



# refresh

## mindfulness & meditation workplace sessions

Discover how to relieve stress, increase productivity and create a motivated workplace with **Lifeflow's** – Refresh workplace mindfulness and meditation sessions.



Simple to do & implement



Sustainable / wholistic



Inclusive – it's for everyone



Time & cost effective

### Ongoing mindfulness and meditation can improve the three key areas of your organisation

- ✦ Resilience & wellbeing
- ✦ Enhanced working relationships
- ✦ Performance in the areas of:
  - Leadership
  - Decision making
  - Organisational transformation
  - Creativity & innovation

### Then there is an added bonus for your team's personal life:

- ✦ Enabling detaching from work so that weekends and holidays become rejuvenating.
- ✦ Develop the ability to turn on and turn off from work ... a rested mind is a powerful mind.

**We only teach mindfulness & meditation and all sessions are presented by our experienced teachers.**

### What is mindfulness and meditation and what can it do for your business?

Mindfulness is the capacity to focus on what is being experienced in the current moment, both internally and as well as in the outside environment.

Meditation is a technique which relaxes the body and quickly calms the mind.

These techniques can be practiced by both individuals or teams on a day to day basis.

Lifeflow's practical techniques have been developed over the last 40 years. They are designed to be:

- ✦ Simple & effective
- ✦ For the modern Australian lifestyle
- ✦ Secular
- ✦ Presented by highly trained teachers
- ✦ Easy to learn & understand

Our focus is only on meditation and mindfulness – that's what we do.



## Could this simple practice become your organisation's competitive advantage?

**Yes it can. But, like going to the gym – you have to do it more than once to make a real and lasting difference.**

The likes of Apple – Google – Nike have implemented ongoing mindfulness practices into their organisations to boost productivity and help employees deal with stress and pressure.

### Start here:

1. Fill in the short questionnaire regarding your business ([click here](#)).
2. Lifeflow will tailor a proposal to meet your requirements.
3. Session times are scheduled to suit you.
4. You and your team experience an introduction session and any subsequent sessions.
5. Feel the benefits and see the results.

We look forward to bringing the benefits of mindfulness and meditation to your organisation quickly and easily – so your business can reap the benefits.

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Jaclyn Thorne  
- director McGregor-Tan

McGregor Tan is a busy market research agency with 18 staff working in the office and 50 off site employees. It is very data focused business with employees working at their desks from 8 – 12 hours per day.

*"The team is now energised and focused. The tools they have learned allow them to stop, even if it is just for a few minutes, and refresh their minds and they have renewed focus for the job at hand."*

*Meditation and mindfulness practice has brought a better outcome for our team and better productivity for our business."*

