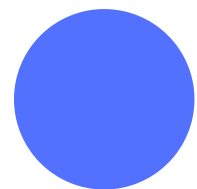


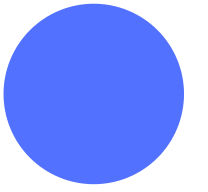
The Benefits of Meditation.

Meditation improves quality of life in the long run. You only need a few minutes of your day,



Meditation
clears your
mind.





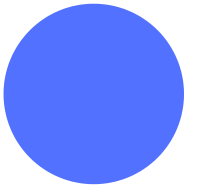
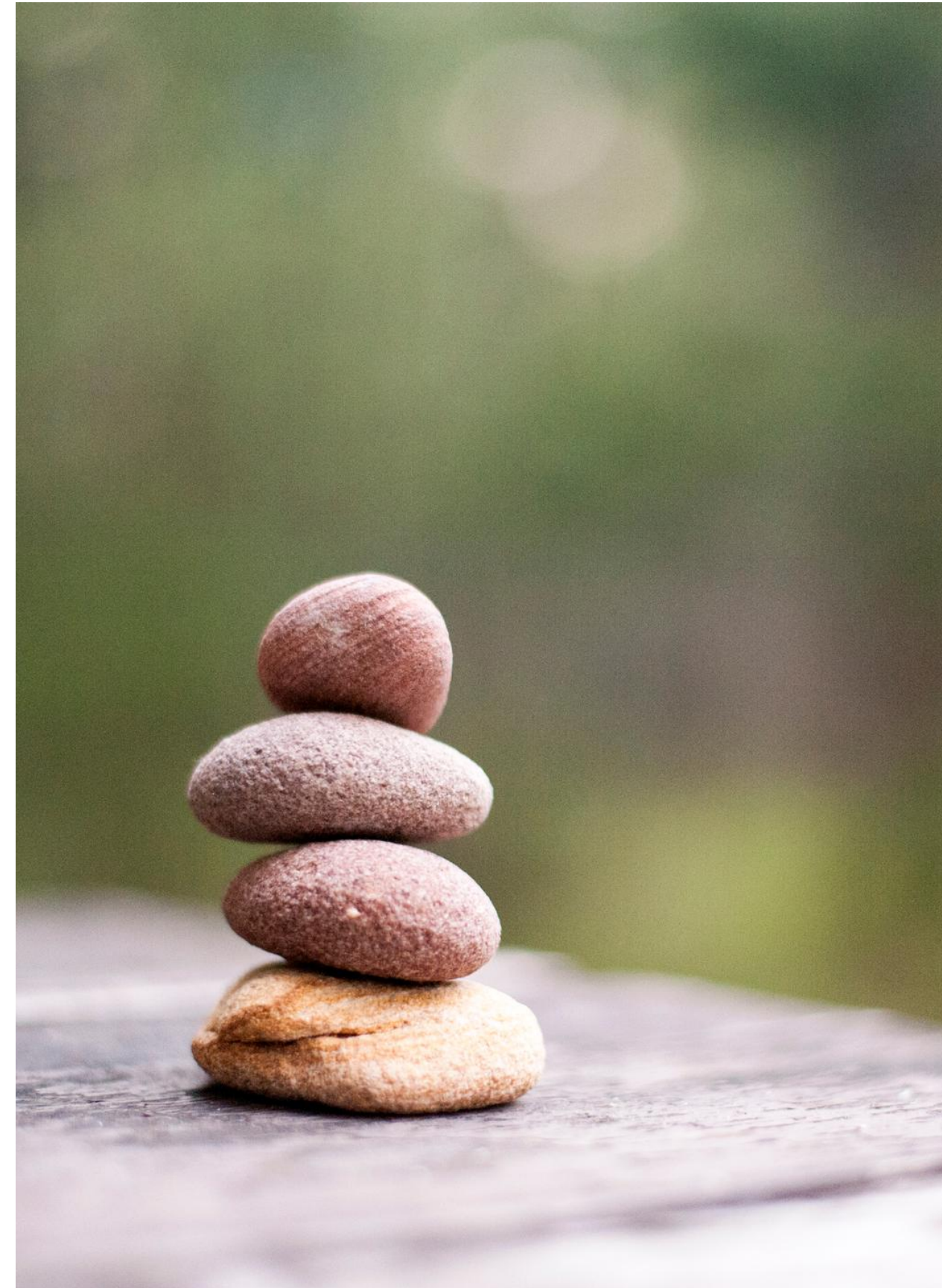
It helps you
stay calm.

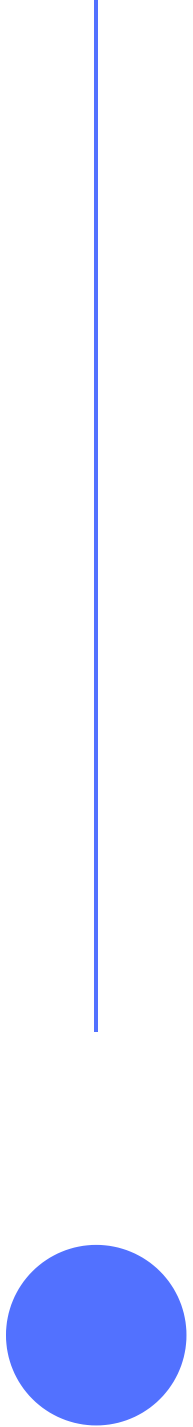
Meditation increases your
awareness of the present
moment.



Meditation helps you focus more.

A focused mind helps you to be more creative and in touch with your innate problem-solving skills.





It helps achieve
a greater
sense of self-
awareness.

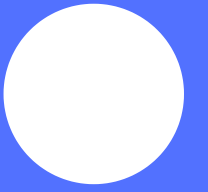
Check in with yourself and drop all the stimuli and noise.

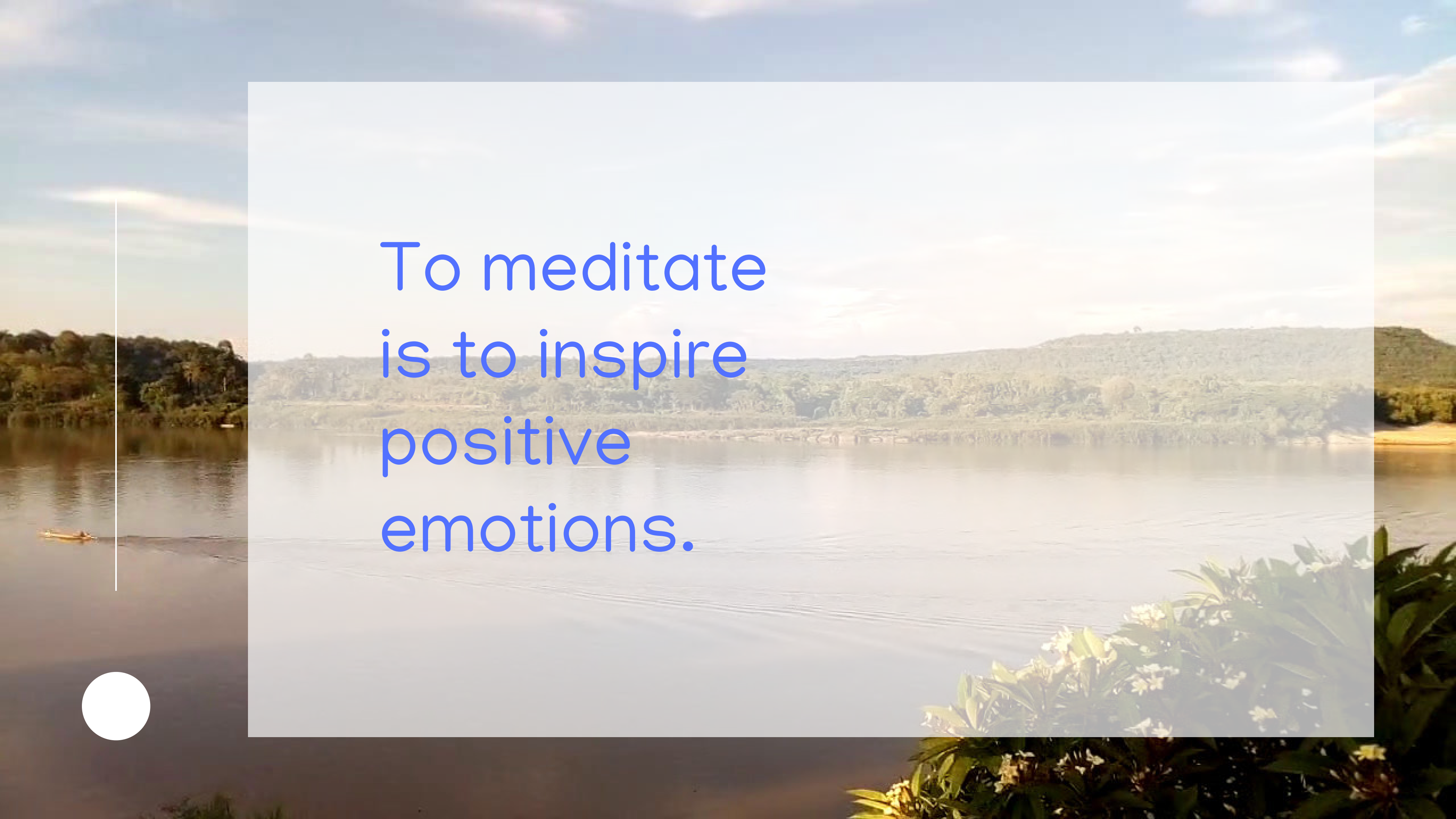
Cross your legs on the floor and close your eyes and breathe.

If that's not your thing, walk in the park. Water your plants. Listen to soothing music. Ride your bike.

You can
meditate
anywhere.

You don't need a special environment
or equipment in order to do it.





To meditate
is to inspire
positive
emotions.

