



Mindfulness Meditation mini workshop (Cardiff)

6th October 2021. 2pm. Presented by Lucy Stone, Founder of Meditation Rocks.

Why meditation?

Many benefits for physical, mental and emotional health and wellbeing – see more detail on our website meditationrocks.co.uk/the-lounge

Meditation essentially combats fight or flight. It deactivates your sympathetic nervous system, and turns on your parasympathetic nervous branch. When you encounter stress or a threat, your sympathetic nervous system kicks in, releasing stress hormones to help you run or fight. Once the danger has passed, your parasympathetic nervous system activates and allows you to rest and relax.

Neuroplasticity: retraining the neuron pathways through practice. **It is the brain's ability to modify, change, and adapt both structure and function throughout life** and in response to experience.

Some basics:

- The definition of mindfulness meditation is “paying attention... to the present moment... on purpose... without judgement”
- “it is not about having a particular experience, it’s about noticing what the experience is”
- “it’s more about the journey than the destination”
- It is simple but not easy
- Practice is key, little and often – ten minutes a day is just fine
- Even monks have bad days.

It begins and ends with the breath: we breathe 20-30k times a day, but hardly notice a single one. We use the breath to focus on as we always have it with us, but there are alternatives we can focus on if we would prefer, eg an object, a candle, a mudra (hand position), mantra (word/phrase) or specific part of the body.

You cannot stop thoughts: According to the National Science Foundation, an average person has **about 12,000 to 60,000 thoughts per day**. Of those, 80% are negative and 95% are repetitive thoughts. If we repeat those negative thoughts, we think negative way more than we think positive thoughts.

You don't have to sit still – move, fidget, itch, sneeze if you need to, and then reset.

Five ways to use meditation:

Find these at meditationrocks.co.uk/the-lounge

- **Energising:** Belly breathing
- **Focus:** Nadi Shodhana (alternate nostril breathing)
- **Calm, balance and focus:** Bread and Butter, Ujahi breath
- **Creativity:** Guided visualisation
- **Relaxation:** Body scan

About Lucy and Meditation Rocks

Former BBC Presenter turned PR Director, Lucy Stone suffered with anxiety and panic attacks in her professional career before deciding to make some changes. She was also in Paris during the Terror attacks in November 2015 which made her re-evaluate her life and priorities. Lucy left the corporate world and retrain as a yoga and meditation teacher in India in 2016.

Her immediate passion was to work with children and young people and launched YOGADOO teaching yoga and mindfulness in schools and running events all over the UK. After teaching over 15,000 children in five years and winning numerous awards along the way.

In 2019 she opened The Hive Yoga Studio in the centre of Bath with her business partner, Bex Thibault. In the first lockdown of 2020, Lucy launched Meditation Rocks, which provides live online sessions plus “on demand” pre-recorded mindfulness meditation content for anyone to practice meditation wherever they might be. Lucy’s accessible and personable style and creative and modern meditations have won thousands of fans worldwide.

Lucy is one of the UK’s leading meditation specialists bringing mindfulness to a wide range of businesses and organisations including running sessions for Bath Rugby, Henley Business School and staff of the Houses of Commons and Lords.

Lucy has also advised BBC Studios on yoga and meditation content for TV broadcasts and has appeared on BBC Radio 4, ITV news and featured in a wide range of publication including the Guardian, the Independent.

General enquiries visit meditationrocks.co.uk

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Please keep in touch and share your thoughts from today!