

3 MINUTE MEDITATION TOOLS

WORKSHOP



ABOUT THE FACILITATOR:

Arupa is a respected speaker, innovation trainer & consultant with a professional background in management & capability development. Former Scientist & Provincial Advisor in Occupational Health & Safety, she authored a Ministry of Labour paper on The Psycho-Social Impact of Occupational Stress, two innovation books, 2 science papers & 150+ articles in top training & management publications. Also specialized in mindful awareness, & meditation.

With an enlightened perspective that balances learning and scientific elegance, Arupa brings her audience invaluable know-how on how to effectively tap new sources of energy, purpose & innovation capital that maximize their return on productivity and imagination.

Calm yourself at will

Harness positive emotional resources when needed

What You'll Gain:

Create a better relationship with energy and improve your ability to be masterfully ahead of stress imbalance.

Description:

Progressive organizations and managers know people are their best when they don't suffer stress. Meditation offers physical, emotional, mental & creative benefits. These short tools are perfectly suited to the urgencies of a busy life and career. They offer you countless benefits, evoking instant calmness, revealing deep certainty as well as increasing personal presence and creative power almost immediately. With inner freedom like this you become an invincible attractive force compelling your own infinite destiny.

What You'll Learn:

Learn how to create a daily meditation practice that suits you and how to summon 3-Minute Meditation Tools to self-affirm, balance emotions and maintain calm perspective during the times you need it most.

Outcomes:

Use calming-tools to maintain optimal energy level in stressful situations

Practice 5 different types of natural meditations

Create a daily meditation practice that works for you

Increase your self-awareness and positive well being

Increase positive regard for others

Reduce stress and have more energy

Increase your concentration and creativity

Increase your ability to listen to others

About me: *Beyond teaching others I have been directly involved with meditative techniques for over 20 years in my own personal practice and have found them to be health-giving way to achieve peace of mind and perspective in life. But I am a student too, continually learning, continually seeking to better my own abilities to stay balanced and even in the face of stress.*

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