



Meditation

30 Minutes (minimum)

Experience 4 minutes to gain 4 hours.

Purpose ~ To rejuvenate the mind to decrease stress, fatigue and gain composure and clarity.

- What meditation is.
- What meditation is not
- Brief history and scientific data
- Meditation experience (time varies with overall time allotted)
- Post experience reflection
- Benefits? Real life applications? Discussion

"It only took four minutes to rid my body and mind of hours-worth of stress and tension. I learned how to do this easily and it really worked. I can now do this on my own. Thanks!"

Jeannette Petitti

What was your main learning about meditation?

Don't need much time to be effective. How centered and calm I felt after.

Didn't realize before meditation how stressed I was. I feel relieved and rejuvenated.

20 minutes of meditation is like 4 hours of sleep.

No cost! Can do anywhere, anytime. I felt like my mind had a vacation.

How you can teach yourself how to relax and how easy it really is.

I learned how to unplug from the world, how to block the outside, how to breathe and relax.

What are one or two things you particularly liked?

Taking time for myself is not laziness, but gives me the strength to endure life in a positive way, rather than being stressed and negative as the result of being pulled in so many directions.

Meditation is a really good way to relieve stress. Janice's voice itself is very calming so quite easy to relax during the exercise.

This is the first time I've tried meditation and found it totally relaxing and refreshing.

Meditation is a great way to balance your body, mind and soul.

Just knowing to do this daily, how much energy I will have.

It relaxed me. Ha! I guess I really relaxed myself!

I found it amazing to have the feeling of 'not thinking' of anything for a brief moment.

Feeling refreshed afterward. Feeling relaxed and clear-minded.

The silence and almost empty feeling (like all the stress has left my body). Feeling grounded.

I believe meditation to be a wonderful experience. I would definitely bring this to my daily routine.