER YOUR  
INTEREST →**



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*Adèle's Mindful Life course was amazing! As a busy mother, I wasn't sure I'd be able to find the time, but I was so glad I did. Adèle is a gifted instructor and helped me feel not guilty for prioritizing myself.*  
- Jennifer, A Mindful Life Course participant 2021



# Mindful Motherhood Course Outline

**WEEK 1: Introduction to Mindfulness for Mothers.** Setting foundations for your mindfulness practice through understanding what mindfulness is and why it is so important in our lives – especially as a mother.

**WEEK 2: Present Moment Awareness through the Body.** Learn different techniques to work with where your body is at and understand how to embrace it kindly and lovingly.

**WEEK 3: Metta & Loving-kindness Meditation.** Cultivating compassion and loving-kindness which we offer to ourselves and others.

**WEEK 4: Mindfulness of Thoughts and Emotions & Self-compassion Break.** Continue building on your practice of working mindfully and compassionately with your thoughts and emotions.

**WEEK 5: Breath Work Practices & Mindful Movement.** Learning simple yet powerful breathing techniques and movement practices to support you in everyday life as a mother.

**WEEK 6: Eating & Daily Tasks as Meditation.** Learn how to bring mindfulness into your everyday life, how to set intentions, and set yourself up for success.

**+ 1:1 Mindfulness Personal Planning Session.** We design a personalised plan together to fit more mindfulness into your unique life experience.



Hi, I'm Adèle, a seasoned mindfulness, meditation and movement practitioner and guide.

For over 18 years, I have been teaching people how to reconnect with and strengthen their bodies, mind and spirit.

My goal through this course is to help more mothers feel healthier and more vibrant so they can give love from an overflowing well of energy and vitality without sacrificing their own wellbeing and needs.

I can't wait to meet you.

*xx Adèle*

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