

Meditation can transform your life

A programme of three one hour sessions delivered over three weeks to small groups of young people or teachers.

This form of meditation enhances life, regardless of currently experienced levels of stress. It includes a stress management element to help with issues during the day such as exam nerves or work challenges.

The course is best delivered in small groups of ten. Whilst it aims to develop a daily home practice, it is also beneficial for whole classes to meditate together once they have all learnt the method.

It is delivered in an age appropriate manner for each group.

It is a specific meditation method which can be learned once and then used for the rest of life. It is its very simplicity which makes it so effective.

It is beneficial to young people and to adults of all ages and situations, with many or with few life issues.

In particular, it can help students who are struggling to cope with the pressure of exams. However, it is better to address this early in the year as a long term enhancement rather than a short term fix as anxiety looms.

It can help anyone under pressure, as teachers often are, to manage the stresses of work, and indeed, of any part of life.

The programme constitutes three one hour sessions.

1. An introductory session covering theory.
2. The meditation practice is taught in the second session.
3. This session is aimed at supporting candidates to make this a daily, life changing practice.

Further to this, we encourage regular meetings of candidates after the programme to help establish the practice in daily life.

Sessions times are reduced for younger students.