

Skill Builder Yoga Program Course Option:

Meditation

Understand why and how to meditate and how to successfully bring a practice into your daily life.



Why

There is a huge body of research demonstrating the benefits of meditation. In the work setting meditation is of interest as it has been scientifically proven to improve focus, attention and ability to work under stress.

A study from Emory University, Atlanta, demonstrated that participants with more meditation experience exhibit increased connectivity within the brain networks controlling attention. These neural relationships may be involved in the development of cognitive skills, such as maintaining attention and disengaging from distraction. The meditation practice examined was focusing the attention on the breath.

How

- Training in how to become aware of your breath and then learning how to focus on it.

- Simple movement to encourage connection to the breath and then a series of short guided meditations.

What you will learn

Participants will:

- Gain insights into what meditation is and how to make it work for them.
- Understand how to incorporate meditation into daily life, sustain a regular practice and how it can make them more effective at work.

This program can be adapted to suit the experience and any specific requirements of the participants.

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