



SUMMARY

Healing can be found in so many different paths : be it counselling, therapy, meditation, sports, yoga, nature, religion, art or music. These paths are there for you whenever you are looking for answers and find the mental tools to feel more in charge of your life, your emotions and have a better understanding of what triggers your negative thoughts which might impact not only your overall health but your personal and work life balance too.

The One hour talk will be divided into 4 main parts :

- The Science Behind Mindfulness
- The Science Behind Our Mood
- The Healing Benefits of Deep Breathing
- Meditation : A path to reconcile Body and Mind

The talk will be followed by a 20' deep breathing meditation practice.

Contact Pause On :

<https://www.pa-u-se.co.uk/>