



Holistic Health & Wellbeing Meditations What to Expect

What is on offer?

We offer one to one wellbeing meditations for charities and social enterprises – their staff, volunteers and clients, public sector organisations, corporates and individuals.

Where are the meditations held?

The sessions are held at a person's home, at a suitable community venue, online or at the workplace.

What can meditation be used for?

- Mental and emotional wellbeing
- Personal development and growth
- Sports performance
- Spiritual development

Each individual has different needs and is on their own journey of life! As such we encourage each individual to choose themselves how best to use meditation to support their wellbeing and improve their quality of life.

We use a science-based approach to meditation and as such the meditations are suitable for people from all backgrounds, faiths and traditions.

We can also offer meditations for spiritual development if the individual wants to progress on that journey.

What are the benefits of meditation?

Practicing meditation has many benefits including:¹

- Release anxiety, stress and past trauma
- Calming of mind, thoughts and emotions leading to emotional and mental wellness
- Connecting to inner wisdom and intuition
- More mindful and aware of thoughts, behaviours, senses and actions
- Detachment from emotions and thoughts
- Creating a new life and new opportunities (visioning and goal setting)
- Improve performance/ productivity at work

¹ <https://pubmed.ncbi.nlm.nih.gov/26553897/>
<https://www.frontiersin.org/articles/10.3389/fpubh.2021.742715/full>
<https://www.healthline.com/nutrition/12-benefits-of-meditation#12.-Accessible-anywhere>

- Improve focus and concentration
- Increased energy
- Improved memory
- Improved health

What happens at the sessions?

The sessions involve a discussion about the individuals background, needs and issues and from this the goals/ outcomes are set. The client is asked to sign a statement that we cannot accept responsibility for any decision made as a result of the advice given and to note that the support given is purely for advice and guidance purposes only.

There are many different types of meditation – each session is bespoke depending on the person's issues and needs. Example of meditations:

- Loving kindness meditation
- RAIN meditation (recognise, accept, investigate, nurture)
- Energy centres meditation
- Visualisations
- Yoga nidra
- Restoring energy meditation
- Zen meditation
- Integral meditation
- Mindful cup of tea meditation
- Four elements meditation
- Shadow work (working with archetypes)
- Kundalini meditation

We also offer reiki therapy (energy healing).

Each meditation is followed by discussion/ reflections, an action plan, and advice on holistic health self-care tools and resources to support emotional and mental wellbeing e.g. aromatherapy, specific restorative yoga postures, journaling. An evaluation of the outcomes achieved at the end of our work with the client is completed by the client.

It should be noted that these sessions are wellbeing meditations to support self-care and self-empowerment and are not counselling or psychotherapy sessions. Our role is to teach the client the different meditation tools and to hold the space for the individual to then practice these tools. The client will then be able to undertake a personalised, inwards journey of self-discovery, to rejuvenate their conscious awareness and identify/ work to clear old patterns and behaviours that are holding them back.

Each individual's experience with meditation is completely different! It is a personal journey of self-mastery and self-improvement.

What is the duration?

Each session lasts for about one hour, with 15 minutes to discuss any issues, a 30-minute meditation and 15 minutes reflection time and action planning.

What is the cost?

The cost per session is £50 per hour.