

GROUP OFFERINGS



\$175.00
per session



WHY IS MEDIATION IMPORTANT?

Recent studies suggest that regular meditation and mindfulness practices in community not only reduce stress and cortisol production, reduce blood pressure, increase cognition, and increase focus and productivity in individuals, but also create a stronger sense of being, belonging, and increase cooperation and trust among members.

**ASK ABOUT DISCOUNTS
FOR HOSTING REGULAR
WEEKLY SESSIONS!**

THREE WORKSHOP OPTIONS:

MEDITATION FOR CREATIVITY

In this one-hour 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 one-hour 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 one-hour 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.