

## Why Meditate?

In our busy lives it is important that we take time to stop and recharge our batteries so that we can find inner peace and harmony. Take some time out, as often as possible, to enjoy the many health benefits that regular meditation brings, including:

- Reduces activity of viruses and emotional distress
- Increases exercise tolerance in heart patients
- Reduces B.P. in people with high blood pressure
- Reduces anxiety attacks by lowering the levels of blood lactate
- Decreases muscle tension and headaches
- Builds self-confidence
- Increases serotonin production which helps with depression, insomnia, etc
- Helps in chronic diseases like allergies, arthritis etc
- Reduces PMT
- Helps in post-operative healing
- Enhances the immune system
- Decreases respiratory rate
- Leads to a deeper level of relaxation

Guided meditation is ideal for those new to meditation and equally as enjoyable for those who practice meditation on a regular basis.