



Mindfulness Morocco

Mindfulness Self-Care Workbook

A 9-Week Journey to Inner Peace and Authentic Connection

Live guided sessions • Personal support • Lifetime access

Join the Next Group

Book a Free Discovery Call

A complete 9-week guided program to help you step out of autopilot, develop greater presence, and build more authentic relationships — with yourself and with others.

Next group starts soon • Limited places available

Welcome to Your Mindful Life

I'm so happy to welcome you here. This 9-week journey is designed to help you discover your strengths, meet your challenges with kindness, and build a more peaceful and authentic relationship with yourself and others.

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

Through live sessions, guided practices, and meaningful reflection, you will learn to step out of autopilot and live with greater presence.

This program is not about becoming a different person. It is about coming home to yourself — with more awareness, more compassion, and more choice.

I look forward to walking this path with you. Let's begin this inner journey together.

About Your Instructor



Merieme Lakhdar

Mindfulness & Nonviolent Communication Coach

When Merieme experienced her first seizure as a child, she never imagined it would one day lead her to her true purpose. Living with PNES (Psychogenic Non-Epileptic Seizures) since childhood, she refused medication as her only option.

Through mindfulness and yoga she learned to welcome her emotions instead of fighting them, and to find wisdom in every challenge. This personal transformation became too powerful to keep to herself.

After 19 years in international media (CNN, Cartoon Network, NBC Universal), Merieme left corporate success to teach mindfulness and emotional intelligence to people of all ages across Morocco.

Credentials

- ✓ Certified MBSR Facilitator
- ✓ Trained Nonviolent Communication (NVC) Practitioner
- ✓ Contributor to Google's "Search Inside Yourself"
- ✓ 500+ professionals trained across Morocco
- ✓ Fluent in English, French and Arabic

The 9-Week Journey

This comprehensive program is divided into two clear phases:

FOUNDATION PHASE — WEEKS 1 TO 5

Building awareness and new skills

WEEK 1

Autopilot

Autopilot is a state of mind in which we act without conscious attention or awareness of the present moment's sensory experience. The goal of this program is to build awareness so that we can respond to situations by choice, rather than react automatically.

WEEK 2

The Body Scan

The purpose of the body scan is to connect you to your body — to reconnect you to your physical self — and to notice every sensation you feel without judgment. The goal is to train the mind to be more open and aware of sensory experience, and ultimately more tolerant. Over time and with practice, the body scan will build your ability to focus and to be fully present in your life.

WEEK 3

Intention, Attention & Attitude

Three components of mindfulness:

- Intention — choosing to cultivate your awareness.
- Attention — to the present moment, to sensations, and to thoughts.
- Attitude — being kind, curious, and non-judgmental.

WEEK 4 & 5

The Power of Rumination & Nonviolent Communication

Rooted in a meditation that teaches you to see thoughts as mental events that come and go. NVC is a powerful communication tool that helps us listen with compassion, and respond with compassion.

INTEGRATION PHASE — WEEKS 6 TO 9

Bringing mindfulness into daily life

WEEK 6

Living with Our Difficulties

Difficult things are simply part of life itself. It's how we handle them that makes the difference between letting them govern (control) our lives, or being able to hold them more lightly. Becoming more aware of the thoughts, feelings, and bodily sensations that events bring up gives us the freedom to step out of habitual, automatic ways of reacting — so that we can instead respond consciously, and more skillfully.

WEEK 7

Compassion and Love

Kindness and compassion sit at the heart of nearly every meditative tradition. This week, we explore our natural tendency to connect with and care for others, and consider the value and potential of being compassionate even beyond our closest relationships.

WEEK 8

The Burnout Tunnel

Burnout often comes wrapped in shame, sometimes sprinkled with self-cynicism. Many people burn out without realizing it: there's an urge to keep going, and a sense that our personal wellbeing and mental health aren't worth taking care of. This week looks at what nourishes me versus what depletes me, and how I can live with more balance.

WEEK 9

Your Precious Life

A wonderful opportunity to look back over the whole journey and remember what mindfulness is, and how much kindness matters too. Take the time to explore how to carry your personal practice forward beyond the program.

Each week includes one live 90-minute online session, guided practices, and personal reflection exercises.

What You Will Receive

Everything included for 9 weeks:

- ✓ 9 live 90-minute guided sessions online
- ✓ Beautifully designed practice workbook with exercises and space for reflection
- ✓ Supportive community group for sharing and encouragement
- ✓ Lifetime access to all recordings and materials
- ✓ Personal email accompaniment throughout the program
- ✓ Practical Nonviolent Communication tools integrated into the journey

If purchased separately, the total value would be significantly higher than 5000 DH.

Your Investment

5000 DH for the complete 9-week journey

Or pay comfortably in installments:

2 payments of 2500 DH

3 payments of 1700 DH

What this really means

- $\approx$ 555 DH per week
- $\approx$ 62 DH per day
- Less than the cost of a single private coaching or therapy session — for a full 9-week guided transformation with live sessions, personal support, community, and lifetime access.

Limited Spots

Next group starts on [insert date]. Places are limited to keep the group intimate and supportive.

Reserve My Spot

Book a Free 20-min Discovery Call

If after the first two sessions you feel this is not the right fit, simply let me know and we will find a fair solution.

The Transformation You Can Expect

- Greater peace and presence in daily life
- Improved emotional regulation
- Deeper self-awareness
- More authentic communication in your relationships
- Practical tools for stress and difficult emotions
- A sustainable mindfulness practice you can keep for life

What Participants Are Saying



"Madame Merieme is kind and understanding. From the very first meeting I felt the positive energy she radiates. She opened my eyes and showed us how to communicate without violence. It is not always easy, but now we can see situations from another angle. She gives us exactly the right tools."

— **Hanaa Tazi**



"This course should be mandatory for all teachers, parents, children and adults. The breathing, awareness and communication skills are true game-changers. These are essential life skills."

— **Teacher, American School of Rabat**

Is This Program For You?

This journey is for you if:

- ✓ You feel overwhelmed by stress, anxiety or the noise of daily life
- ✓ You want to understand yourself better and develop more self-compassion
- ✓ You are going through a life transition and seek clarity
- ✓ You struggle with difficult emotions
- ✓ You long for more authentic relationships
- ✓ You are curious about mindfulness but don't know where to start
- ✓ You have tried meditation before but found it hard to maintain
- ✓ You want practical tools you can use every day
- ✓ You are ready to invest in your personal growth

No Experience Necessary

No previous experience required. All you need is an open heart and the willingness to explore.

Get in Touch

I would love to accompany you on this journey toward greater inner peace. Whether you have questions or you are ready to begin, feel free to reach out.

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Merieme Lakhdar

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

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Transforming lives through mindfulness and compassionate communication

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