



MEDITATION & MINDFULNESS  
IN THE WORKPLACE

*bodhi yoga*

# WELLNESS THAT WORKS

THE BODHI YOGA WELLNESS PROGRAM PROVIDES SERVICES TO HELP FACILITATE AND IMPROVE THE MENTAL AND PHYSICAL HEALTH FOR EMPLOYEES ACROSS BRISBANE.

OUR SERVICES INCLUDE:

- MINDFUL MEDITATION
- YOGA CLASSES
- NUTRITIONAL WORKSHOPS
- MASSAGE
- INDIVIDUAL COACHING

THE HUMAN MIND EXPERIENCES BETWEEN 60-70,000 THOUGHTS EVERY DAY. THE MAJORITY OF THESE THOUGHTS ARE NORMALLY ABOUT PAST EVENTS OR FUTURE UNKNOWN. THIS IS WHERE THE REAL BENEFIT OF YOGA AND MEDITATION CAN HELP. THESE ANCIENT PRACTICES HELP THE MIND TO STILL THE THOUSANDS OF THOUGHTS TEACHING THE INDIVIDUAL TO LIVE IN THE PRESENT MOMENT, MORE OFTEN. WITH MENTAL ILLNESS NOW AT EPIDEMIC LEVELS, ALMOST HALF OF AUSTRALIANS WILL EXPERIENCE A MENTAL ILLNESS IN THEIR LIFETIME. IN TODAY'S CORPORATE WORLD, PROVIDING PERSONNEL WITH TOOLS THAT CAN HELP THEM IMMEDIATELY, IS INVALUABLE. FOR SOMEONE WITH MENTAL ILLNESS, HAVING AN ACTION PLAN THEY CAN CALL UPON, THAT WORKS, WILL PROVIDE THE RELIEF REQUIRED AND IN TURN HELP COMPANIES BENEFIT FROM LESS STAFF SICK DAYS, LOWER STAFF TURNOVER AND INCREASE THE PRODUCTIVITY OF THE BUSINESS.

AS HUMANS, WITHOUT REALIZING IT, WE CAN SPEND MANY HOURS A DAY WORRYING ABOUT THE PAST OR THE FUTURE. THIS IS WHERE THE MAJORITY OF MENTAL ILLNESSES OCCUR. WE MAKE THINGS MORE STRESSFUL THAN THEY NEED TO BE. COMPACT THAT WITH FEELINGS OF OVERWHELM FOR DEADLINES, MEETINGS, PRESENTATIONS, ETC, ANXIETY AND DEPRESSIVE STATES OF MIND CREEP IN MORE THAN PEOPLE WILL EVER ADMIT. WHEN STRESS AND OVERWHELM BEGIN TO OCCUR AT A JOB REGULARLY, PERSONNEL BEGIN TO WONDER IF THE GRASS IS GREENER SOMEWHERE ELSE. PEOPLE ARE MAKING CHANGES AND QUICKLY TOO. 30-40 YEARS AGO, PEOPLE STAYED AT JOBS FOR LONG PERIODS. THESE DAYS, IF THEY AREN'T HAPPY, THEY'LL BEGIN SEARCHING FOR SOMEWHERE WHERE THE GRASS COULD BE GREENER. THE PROBLEM WE SEE IS, NORMALLY THE GRASS ISN'T GREENER. THE STRESS LEVELS EVENTUALLY BEGIN TO MOUNT AGAIN AND THE SAME ISSUES BEGIN OCCURRING AGAIN.

SO OUR FOCUS IS TO HELP PEOPLE WORK ON THEMSELVES. TO LOOK WITHIN AND FIND INNER HAPPINESS, GRATITUDE AND APPRECIATION. WE DO LIVE A PRIVILEGED LIFE IN AUSTRALIA. SOMETIMES WE JUST DON'T TAKE THE TIME TO STOP, SMELL THE ROSES AND TRULY APPRECIATE IT.

YOGA AND MEDITATION ARE TWO FANTASTIC TOOLS FOR FINDING INNER PEACE AND HAPPINESS. YOGA ISN'T JUST ABOUT STRETCHING AND FLEXIBILITY, WHILST MEDITATION ISN'T ABOUT SITTING STILL WITH ZERO THOUGHTS. THERE IS SO MUCH MORE TO BOTH THESE PRACTICES.

THE HUMAN BRAIN IS A MUSCLE, AND LIKE EVERY OTHER MUSCLE, IT TOO NEEDS A BREAK FROM WORKING IN OVERDRIVE. THIS IS WHERE BREATH AND MOVEMENT HELP THE STUDENT.

FOR MORE INFORMATION ON THE CLASSES AND WORKSHOPS WE RUN, PLEASE READ ON.

# MEDITATION AND MINDFULNESS IN THE WORKPLACE

MEDITATION IS FAST BECOMING KNOWN AS THE BEST WAY TO REDUCE STRESS AND INCREASE THE WELL-BEING OF EMPLOYEES. AS PEOPLE CONTINUE TO EXPERIENCE HIGHER DEGREES OF MENTAL AND PHYSICAL DEMANDS THROUGHOUT THEIR WORK DAY. COMBINED WITH WORK PRESSURES AND PERSONAL DEMANDS, EMPLOYEE WELFARE AND COPING WITH STRESS IS A GROWING CONCERN IN THE WORKPLACE.

MANY HAVE TRIED TO MEDITATE BEFORE, IT'S ONE OF THOSE THINGS THAT WE SHOULD DO, BUT WE DON'T. THE BIGGEST REASON WE HEAR, OTHER THAN "NO TIME," IS; "MEDITATION IS TOO HARD; MY MIND IS TOO BUSY."

MANY PEOPLE BELIEVE THE MIND NEEDS TO 'STOP THINKING' DURING A MEDITATION AND THE PERSON MUST SIT IN COMPLETE STILLNESS. THIS COULDN'T BE FURTHER FROM THE TRUTH. YES, WE DO WANT TO LIMIT THE THOUGHTS, HOWEVER THIS TAKES TIME AND IS A SKILL THAT CAN ONLY BE DEVELOPED THROUGH PRACTICE.

INSTEAD MEDITATION SHOULD BE MORE SEEN AS TIME TO GIVE THE MIND A REST, TO ALLOW IT SOME SPACE, FROM THE CONSTANT THINKING, PROBLEM SOLVING AND INSIDE CHATTER THAT OCCURS DURING THE 60-70,000 THOUGHTS WE PROCESS DAILY.



AS A SOCIETY WE ARE WORKING LONGER HOURS, MANAGING NEVER-ENDING CYCLES OF PROJECT DEADLINES, PRESENTATIONS, OVERFLOWING EMAIL INBOXES AND SOME PEOPLE ALSO DEAL WITH CHALLENGING CO-WORKERS OR HIERARCHY. THE WORKPLACE HAS BECOME A PLACE OF HIGH STRESS AND PEOPLE ARE REALLY STRUGGLING WITH THEIR MENTAL HEALTH.

WHAT IS GREAT ABOUT MEDITATION IS IT'S EASY TO IMPLEMENT AS ANYONE CAN DO IT. WHEN COMPARING MEDITATION TO OTHER STRESS RELIEVING ACTIVITIES, LIKE FITNESS, EMPLOYEES DO NOT HAVE TO LEAVE THE OFFICE, GET CHANGED OR HAVE A SHOWER AFTER. EVERYONE CAN PARTICIPATE REGARDLESS OF THEIR HEALTH AND FITNESS LEVEL. MAKING IT A VERY PRACTICAL PRACTICE FOR ALL AND ATTENDANCE STAYS HIGH.

BODHI YOGA HAS BEEN WORKING WITH CORPORATE COMPANIES ACROSS BRISBANE TO HELP EMPLOYEES DISCOVER A REGULAR MEDITATION PRACTICE. WHAT MANY DON'T REALISE, IS THERE ARE MANY DIFFERENT STYLES OF MEDITATION. SIMILAR TO EXERCISE, YOU NEED TO FIND WHAT YOU LOVE AND ONLY THEN IT CAN BECOME A LIFESTYLE AND NOT A CHORE.

OUR CORPORATE MEDITATION WORKSHOP BEGINS WITH AN EYE-OPENING PRESENTATION. THIS OVERVIEW UNCOVERS MYTHS, SHOWCASES THE DIFFERENT STYLES AVAILABLE THEN CONCLUDES WITH A GUIDED MINDFUL MEDITATION.

MINDFUL MEDITATION IS A GREAT PLACE TO START NEW MEDITATORS AS STUDENTS CAN LITERALLY DO IT ANYWHERE. THUS HELPS PEOPLE BRIDGE THE GAP AS WE INTRODUCE PEOPLE INTO THE JOYFUL WORLD OF RELAXING THE MIND AND PROVIDING IT A LOT OF RELIEF IN STRESSFUL SITUATIONS.

*STRESS IS THE NO. 1 EPIDEMIC OF OUR CIVILIZATION. INDIRECTLY OR DIRECTLY, IT'S RELATED TO THINGS LIKE INSOMNIA, ANXIETY, FEAR, BUT ALSO CARDIOVASCULAR ILLNESS, INFLAMMATION IN THE BODY, HEART DISEASE AND AUTOIMMUNE ILLNESSES. MANY KINDS OF CANCER ARE CONNECTED DIRECTLY OR INDIRECTLY TO INFLAMMATION IN THE BODY. MEDITATION IS A VERY EFFECTIVE WAY TO START TACKLING THIS PROBLEM, THIS EPIDEMIC OF STRESS.*

- - DEEPAK CHOPRA

### **THE BENEFITS OF MEDITATION ARE ENDLESS, HERE'S JUST A FEW:**

- • REDUCES STRESS AND ANXIETY
- • CULTIVATES INNER PEACE AND HARMONY
- • IMPROVES EMOTIONAL HEALTH
- • ENHANCES SELF-AWARENESS
- • LENGTHENS ATTENTION SPAN
- • CREATES DEEPER CONNECTION WITH ONESELF
- • HELPS TO FIGHT ADDICTIONS
- • BECOME MORE EMPATHETIC

### **GETTING STARTED**

WE RECOMMEND BEGINNING WITH OUR 45 MINUTE MINDFULNESS IN THE WORKPLACE PRESENTATION AND MEDITATION. THIS HELPS TO INTRODUCE THE CONCEPT TO MANY NEW COMERS TO MEDITATION.

> THE INITIAL 45 MINUTE PRESENTATION COST IS \$300.00

### **ONGOING MEDITATION**

WE HAVE VARIETY OF ONGOING MEDITATION PROGRAMS THAT RANGE FROM MEDITATION TO YOGA CLASSES. CLASSES CAN BE AS SHORT AS 30 MINUTES AND UP TO 90 MINUTES DEPENDING ON THE NEEDS OF THE GROUP.

### **REFERENCE:**

**COMPANY:** BHP BILLITON (MEDITATION ONGOING)

**CONTACT:** PHILL NAPIER – MAINTENANCE SPECIALISTS MANAGEMENT - 0439 539 255

**COMPANY:** CORRS CHAMBERS WESTGARTH (YOGA AND MEDITATION ONGOING)

**CONTACT:** HAYLEY GROSSBERG – LAWYER - 3228 9795

**COMPANY:** ANFPP NATIONAL PROGRAM CENTRE (YOGA AND MEDITATION ONGOING)

**CONTACT:** SALLY DE-VITRY SMITH – NATIONAL PROGRAM MANAGER – 0431 644 962

# YOGA IN THE WORKPLACE

YOGA IS AN ANCIENT PRACTICE DESIGNED TO IMPROVE FLEXIBILITY AND REDUCE STRESS.

THIS IS OF COURSE TRUE, BUT WHAT IS NOT WIDELY KNOWN, IS IT'S ALSO A MOVING MEDITATION. THROUGH THE BREATH; THE MIND AND BODY CONNECT, ALLOWING THE MIND TO DISCONNECT FROM THE OUTSIDE WORLD. SOME WILL DISCONNECT FOR MINUTES, OTHERS LONGER, AS WE WORK THROUGH A CLASS.

THIS DISCONNECTION IS CRITICAL TO THE MIND AS IT GIVES IT THE CHANCE TO RELAX, TO RESTORE AND REJUVENATE. IT ALLOWS THE PARTICIPANT TO FORGET ABOUT THE STRESSES OF DAILY LIFE AND/OR WORK. WHICH IS WHY MANY REPORT A EUPHORIC EXPERIENCE POST CLASS. A YOGA PRACTICE IS MORE ABOUT SYNCING THE MIND AND BODY INTO UNISON.

BODHI YOGA OWNERS CHRIS AND ALLIE ARE BOTH TRAINED IN INDIA, THE HOME AND BIRTH PLACE OF YOGA. THEY NOW PASSIONATELY DEVOTE THEIR LIVES TO HELPING OTHERS DISCOVER HOW TO LIVE A HAPPIER AND HEALTHIER LIFE.



## ALLIE & CHRIS - BODHI OWNERS

AS A SOCIETY WE ARE WORKING LONGER HOURS, MANAGING NEVER-ENDING CYCLES OF PROJECT DEADLINES, PRESENTATIONS, OVERFLOWING EMAIL INBOXES AND SOME PEOPLE ALSO DEAL WITH CHALLENGING CO-WORKERS OR HIERARCHY. THE WORKPLACE HAS BECOME A PLACE OF HIGH STRESS AND PEOPLE ARE REALLY STRUGGLING WITH THEIR MENTAL HEALTH.

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# WHAT BODHI YOGA OFFERS

**YOGA CLASSES INCLUDE:** YOGA POSES, BREATHING EXERCISES, RELAXATION.

**PARTICIPANT NUMBERS:**

FROM 7 TO 35 PARTICIPANTS PER CLASS

SEMINARS: AS MANY AS YOU CAN FIT IN A SEMINAR STYLE ROOM

**WHEN:**

SESSIONS CAN BE ARRANGED BEFORE OR AFTER WORK, OR LUNCHTIME/DURING WORK.  
LET'S FIND A TIME THAT SUITS YOUR WORKPLACE.

**PRICING:**

COSTS START FROM \$120 PER 45MINUTE CLASS

IF THE EMPLOYEES ARE PAYING DIRECT, PRICING STARTS AT \$15 PER CLASS PER PERSON

**CLASS OPTIONS:**

ONE OFF WORKPLACE OR PRIVATE CLASS, WORKSHOP OR SEMINAR

8-12 WEEK BLOCK OF CLASSES

ONGOING WEEKLY CLASSES

YOU MAY CHOOSE TO RUN 1 – 3 CLASSES PER WEEK

