



Your path to a happier life.



FOR CORPORATIONS

## Save Money & Lead Your Workplace to Greater Results

There are numerous corporations adopting Mindfulness as part of their Corporate culture and wellness programs. The results of these programs have shown tremendous benefits, not only for employees but also for the corporations.

### Case studies have reported substantial benefits

**86%**

Increased in employee engagement at work

**30%**

Reduction in corporate medical insurance claims

**50%**

Drop in sick leave among employees

**53<sup>HR.</sup>**

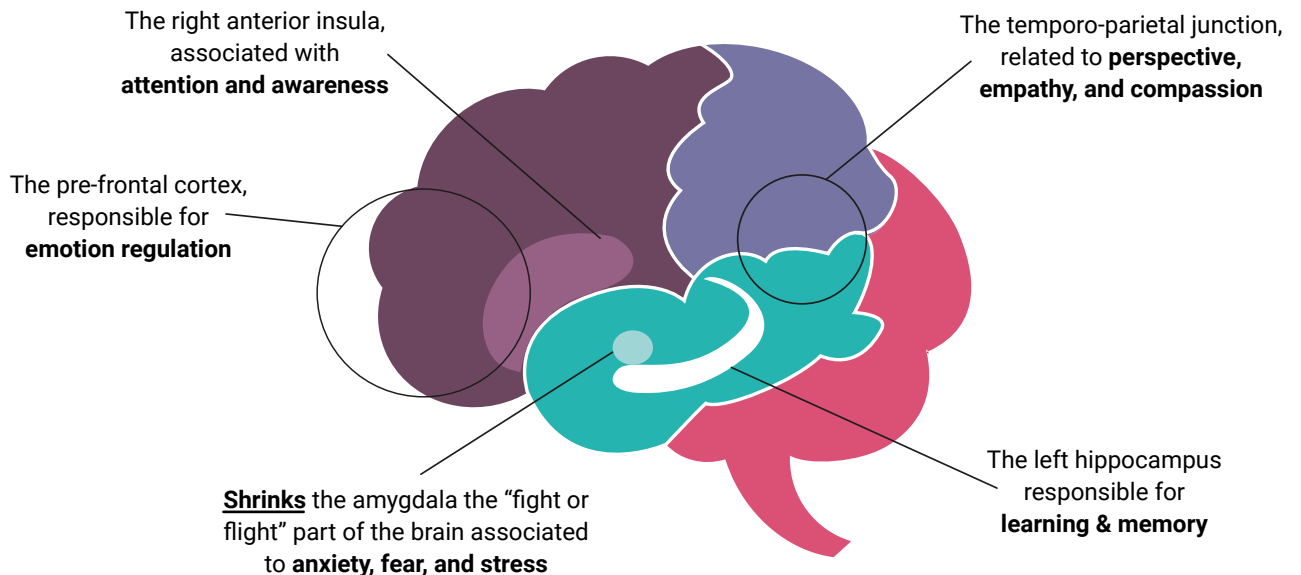
Regained productivity per employee, per year

**28%**

Stress level reduction in employees

Mellor, N.J., Ingram, L., Van Huizen, M., Arnold, J. and Harding, A.-H. (2016) 'Mindfulness training and employee well-being', International Journal of Workplace Health Management, 9(2), pp. 126–145. doi: 10.1108/ijwhm-11-2014-0049.

### Mindfulness Increases neurons and connections in...



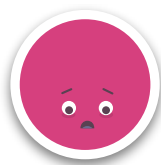


## THE SCIENCE

# The Science Behind Mindfulness

Mindfulness meditation has been proven to have remarkable neurobiological changes, benefiting the mind, the body, and transforming the everyday experience.

## A frequent Mindfulness practice:



### **Reduces stress**

by fortifying a sense of calmness throughout the nervous system



### **Enhances creativity**

by developing divergent thinking, a primary driver for innovation



### **Increases concentration**

by teaching to focus with purpose and suppress distracting information



### **Decreases anxiety levels**

acting as a natural antidepressant in the heat of the moment and on a long-term basis



### **Betters Sleep Habits**

by decreasing levels of stress and anxiety patterns



### **Boosts Performance**

by gaining the ability to fully focus on the task at hand



### **Improves relationships**

by increasing empathy and developing a nonjudgmental perspective in life



## MINDFULNESS

Is both a state of being, and a direct practice of moment-to-moment observation of thoughts, feelings, bodily sensations, and the surrounding environment, through a calm and focused awareness without passing judgment.



### Intention is the Root of all Actions

Mindfulness serves as a powerful vehicle for greater understanding of the psyche, the cause of suffering, how to end all conditions, and shape our intentions. Our intentions shape our thoughts, words, and deeds; if intentions are healthy, the results will be fruitful and skillful. In this way, our minds, through mindful intention, have the power to fill our lives with happiness, productivity, enrichment, and success.



### Mindfulness Beyond the Spiritual Roots

Mindfulness is often thought as a practice linked to ancient Buddhism, however, is a universal practice and has expanded its influence as a powerful method employed in a variety of fields including medicine, neuroscience, psychology, education and business. Mindfulness can be cultivated through several disciplines, but is mostly practiced through meditation, which is associated as a Buddhist discipline. In the contrary, the practice of Mindfulness has no religious connotation as is just a state of full awareness in present moment.

