

APRIL

Brightside Meditation

2024



WORKPLACE MEDITATION

Bring out the best
in your people

THE WELL-BEING OF
YOUR PEOPLE
DETERMINES THE
WELL-BEING OF YOUR
BUSINESS.

WELCOME

It's time to re-think the way we think about meditation. No longer just for monks or 'spiritual types', meditation is a practical mental technique. With the right technique and consistent practice, Vedic meditation has far-reaching benefits for our physical and emotional health – and that of your business.

We all know that when we feel calm, content and happy, we make better decisions, are more productive and have the energy to meet life's demands with ease.

We also know that **we don't do our best work when we're stressed**. Meditation offers us a means of **managing stress, tension and fatigue** so that we can build more **resilience, clarity and creativity**.



Vedic meditation is a simple meditation technique practised twice a day for 20 minutes.

It involves the gentle internal repetition of a mantra (a short sound) in an easy, effortless manner.

With this, we enable the mind to **spontaneously settle down into a deep state of rest**, gently removing stress, tension and fatigue.

Rather than trying to control the mind or get rid of thoughts, Vedic meditation offers an effortless approach to calming the mind and relaxing the body, allowing true healing and transformation to take place.



WHAT IS VEDIC MEDITATION?

WHY VEDIC MEDITATION OVER OTHER TECHNIQUES?



- Vedic meditation is designed for householders – people like you and me who live in the real world with jobs, families and brunch plans, who value mental health and taking care of themselves.
- The course is just that – a *course*. It equips your team with a practice they will have for life. This is not a token workplace wellness workshop on their lunch break, this is comprehensive training.
- The technique is based in self-sufficiency. They won't need me in the room every time they meditate or rely on apps, books or any kind of guidance, BUT they will receive a lifetime of support to help them stay with it.
- Everyone can learn. Whether they're a meditation master or can't sit still, Vedic meditation is designed to be flexible and made for busy minds.



**MEDITATION CAN
REDUCE EMPLOYEE
ABSENTEEISM BY UP
TO 60%.**

Journal of Occupational Health Psychology

DOES YOUR BUSINESS REALLY NEED MEDITATION?



The health and wellbeing of your team is the difference between longterm success and failure; it's really that simple. If we want to create work spaces that fuel creativity, productivity and growth, we need to start by tending to our people.

Stress is on the rise, sleep is on the decline and many are just trying to get through the day – with little conversation about how we can expand our capacity to handle all this.

That's where you come in. Or rather, your business. By providing practical tools like Vedic meditation, you can help your team build resilience, expand their creativity, improve their productivity and maintain a calm, clear mind.

(JUST SOME OF) **THE BENEFITS CAN YOU EXPECT**

Less stress & anxiety

It's widely known now that meditation helps to reduce the levels of stress hormones like cortisol, leading to a decrease in stress-related symptoms like anxiety, irritability and insomnia.

Increase focus and attention

Regular practice of meditation has also been linked to improved cognitive function, leading to better focus, longer attention spans, increased creativity and productivity in the workplace.

Better decision making

A study in Los Angeles found that meditation led to an increase in the thickness of the prefrontal cortex, a region of the brain associated with decision-making, attention and self-control.

Improved sleep

Meditation has also been shown to improve sleep quality, helping employees feel more rested and better equipped to handle day-to-day stress and anxiety.

Less reactivity & more resilience

Meditation improves emotional regulation and assists with a greater sense of confidence and resilience in the face of workplace stressors.



“KNOWING OTHERS IS
INTELLIGENCE; KNOWING
YOURSELF IS TRUE WISDOM.

MASTERING OTHERS IS
STRENGTH; MASTERING
YOURSELF IS TRUE POWER.”

- Tao Te Ching

HOW THE COURSE WORKS

Vedic meditation is taught over 4 consecutive 90-minute sessions. Each day builds upon the last, combining practical knowledge with direct experience to help your team feel confident and inspired. By the end, they'll be fully self-sufficient with the knowledge on how to fit meditation into their own lives.



Day 1

- Traditional Vedic gratitude & welcome ceremony
- Initial instructions for practice

Day 2

- Check in and refinement
- Fundamentals of correct practice
- Mechanics of meditation – how it works

Day 3

- Check in and refinement
- Practicalities of being a daily meditator
- The mind-body connection & stress

Day 4

- Check in and refinement
- Philosophy for life beyond meditation

Not only will your team learn an easy and effective meditation technique, they'll receive a lifetime of support to actually make it stick.

Your workplace meditation course includes a follow-up 60-minute workshop 1-2 months post-course. In addition, your team will gain lifetime access to the support Emily offers all students.

Inclusions

- 4-day Vedic meditation course
- Follow-up workshop (exclusive to workplace courses)
- Personal meditation support via email and text
- Refresher sessions
- 1-year follow up email journey
- Monthly group meditation meetings
- Meditators' Whatsapp group

INCLUSIONS & INVESTMENT

Please get in touch with Emily to discuss pricing.

hello@brightsidemeditation.com

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TESTIMONIALS

“Vedic meditation has **transformed my life for the better.**”

- Jasmine, Social media manager

“It’s honestly my secret weapon to **staying focused** and living the life I’ve always dreamed of.”

- Sarah, musician & start-up founder

“Emily makes meditation **possible for time-poor people** like me & her **ongoing support motivates me** to do it every day.”

- Ssu-hua, graphic designer & photographer

“The practice has brought a **sense of calm & I’m more productive** in both my personal and work life.”

- Hollie, Executive Director

Emily Rees is a Vedic meditation teacher and former copywriter living and teaching in Narm/Melbourne.


What began as a search for the antidote to anxiety quickly became a head-first dive into self-development and what it means to live life from the inside out – with purpose, fulfilment and creativity.

Emily became a Vedic meditation teacher in 2018. She is devoted to **uncomplicating meditation** and **empowering people with the tools, knowledge and support** to make this profound technique a daily, sustainable practice.

Her teachings are grounded in simplicity, compassion and humour, and **it's her mission to show as many people as possible that they *can* meditate and tap into their own state of purpose, fulfilment and creativity.**

ABOUT EMILY





“NO PROBLEM CAN BE SOLVED FROM THE SAME LEVEL OF CONSCIOUSNESS THAT CREATED IT.”

- Albert Einstein

We know you're busy, so thank you for getting this far.

We look forward to chatting more about how Vedic meditation can support your people and contribute towards the success of your business.

Please get in touch to find out more.

hello@brightsidemeditation.com

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or find us online or on Instagram