

Giacomo Jack Jaselli

Mindfulness Teacher | Philosopher | Writer | Musician

www.jackjaselli.com · Milan, Italy · jack@jackjaselli.com · +393398422631

About Me

Jack Jaselli is a mindfulness teacher, philosopher, and artist whose work bridges contemplative practice, creativity, and human connection. He is a certified **MBSR (Brown University)** and **CCT (Compassion Cultivation Training, Stanford)** teacher, and a **Deep Listening Practitioner** (Pauline Oliveros lineage). He teaches in the **Master's in Contemplative Studies** at the University of Padua and in the **Philosophy for Community** program at the University of Milan. His programs have been offered for **McKinsey, Porsche, Lonely Planet**, and in universities, companies, and prisons — integrating mindfulness, compassion, and music as living practices of awareness.

Proposed Sessions of Vitality

1) Mindful Embodiment: The Art of Presence

A session rooted in MBSR and embodied mindfulness. Participants are guided through gentle awareness practices — body scans, breathwork, and sensory attention — that help cultivate presence, clarity, and grounded energy.

Duration: 30–60 min · Ideal for grounding, team reset, and stress release

Quote: "From doing to being — learning to inhabit our bodies as places of wisdom."

2) Compassionate Leadership & Connection

An experiential introduction to Compassion Cultivation Training (CCT). Through short guided practices, reflections, and interactive moments, participants explore empathy, resilience, and the strength of leading with care.

Duration: 45–75 min · Ideal for teams, managers, human-centered leadership

Quote: *“Compassion is not softness – it’s the courage to stay open.”*

3) Deep Listening & the Creative Voice

A journey through sound, silence, and collective creation. Combining Deep Listening principles with songwriting and light improvisation, this session invites participants to rediscover their creative pulse – listening to each other, to the body, and to what wants to emerge. Sometimes, it ends with a shared song written together.

Duration: 45-90 min · Ideal for creative teams, innovation retreats, cross-disciplinary events

Quote: *“Listening is the bridge between awareness and art.”*

Approach

A blend of scientific grounding, contemplative tradition, and artistic spontaneity. Each session is a **living experience** where presence, compassion, and creativity become ways of reconnecting with what truly matters.

“Mindfulness is not calm – it’s courage. Every breath, even the messy ones, can be a form of prayer.”