


JYLANI MAAT

• MEDITATION + MINDFULNESS •

jylanimaat.com

media kit



JYLANI MA'AT (BROWN)

PRONOUNS: SHE / HER

WELL-BEING FOR THE BODY

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.

proud to have partnered with:



A woman with dark hair, wearing an orange t-shirt and blue jeans, is sitting in a meditative lotus position on a white rectangular platform. She is facing a group of people who are seated on black chairs and the floor, looking towards her. The room has light-colored walls and a wooden floor. There are some white decorative objects and a vase of white flowers on the platform next to her.

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 

CONNECT



www.jylanimaat.com

WITH



hello@livingwellwithjylani.com

JYLANI



347-901-9909

[FOR A FULL LIST OF](#)
[OTHERINGS PLEASE](#)
[CLICK HERE.](#)

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