

CORPORATE OFFERINGS



\$350.00
per session



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.

THREE WORKSHOP OPTIONS:

MEDITATION FOR CREATIVITY

In this 90-minute session, participants will explore several meditation practices, all of which are designed to promote creative thinking. These practices are ideal for individuals who may experience creative blocks or need to prepare for performative duties.

TRATAKA (Single-pointed Focus Meditation)

In this 90-minute session, participants will practice an ancient meditative, object-assisted practice, which provides an easily repeatable meditation experience. This practice is useful in high-stress situations when connecting with calm energy is necessary.

GROUNDING & ACTIVATION

In this 90-minute session, participants will practice a nature-based grounding and five-senses activation meditations. These particular practices are designed to help center and ground an individual before making decisions.