

WHY OFFER CORPORATE PROGRAMMING ON LIFESTYLE AND MEDITATION TECHNIQUES?

A Detroit based chemical plant posted the following results after implementing a meditation program:

- ABSENTEEISM FELL BY 85%
- PRODUCTIVITY ROSE 120%
- INJURIES DROPPED 70%
- PROFITS INCREASED 520%



Our programs are scalable, portable and can be tailored to your company's needs. Following are a sample of programs that you can add to your employee wellness program to support the health and growth of the individuals that are vital to the success of your organization. We also offer training in reducing stress, managing crises and improving efficiency.

Meditation for Productivity

How can meditation make your employees more productive and efficient? This session will cover the science behind the positive changes to the brain during meditation and as the result of a consistent meditation practice. Your employees will learn techniques to promote non-reactivity, clear decision making as well as better overall health and wellness.



Increasing Health and Mental Strength in the Workplace

In order for your employees to be able to work hard and smart, they need to have a way to manage their health. Often, employees feel like they just don't have enough time to take care of themselves. This class will offer them simple solutions that will build their reserves and confidence and expand their work/life/family balancing skills. From this solid foundation, they will be able to manage the stresses of the workplace and contribute in a meaningful way.

Learn to Meditate: 4 sessions

"A well-designed approach to meditation makes it easier to quiet the everyday mind and helps us reach the same deep level of meditation day after day" (Rolf Sovik, Moving Inward). Each class offers rationale and practice, exploring posture, diaphragmatic breathing and breath awareness, systematic relaxation, allowing your employees to create a system that they can easily continue on their own.