



Introduction to advanced meditation

5 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. Enter into practical experience and advanced Hatha Yoga meditation.

It is a half-day seminar which can be included in any program of "Team building" with the aim to offer a practice of Hatha Yoga and meditation as a tool to empower the individual. 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 do you feel during the meditation practice, relationship between mind and body, consciousness and quantum physics, as well as other aspects of introductory form. In the second part a practice of Hatha Yoga and meditation is performed. Group members get a unique and complete experience of the potential of combined tools Hata Yoga and Meditation for building a state of **serenity and self-control**. A preparation of how you can successfully learn meditation, history and mechanics of operation will be performed. After a practice of relaxation followed by a whole class of Hatha Yoga and finally a practical experience of deep meditation it will take place.

Price: 950 Euros (IVA not included)

Main benefits of the seminar:

Get a solid experience stress reduction, generate serenity, self-control, inner peace, increased energy and improved interpersonal relationships, through advanced



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meditation. Prepares the team for the remaining sessions "team building" and / or joint professional activities. It also gives basic to use in everyday guidelines

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