



PROGRAMME FOR MEDITATION SUPPORT GROUP AT SPAH

A 10-Day Meditation Support Programme to guide at least 10 people in a support meditation group at SPAH with a session input from The Birthing Co.

Start Date: 27th January, 2024.

End Date: 5th February, 2024.

On the 4th of February, which is the 9th day, participants will be invited to meet up at a chill venue on a group hangout for the activity of that day.

Price: 15k

What we cover in the Meditation Support Group

- Basics of meditation and mindfulness
- Mindfulness techniques to reduce stress and improve performance
- Learn and practice breathing techniques
- Understand how to carry out effective meditations
- Gain access to great meditation teachers and community
- Understand the mistakes a beginner should avoid when meditating
- How to improve quality of life through daily meditation practice
- How to cope with the demands of daily life
- Understand the techniques to make the most out of everyday life.
- Improve your health through meditation practice classes

Our Purpose

- To help participants focus and find greater tranquility and connect to their feelings.
- Empowering participants by recognizing stress as the foremost adversary and cultivating a supportive community through mindfulness and meditation playlist, offering effective antidotes for lasting well-being.

Schedule

10 -Days Meditation Guide brought to you by Spa Pampering At Home The Schedule

DAY	MEDITATION	DURATION	RECOMMENDATION
1	Guided Meditation: Cultivating Calm	10 mins	Write out your thoughts and feelings
2	Guided Meditation: Letting Go	10 mins	Notice for any changes as you approach your day.
3	Passive Meditation: Sound Bath Immersion Experience	7 mins	You get a Badge you have Meditate for Three Consecutive Days
4	Guided Meditation: Stages of Awareness	13 mins	Try the Passive Meditation at Bedtime.
5	Active Meditation: Walking Meditation	10 mins	Notice which type of Meditation you enjoy more.
6	Guided Meditation: Cultivating Calm	10 mins	Download our Meditation Apps & Poses Guide.
7	Guided Meditation : Progressive Relaxation	9 mins	Pre-Order our Meditation Starter Pack; Each pack contains everything you need to support your personal meditation practice at home. Items in the pack include; Journal, Room Spray, Bluetooth Headphones, Eye Pillow & Door Sign.
8	Guided Meditation: Letting Go	10 mins	Complete Feedback Survey
9	Passive Meditation: Sound Bath Immersion Experience	7 mins	We can create this class for a private group. Send a private Message for more details. Follow us on Social Media (Facebook & Instagram).
10	Guided Meditation: Stages of Awareness	13 mins	Final Practice: Wheels of Awareness. If your would like to contour to receive support, sign up for our newsletter. www.spapamperingathome.com/subscription

