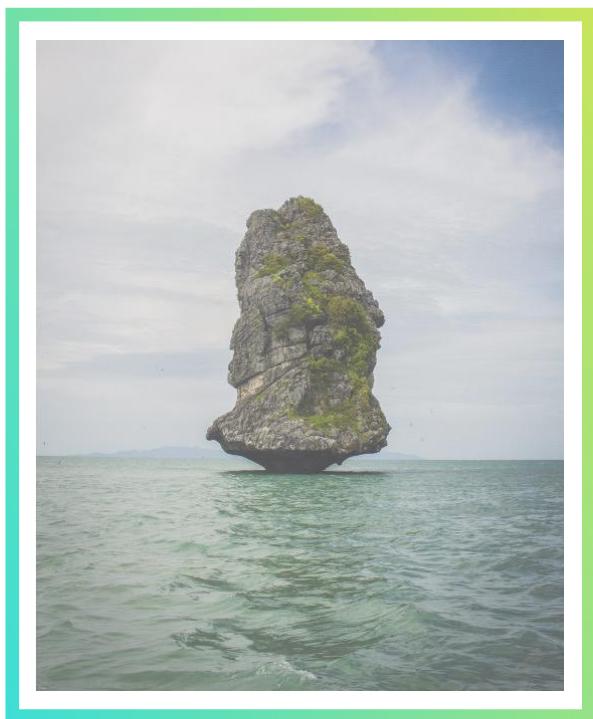


GUIDED MEDITATION SESSIONS

OUR GUIDED MEDITATIONS ADD AN ELEMENT OF MINDFULNESS TO THE WORKING DAY, HELPING US FIND BALANCE AND TACKLE FEELINGS OF STRESS AND ANXIETY.



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.

DURATION:

Our 30-minute sessions involve a 20-minute meditation followed by 10-minutes of Q&A hosted by one of our fully-qualified, experienced mindfulness teachers.

DELIVERY:

Available for groups of up to 100 via Zoom. Sessions can be delivered to groups of more/less dependent on the video-call platform.

COURSE INVESTMENT:

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

Access to the recording for two weeks after the live event is included. Extended access to the recordings can be arranged for a small fee.