

# THE MASTERPIECE MEDITATION WORKSHOPS

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According to TIME Magazine more than 15 million people regularly practise meditation in the United States alone (Jan 16, 2006, health & medicine article). More and more innovative business people and academics are incorporating meditation into business activities and leadership curriculums. There are clear competitive advantages from the positive health benefits and reduced stress that meditation can create. Alumni from INSEAD's Business School in France ("Leading Your Self" - Executive Education program) and the Harvard Business School say that Meditation is THE corporate tool of this century.

## 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 sessions for an hour each
- Interactive dialogue process
- 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:** Designed to meet client capacity and budget (there is a maximum of 12 people per workshop)

### 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
- How to know that my experience is really meditation
- Health and nutrition innovations
- Setting up a place to meditate at home



### MICHAEL TIMMINS - Program Facilitator

Michael has a calm and powerful personal presence. He is a student and teacher of meditation for 35 years. Based on his experiences he has developed the Masterpiece Meditation Series, an application of meditation for a wide range of audiences. He facilitates and hosts meditation retreats and workshops in Australia, India, the Asia Pacific Region, the United Kingdom and Europe. In 1997 Michael initiated Peace of Mind, the Mount Abu Meditation Experience Retreat held annually in Rajasthan, India. Michael's professional experience includes sales training and working in financial markets sales and distribution with major international banks. He holds a Diploma in Financial Markets from the Financial Services Institute of Australasia and is a member of the Australian Institute of Training and Development. He lives in Sydney, Australia.

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