



Company Results

- ↓ 85% Absenteeism
- ↓ 70% Injuries
- ↓ 76% Sick Days
- ↑ 120% Productivity
- ↑ 240% Quality
- ↑ 520% Profits

What is meditation?

- Transforming the mind
- To develop
- To deeply focus one's mind for a period of time as a method of relaxation

Different types of meditation

- Sitting
- Breath
- Mantra
- Body Scan
- Informal
- Loving-Kindness
- Walking

Benefits of a mindfulness practice

- Reduce anxiety, depression, stress
- Lessen impulsive emotional reactions
- Greater emotional flexibility
- Boosts productivity
- Improves memory & focus
- Improves immune function



A few facts

- Buddhist concept started 2600 years ago
- 8% of adults meditate
- The mind is lost in thought 47% of our life
- Significantly increases activity in several parts of the brain associated with positive emotions: happiness, enthusiasm, joy, self-control

Meditation

Meditation is NOT...

- Doing nothing
- Easy
- Cure-all
- Quick
- Just sitting

Meditation is...

- Active
- Challenging
- Effective
- Healthy
- Non judgmental

