



## Seminar Learning advanced meditation technique

### 8 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 seminar are:

- A. Expose the value of advanced meditation program for high performance teams.
- B. Learn advanced meditation technique.

This is a full day seminar that can be included in any long program of "team building" and / or meetings of teamwork, with the aim of providing the basic learning Meditation technique in its most advanced form, as a tool to empower the individual. The session is divided into two parts; the first part is done in the morning and includes an understanding of the value of meditation in improving the process of self-leadership, also the benefits to be gained from regular practice, what is and is not meditation, what do you feel with the meditation practice, the relationship between mind and body, consciousness and quantum physics, as well as other aspects of introductory form. A practice of Hatha Yoga and initiation to the meditation technique is also performed; this includes learning the basic technique and dynamics of everyday practice. Group members get a unique and complete experience of the potential of combined tools Hata Yoga and meditation. In the afternoon a second session of Hatha Yoga and advanced meditation will take place; then an explanation of the main aspects to consider about the correct practice of meditation and continuity will be made: this is essential in order to incorporate meditation as a daily practice. The day will end with an evaluation session on the seminar in addition to requests and questions.

### **Main benefits of the workshop:**

Learning meditation technique in its most advanced form. Get a solid experience stress reduction, generate serenity, self-control, inner peace, increased energy and

1



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improved interpersonal relationships, through advanced meditation. Prepares the team for the remaining sessions of "team building" and / or joint professional activities. It also gives some guidelines to use in day to day. During the seminar, attendees will experience some of the benefits of advanced meditation practice:

- Reduction of fatigue and stress
- Recovery and increased energy level
- Maintaining performance level, increasing the average
- Creation of "peak performance"
- Increased welfare state
- Increased self-reliance
- Improved climate group
- Reduction of conflicts

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