




JESSICA MULTINI

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 São Paulo, Brazil

MEDITATION MINDFULNESS SKILLS

Group facilitation

Corporate mindfulness facilitation

Personal instruction

Formal sitting meditation practice

Informal mindfulness practice

Mindfulness Meditation
Facilitation

Mindfulness-based stress
reduction

Primordial Sound Meditation
(Vedic mantra-based meditation)

Corporate Mindfulness Classes (1
class or weekly formats)

Open Awareness and breath-
focused meditation (Zen/Buddhist
meditation)

Tools and techniques to work
with mind-wandering and
thoughts during practice

Formal instruction: posture,
alignment, breathe techniques

Meditation 101: How to start a
daily meditation practice

Mindfulness 101: How to
incorporate mindful awareness
within daily life

Resources, tools, and on-going
support

Personal reflection, awareness,
and contemplative insight

WORK EXPERIENCE

Experience as a Meditation Teacher in mindfulness, meditation, and contemplative practice within the areas of secular mindfulness and eastern meditation traditions including Vedic and Buddhist meditation lineages. Practitioner since 2012. Certified UCLA Mindful Awareness Research Center Mindfulness Instructor and Trained in Mindfulness-Based Stress Reduction.

Small Business Owner with 6 years' experience in mindfulness, meditation and sustainability product development solely responsible for business management, marketing communications, team leadership and branding.

Meditation Teacher & Mindfulness Instructor

Jessica Multini

Internationally & Online

- Personal Instruction
- Public Group Meditations
- Corporate Mindfulness
- Workshops
- Talks, Events, Brand Collaboration

Business Owner

MEISOU

Bali, Indonesia

- Founded company which specializes in the development of sustainable products to inspire people to practice meditation and live mindfully
- Conducted a business plan and strategy, developed business model, and participated in all facets of the business development.
- Communication with clients to identify and formulate them requirements; customized product to ensure that it was in compliance with the clients' needs.
- Recruited and trained all new personnel to ensure the company's vision and goals were fully met.
- Attended various startup exhibitions and other events to present the product and company to potential customers, partners, and investors.
- Clients include Pharmaca, Treevotion, Alchemy Bali, Natural Vibe Brazil

Education

University of California - Mindful Awareness Research Center, Los Angeles, CA
Mindfulness Facilitation Training, 2020

Universidade Presbiteriana Mackenzie, São Paulo, Brazil
Bachelor of Business Administration, 2014

Centro Universitário das Faculdades Metropolitanas Unidas, São Paulo, Brazil
Bachelor of Arts: Psychology, 2013