



Mindfulness Meditation onsite

Take a proactive step
to a healthy, relaxed
work environment.

Offer mindfulness
meditation sessions
in your business.

breathe · relax · feel · watch · allow

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Workplace Wellness: Mindfulness Meditation

Why are employers embracing mindfulness meditation training in the workplace? The benefits of this simple, teachable practice for stress reduction and optimal functioning are extraordinary. Many medical studies show the positive effects of the practice, from lower stress hormones and blood pressure, to more adaptive brain functioning.

Participants learn simple skills for relaxing mind and body, while building focused attention from which one responds more effectively to the demands of the workplace. With greater awareness and confidence, the release of habitual patterns reduces stress and allows the workplace environment to become dynamic and creative, enabling employees to be more productive, efficient, happier, and work more collaboratively with others. Qualities of courage, curiosity, empathy, wisdom and sense of humor are cultivated.

Cultivating Presence

By exploring the interplay of mind and body, participants experientially learn specific, sustainable mindfulness techniques to handle stress more adaptively and improve work performance. The employee now has at hand a simple, applicable set of tools for paying attention to wellness and managing stress.

In addition to mindfulness meditation, a practice of gentle yoga movement helps reverse the prevalence of disuse atrophy from our culture's largely sedentary lifestyle, especially for those with pain and chronic illness. This program brings meditation and yoga together so that the virtues of both can be experienced simultaneously.

The Program

Mindfulness Meditation onsite is designed to suit the needs of a variety of workplace settings. Participants attend one or more 30-, 45- or 60-minute sessions a week during lunch or break times for four to eight weeks. Both meditation and yoga can be practiced in workplace attire, without the need for yoga mats.

PLEASE CONTACT US FOR RATES AND MORE INFORMATION:

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Potential Benefits

Mindfulness meditation has the power to transform and enliven the culture of your workplace by offering the tools for all team members—employees, supervisors, managers, and top leaders—to deal with stress effectively. Stress-reduction programs have been shown to cut down on absenteeism, improve job performance, and alleviate stress-related problems such as insomnia, depression, and high blood pressure.

Mindfulness meditation cultivates mental focus, resilience, flexibility, creativity and intuition within individuals, in teams, and the organization as a whole. Employees learn to reflect rather than react in work situations. They listen better, and offer feedback and supervision more skillfully. Employers find their modest investment in mindfulness meditation training is more than returned with healthier, more resilient employees.

ABOUT THE INSTRUCTOR

Lucie Kasova, E-RYT, a dedicated practitioner of yoga and meditation for more than a decade, has studied extensively at the Kripalu Center for Yoga and Health. A Certified Kripalu Yoga Teacher, she is currently pursuing Advanced Certification in the Pranakriya Yoga School and Certification in Mindfulness Based Stress Reduction at the University of Massachusetts Medical School.

Lucie is known for bringing warmth, passion and a sense of inquiry to her teaching.

“Lucie is a gifted teacher in so many ways. She masterfully guides you on a journey of self-discovery and gently helps you push past your limiting beliefs.”

“You’re getting a gem when you bring Lucie into your orbit.”

