

CORPORATE OFFERINGS



WHY IS MEDITATION IMPORTANT?

Studies show that corporate meditation programs effectively reduce stress, improve emotional intelligence, and enhance productivity and engagement. Meta-analyses and multiple studies show an average 32% reduction in stress and a 28% reduction in emotional exhaustion. Meditation can lead to a significant increase in emotional intelligence, helping employees respond to stressful situations more thoughtfully, reducing irritability and reactive behavior, which leads to a calmer and more harmonious work environment. Studies have linked meditation to improved performance on tasks measuring working memory and sustained attention, as well as improved decision-making and increased cognitive flexibility and creativity. Regular practice is associated with higher efficiency, better decision-making, and enhanced employee engagement. Some studies show improvements in job attitudes and increases in organizational citizenship behaviors (OCB). Meditation has also been shown to improve sleep quality and overall life satisfaction, and commitment.

BROWN BAG SESSIONS

Shorter, 30-minute Sessions for Flexible Accessibility

Ideal for those who want to practice meditation on their lunch hour!

MINDFUL MEDITATION

These rotating, 30-minute sessions give participants three opportunities to join a nature-based mindful meditation during their mid-day break. This particular practices, which is designed to help an individual to stay present and combat stress and fatigue, focus on breathing and body assessments, all while utilizing proprietary native birdsong soundscape integration.