



Stop, pause and take time to **BE** in the moment



Have an awareness of how you feel and what feels **RIGHT**



Take time to relax and get **BACK** to feeling more like yourself again



## Short Meditations for the modern world Just a few minutes every day



Launching with Mental Health Awareness week on 10th May 2021  
Businesses of any size can sign up to our 21 day trial to Meditation Rocks and our brand new Be Right Back programme for business.  
Encourage your colleagues and yourself, to take a few minutes of time for their Mental Health and **Be Right Back**.

### Live Sessions

- 5 x Live optional sessions each week
- 3 x 15 minute sessions at 8am on Monday, Wednesday and Friday mornings
- 2 x 20 minute sleep-focused meditations at 10pm on Monday and Wednesday evenings.

### On Demand

- 21 x 9 minute videos (1 video each day)
- Access to a back catalogue of over 60 on demand video or audio files
- Catch up on 5 x live session each week, on the same day or later in the week

### On Going Support

- ASK LUCY anytime you have any questions or queries
- Access to our members area
- A pool of resources to support you and help bring your practice to life
- Optional monthly community gathering

## How it works

Be Right Back technique is simple to understand and can be followed by anyone. Whoever you are. Wherever you are.  
Take a moment of time (short or long) and split that into three equal chunks.

**Chunk 1:** stop and **BE** in the moment

**Chunk 2:** Awareness of how you feel, and what feels **RIGHT**

**Chunk 3:** Get you **BACK** and feel ready to continue with your day

## Measurement with T-Cup

Our partners **T-Cup**. Offer a unique measurement tool, allowing you to track your happiness from the start to the finish of our 21 day programme.

Simply fill in a 'check up' at the start and finish of your 21 days and notice your individual shifts over this time, with a unique 12 question survey to unlock your businesses and individual employee well-being index.

## The Story

Meditation Rocks founder, Lucy Stone was working as a BBC presenter when she started to suffer with severe anxiety and panic attacks. During the news bulletin, Lucy would head to the loo to practice her mindful meditation and calm down.

Leading up to the news, Lucy used to say "We'll Be Right Back after the news, travel and weather where you are" which was her cue to go and take some time out to breathe and calm down.

Be Right Back stems from this experience: taking time out, turning your back on the world for a moment and then returning.



TURN YOUR BACK ON THE WORLD FOR A BIT  
AND MAKE TIME FOR YOU

