



Brief introduction to advanced meditation

2 hour seminar

Oriented to executives, organizations, athletes, and people in general, who have high levels of responsibility.

Description: Within the program of "Team building" and / or meetings of teamwork, advanced meditation is an essential tool to empower the individual and help in the context of organizational development, increasing effectiveness and performance.

The objectives of this workshop are:

- A. Exposing the value of advanced meditation program for high performance teams.
- B. Introduce into a practice advanced meditation experience.

This is a session that may be included in any program of "Team building" with the aim of providing a practice of mindfulness. The session is divided into two parts; the first part an understanding of the value of meditation in improving the process of self-leadership, also the benefits to be gained from regular practice is done, what is and is not meditation, what you feel during the meditation practice, relationship between mind and body, consciousness and quantum physics, as well as other aspects of introductory form. The second part is how you can prepare properly to learn meditation, history and mechanics of operation and direct experience of advanced meditation practice.

Main benefits of the workshop:

Get a direct experience stress reduction, generate serenity, inner peace, increase energy and improve interpersonal relationships, through advanced meditation.

<http://executivemeditation.cat/>

