

Cultivating the Courageous Heart

A 4-week online meditation class for women

Learn to meet life and yourself...

with clarity, connection,
compassion,
& courage

*"Metta is the ability to embrace
all parts of ourselves as well as all
parts of the world"*

-Sharon Salzberg

Jan 26- Feb 23, 2026

(no class 2/9/26)

**Mondays : 9:00-10:30 a.m.
online**

To register or for more info visit:

www.jeanleonardphd.com/events

Or contact:

Jean Leonard, 303-868-5881

jeanleonardphd@gmail.com

Investment: \$200 (suggested payment)

If you cannot afford this rate, pay what you can. If you can pay more, I welcome your generosity, as it will help support me, and those who are struggling at this time.

Class Description

This 4-week online class will offer a chance to cultivate sangha and to build resilience through the practices of mindfulness and compassion. We will co-create a nourishing community of women, emphasizing connection and support. Topics to be explored include: cultivating presence, befriending ourselves in difficult moments, the body as an anchor, nervous system regulation, grief and gratitude, joy and resilience, and how to bring wise action to the many complexities of the world right now. This series will build upon the previous classes, and also works as a stand-alone series. Suitable for both beginners as well as those with an established practice.



Jean Leonard, Ph.D. is a licensed psychologist, dharma teacher, Buddhist Ecochaplain, and certified Mindful Self-Compassion teacher in private practice in Louisville, Colorado. A meditator since 2003, primarily in the Theravada lineage, she deeply loves the heart practices. In her teaching and mindfulness-informed mentoring and therapeutic work, she supports individuals through sacred accompaniment in meeting the circumstances of their lives and themselves with more gentleness, grace and good humor. She has a passion for nature practice, women's sangha building, and practice related to aging, illness & dying.

