

THE MASTERPIECE MEDITATION WORKSHOPS

Since 1930 there have been over 1,500 separate studies related to meditation and its positive effects on practitioners. An article in TIME Magazine said that more than 15 million people regularly practice meditation in the United States alone (Jan 16, 2006, health & medicine article). Innovative professionals and academics are incorporating meditation into business activities and leadership curriculums. There are clear competitive advantages for the positive health benefits and reduced stress that meditation can create. INSEAD's Business School in France incorporates meditation in their Leadership & Management curriculum. The University of Sydney recently led a research project that concluded the use of meditation in the workplace greatly reduced stress and levels of absenteeism.

WHAT ARE THE BENEFITS OF MEDITATION?

- » Increased peace of mind
- » Enhanced overall wellness and relaxation
- » Improved relationships at home and work
- » Build concentration and listening skills

What will I get from each session?

- Learn meditation and creative visualisation
- Deepen my experience and skills
- Integrate my experience into every day life
- Identify successful strategies for long term sustainable improvement
- Practical and simple instructions and a personal manual
- CD of meditation commentaries for ongoing practice

Session format

- Three weekly sessions for 45 minutes each
- Interactive dialogue process
- Practical Meditation exercises
- Self Assessment Tool to measure understanding and self progress
- Follow up sessions by arrangement, either one on one coaching or small group format

Cost: Is designed to suit available budgets

Overview of workshop content

- What is meditation and how to use it in practical ways to reduce stress
- How to use my thoughts to experience a peaceful and positive state of mind
- Breathing and stretching exercises to complement my practice
- How to apply meditation in my personal and professional life
- Health and nutrition innovations and how to set up a place to meditate at home



MICHAEL TIMMINS - Program Facilitator

Michael is a student and teacher of meditation for almost 40 years. Based on his experiences he has developed the Masterpiece Meditation Series, an application of meditation for a wide range of audiences. In 1997 Michael initiated "Peace of Mind", the Mount Abu Meditation Experience Retreat held annually in Rajasthan, India. In 2007 he released, with Dr Kim Cunio, "Journey Within" – a CD of meditation commentaries and music. Michael's professional experience includes sales training and financial markets sales and distribution roles with major international banks. He holds a Diploma in Financial Markets from the Financial Services Institute of Australasia. Since 1995, Michael has applied his professional experience to build and grow ClearMind Pty Ltd, his family company that imports and distributes premium non-alcoholic beverages. He lives in Sydney, Australia.

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Michael has the unique ability to make meditation interesting and relevant to everyone - whether you're on the mountain top or in the boardroom. Paul Wilson, teacher, author and columnist