

A man with dark hair and a mustache is sitting in a lotus position on a wooden floor, eyes closed, in a meditative state. He is wearing a grey t-shirt and dark pants. The background is a plain, light-colored wall.

# Mindfulness Based Stress Reduction

Length: 1hr

Delivery modes: Onsite & Virtual Presentations; Pre-recorded tutorials.

Details: This one hour introductory workshop shares simple practices based on Mindfulness Based Stress Reduction (MBSR) principles which can be integrated into daily workplace schedules.

Numerous studies demonstrate consistent mindfulness practice to hold multiple neurological benefits, with measurable changes in brain activity.

Topics covered include:

- Body scan
- Sitting meditation
- Simple awareness practices
- Breathing exercises for stress relief

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*