

Relaxation and Meditation

Relaxation is a state of calm, and meditation is the practice of a technique that helps you to attain a sense of peace and focus.

What are the benefits of relaxation and meditation?

The learning of relaxation and meditation techniques, and practicing them, can boost your concentration, memory, and immune system. They can also have a beneficial effect on your relationships and work.

Research and experience, suggests that Relaxation and Meditation can:

- Alleviate exhaustion and fatigue
- Improve quality of sleep
- Help reduce experienced levels of stress
- Reduce the effects of stress related illness- such as heart conditions and problems with the nervous system
- Promote the body's natural healing processes- such as recovering from colds and flu
- Improve an individual's overall immune system
- Facilitate learning, retention and recall of information thus aiding 'memory'
- Increase a person's self awareness and their awareness of their surroundings which can reduce the impact of emotional and psychological difficulties and illnesses such as depression, anxiety, and psychosis.

Therapy and Sessions

People learn to unwind and relax when attending a regular group or individual relaxation and meditation session, thereby developing a sense of calm, peace, and focus in their daily life.

A relaxation and meditation therapy session typically lasts for one hour during which time you are asked what your needs are for that session, guided through relaxation and meditation techniques, invited to discuss your experience and what you would like the next sessions' aims and objectives to be.