

## **EASTERN MINDFULNESS TAKEAWAY – TAIT MEMBERS**

### **Orientation session conducted by Alok Taunk on 21<sup>st</sup> November'2018**

info@easternmindfulness.com | [www.easternmindfulness.com](http://www.easternmindfulness.com)

#### **QUICK LOOK:**

- Emotional health comprises of 80% of overall holistic health pool. **FOCUS ON YOUR EMOTIONAL HEALTH ALONG WITH YOUR PHYSICAL HEALTH**
- Emotion is your ENERGY in MOTION. **STAY MINDFUL ABOUT EVERY EMOTION THAT YOU ARE EXPERIENCING.** Being mindful about your emotions, gives you the power to take control over them.
- Eastern Mindfulness processes helps individuals to produce the happiness and health hormones on **DEMAND**, just by practicing the techniques for 15-20 minutes /day.
- Mindful Visualization helps an individual create his future in the present by the technique of **psychic-prototype building**.

#### **DAILY PRACTICE FOR RELIEVING STRESS, ANXIETY & HAVING EMOTIONAL BALANCE**

1. Eye movements
2. Shoulder movements
3. Radical breathing (inhale from nose, exhale from mouth)
4. Body mindfulness (close your eyes & just be aware about every organ of your body)

**This practice is the basic level & shall take around 15-20 minutes**

#### **EASTERN MINDFULNESS INSTANT MEDITATIONS FOR RELEASING STRESS**

Apart from this, you may visit <http://www.easternmindfulness.com/meditations/> to **EXPERIENCE SHORT MEDITATIONS ON THE SPOT!**

You may contact **Alok Taunk** at [alok@easternmindfulness.com](mailto:alok@easternmindfulness.com)

You may connect at [info@easternmindfulness.com](mailto:info@easternmindfulness.com) for program inquiries

**Eastern Mindfulness is present on**



***"Mindful people make mindful teams & mindful teams make mindful organizations"*** – Alok Taunk