

Malmesbury Meditation Haven – 5-week meditation challenge

Why Meditate?

After only a few weeks of daily 40-minute meditations, numerous scientific studies show...

- The fear centre of the brain – the amygdala – has become smaller, indicating lowered levels of stress and anxiety.
- Meditators report improved mood, feeling calmer and more relaxed.
- New neuronal networks formed in areas of the brain associated with memory, learning, calm rational thinking.
- Reduced blood pressure
- Improved sleep.

Join us on a journey of transformational change and self-discovery

Programme of Spring Sessions

Session 1: Tuesday 7th May 6.30

Change your Mind, Change your Life: Introduction to Meditation and Mindfulness.

In this introductory session we delve into the science-backed superpowers of meditation to conquer stress. We practise calming breath work to alleviate anxiety and learn the simple techniques that anchor the attention and keep our mind from wandering in meditation. The session ends in a transformative visualisation for personal and global healing followed by reflections and setting intentions for self-care.

Session 2: Tuesday 14th May 6.30pm

Healing Meditation: Meditation for Stormy Times

Navigate challenging emotions with the R A I N technique - Recognise, Accept, Investigate, and Nurture to heal emotional wounds. Experience the power of Loving Kindness to foster self-compassion and forgiveness. Immerse in the warm healing light of a “Golden Sun” meditation harnessing the power of visualisation to soothe pain and aid healing.

Session 3: Tuesday 21st May 6.30pm

“The Art of Mindful Chocolate Tasting”: Immerse yourself in present moment awareness through mindful eating.

Engage your senses in the contemplation of the sumptuousness of chocolate, elevating your taste experience to new heights. This exercise gently guides you away from autopilot mode into a state of heightened mindful awareness. By engaging your senses in this enjoyable practice, you'll learn the art of bringing mindfulness to everyday activities. Additionally, this session explores the connection between mindful eating, weight loss, and holistic well-being.

Session 4: Tuesday 28th May 6.30pm

Opening the Third Eye

Unlock ancient wisdom and learn the secrets of the Yogis. Expand your consciousness to enhance intuition and unleash your creativity with the power of meditation. Explore how Buddhist psychology is applied to manage cravings and treat addictions by harnessing the power of mindfulness meditation to navigate triggers and reclaim control. Tune into your body with a relaxing body scan and “urge-surfing”.

Session 5: Tuesday 4th June 6.30

“Younger for Longer”: Gym Training for the Brain

This final session explores the amazing phenomenon of neuroplasticity and meditation’s rejuvenating effects on the brain possibly preventing age-related memory loss and dementia in old age. Additionally, evidence shows meditation slows the biological aging of the body enabling us to live a longer, healthier life. By the end of the 5 weekly sessions, you will have gained an understanding of the transformational power of meditation and feel inspired to continue the journey to a calmer, more compassionate, healthier, and happier you!

**Our meditation practice sessions are suitable for everyone – beginners and those who want to deepen their meditation practice **

** Chairs are provided but please bring a yoga mat for lying on the floor”