

EASTERN MINDFULNESS TAKEAWAY – TAIT MEMBERS

Orientation session conducted by Alok Taunk on 21st November' 2018

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QUICK LOOK:

- Emotional health comprises of 80% of overall holistic health pool. **FOCUS ON YOUR EMOTIONAL HEALTH ALONG WITH YOUR PHYSICAL HEALTH**
- Emotion is your ENERGY in MOTION. **STAY MINDFUL ABOUT EVERY EMOTION THAT YOU ARE EXPERIENCING.** Being mindful about your emotions, gives you the power to take control over them.
- Eastern Mindfulness processes helps individuals to produce the happiness and health hormones on **DEMAND**, just by practicing the techniques for 15-20 minutes /day.
- Mindful Visualization helps an individual create his future in the present by the technique of **psychic-prototype building**.

DAILY PRACTICE FOR RELIEVING STRESS, ANXIETY & HAVING EMOTIONAL BALANCE

1. Eye movements
2. Shoulder movements
3. Radical breathing (inhale from nose, exhale from mouth)
4. Body mindfulness (close your eyes & just be aware about every organ of your body)

This practice is the basic level & shall take around 15-20 minutes

EASTERN MINDFULNESS INSTANT MEDITATIONS FOR RELEASING STRESS

Apart from this, you may visit <http://www.easternmindfulness.com/meditations/> to **EXPERIENCE SHORT MEDITATIONS ON THE SPOT!**

You may contact **Alok Taunk** at alok@easternmindfulness.com

You may connect at info@easternmindfulness.com for program inquiries

Eastern Mindfulness is present on



“Mindful people make mindful teams & mindful teams make mindful organizations” – Alok Taunk