

MAHP – Mindful Awareness Healing Practice

An Experiential Exploration of Heart-Centered Awareness and Embodied Consciousness

Facilitator Kelli (Kai) Silva

Kai Silva is a mindfulness educator, yoga instructor, and creator of the Mindful Awareness Healing Practice (MAHP), an interdisciplinary contemplative approach integrating breathwork, mindful movement, meditation, and heart-centered awareness practices.

She has guided mindfulness and embodied awareness practices internationally in the United States, Brazil, Costa Rica, and Argentina. She also developed MAHP in collaboration with the UC San Diego Stein Institute for Research on Aging as part of ongoing mindfulness and well-being initiatives.

Kai holds a PhD in Philosophy/Metaphysics with a focus on Heart Centered Awareness

Session Overview

This experiential session introduces the Mindful Awareness Healing Practice (MAHP), a guided contemplative experience designed to cultivate present-moment awareness, emotional balance, nervous system regulation, and embodied attention.

Participants will be guided through an integrated sequence of conscious breathing practices, gentle mindful movement, meditation, and heart-centered awareness techniques intended to support direct exploration of subjective conscious experience. Rather than approaching consciousness exclusively through theoretical discussion, this session invites participants into a direct embodied exploration of awareness through experiential practice.

The session is accessible to participants of all experience levels and does not require previous yoga or meditation experience.

Session Flow

- Grounding and introduction to MAHP
- Breath awareness
- Gentle mindful movement and embodied awareness
- Guided meditation and heart-centered attention practice
- Silent reflection and integration
- Closing discussion and participant questions

Participants may experience

- Increased present-moment awareness
- Emotional grounding and relaxation
- Greater body awareness
- Enhanced attentional focus

