

JYLANI MAAT

• MEDITATION + MINDFULNESS •

jylanimaat.com

media kit



WELL-BEING FOR THE BODY

ABOUT ME

JYLANI MA'AT (BROWN)

PRONOUNS: SHE/HER

A meditation + mindfulness facilitator is an individual who guides one into their embodied awareness by connecting the body and mind with the breath, sensations and emotions. Most wellness and health professionals can help facilitate the use of the body as the medium for healing, relaxation, rejuvenation, and stress reduction. As a practitioner and student of contemplative arts for over 20 years, for jylani ma'at, this is beyond professional, it's also personal. Consequently, jylani ma'at has a wide variety of body-centered practices and strategies to choose from, including but not limited to meditation, yoga nidra, restorative yoga, sound baths and many variations of easy to learn conscious breathing techniques.

As a UCLA MARC + Mindful Schools + Tracee Stanley, trained and certified, international mindfulness and meditation facilitator; registered yoga teacher; certified integrative health coach; and licensed health professional, jylani ma'at shares a deeply engaging, integrated, culturally relevant, joy-centered and uniquely restorative wellness program for all people and all bodies. Pre/post meditations, lesson plans and curricula avail at additional cost.

A woman with dark hair, wearing an orange t-shirt and blue jeans, is sitting in a meditative lotus position on a black mat. She is facing a group of people who are sitting on the floor in a circle, seen from behind. The room has a minimalist aesthetic with a white wall and a large white rectangular object in the background. A vase of white flowers sits on a white table next to the meditator.

BREATHING FOR THE SOUL

ABOUT OFFERINGS

Programs designed for and experienced by: public/private/independent schools, universities/colleges, community groups/centers, corporations, nonprofits, meditation and yoga studios, meditation and retreat centers, private businesses, parks and recreation, private clients, and the general public in glorious streets of: NYC, LA, Oakland, Madrid, Cuba, Morocco, Mexico, Honduras, Puerto Rico, and the Bahamas.

MEDITATION APPS:

UNPLUG MEDITATION



MANIFESTRACK



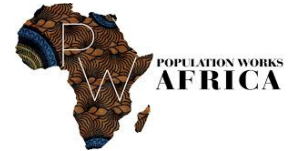
CONTACT

CALL/TEXT: 510-209-7632

EMAIL: [JYLANI@JYLANIMAAT.COM](mailto:jylani@jylanimaat.com)

WEB: [JYLANIMAAT.COM](http://jylanimaat.com)

proud to have partnered with:



For rates and availability
please email, jylani@jylanimaat.com
with the following information:

- name of the contact person
- contact information (email, telephone #)
- name of the organization, if applicable.
- dates + time of event or program, include relevant schedule time (ie. 30 minutes, 2 hours, etc.)
- desired practice or program theme
- participant demographics (ie. 2nd grade students, Board Members, Women's bookclub, etc.)
- number of participants (expected)
- voluntary or involuntary attendance
- desired program structure (active listening, active movement, materials available, etc.)

~an economically sensitive and compassionate approach is offered for all rates~

*deposit is due upon booking

*balance is due before or on the day of completion

*deferred payments, with scheduled pay date, are priced differently

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