

# GUIDED MEDITATION SESSIONS



Over the last 30 years, academic research in the field of neuroscience has documented the wide-ranging benefits of learning to meditate. We know that meditation has the power to change the shape and structure of the brain, helping individuals to regulate thoughts, emotions and feelings. It can be an essential tool for managing stress and anxiety and dealing with uncertainty.

During our guided meditation practices, we draw on various techniques and aim to help anchor participants in the present moment. Each session aims to build on the last, introducing new points of focus in each meditation.

Our thirty-minute sessions involve a twenty-minute meditation followed by 10-minutes of Q&A hosted by one of our fully-qualified, experience mindfulness teachers.

Available for groups of up to 100 via Zoom.\*

## INVESTMENT

1x 30-minute guided meditation practice: £150 +VAT  
6x 30-minute guided meditation practices: £720 +VAT

## GET IN TOUCH

T: +44 (0)203 637 7417  
E: [hello@weareluminate.co](mailto:hello@weareluminate.co)

\*Can be delivered to groups of more/less dependent on the video-call platform our clients have access to.