

## Why Practice Mindfulness?

Every time we sit to meditate we are actively supporting and promoting our own health and well-being in heart, mind, and body.

We learn to disentangle ourselves from our habitual thoughts, emotions, and behaviors and connect with our experiences in a healthier and deeper way.

**We are less in daydreams about the past or the future, or even thoughts about the present moment. Most of these mental distractions aren't very useful and quite often produce stress, anxiety, fear, worry, and all sorts of emotional suffering**

Mindfulness Meditation programs are being conducted in hundreds of hospitals, healthcare facilities, schools, across the North America and around the world.

**In addition to significant reductions in stress, proven benefits of Mindfulness Meditation include but are not limited to:**

- Healthier immune system
- Less frequent illnesses
- Improved pain management
- Decreased blood pressure
- Improved sleep and
- Improved digestion
- Increased energy
- Improved mental function
- Improved decision-making
- Less anxiety