

Why mindfulness meditation?

In recent years, corporations began to offer on-site meditation to help employees become resilient with workplace stress. Mindfulness meditation not only makes you more calm and focused, but also enhances your cognitive abilities so you make better decisions. It gives you the power to turn ideas into reality.



**Boost
Productivity**



**Improve
Decision-making**



**Reduce
Stress**



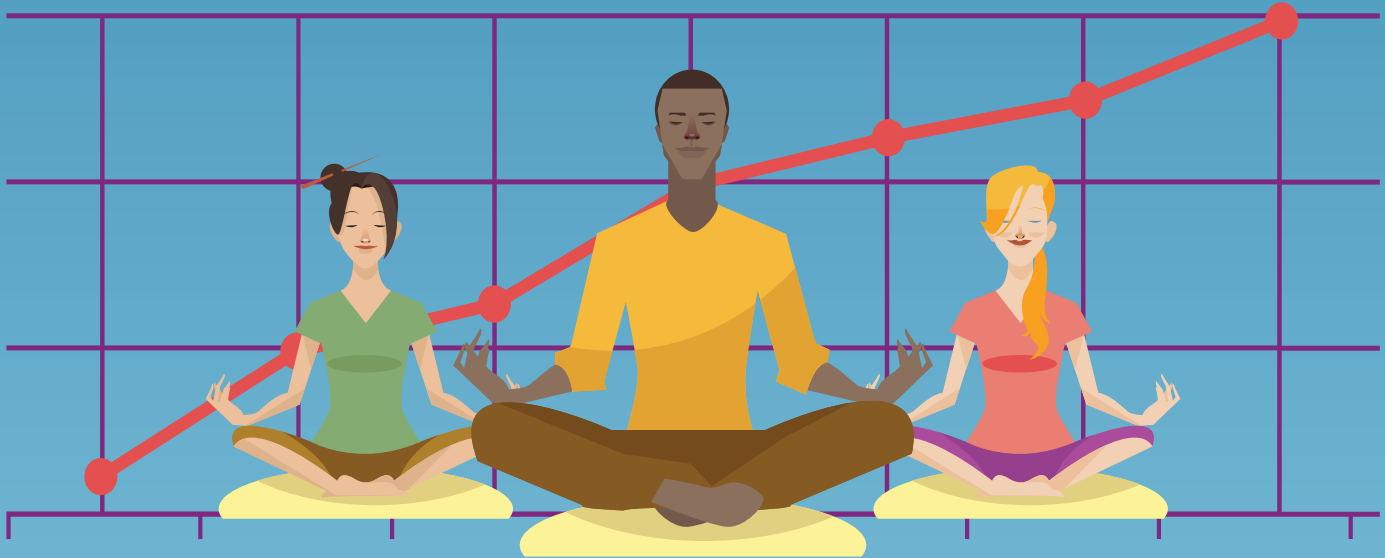
**Enhance
Creativity**

Experienced instruction by Ken Cox

Ken began his career working at NWAyer and Grey Advertising which led him to yoga and meditation as a means to reduce stress. He has been practicing yoga for over 33 years and teaching yoga and meditation for last 20 years. His experience informs his teaching and he teaches in a way that helps people to understand mindfulness in an easy and friendly way.



Mindfulness Meditation Class Packages



6 Week Introduction

This six week program is a great way to introduce the principles and practice of mindfulness at work.

12 Week Immersion

The 12 week program builds on the introduction by delving deeper into the principles for a sustained practice.

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| 1. Meditation defined | 7. Creating good habits |
| 2. Meditation myths | 8. Stillness breaks |
| 3. Cultivating equanimity | 9. Types of thoughts |
| 4. Surrender in meditation | 10. Mindful exercises |
| 5. Noting thoughts | 11. Emotional Awareness |
| 6. Acceptance | 12. Accurate self-assessment |

All classes are \$150 per session and open to any number of employees, whether new to meditation or those with a regular meditation practice. Most companies choose the 12 package option for their employees.

