







Kumara for Business has a practical and holistic approach to improving employees well-being and how they deal with stress and emotional issues in the workplace. The tools and strategies provided can be applied during the day-to-day working environment, crucial meetings and high pressure situations.

In today's high paced business environment, the pressure that employees are under can result in a number of costly consequences for businesses. However, through a variety of meditation and relaxation techniques businesses are now enjoying substantial improvements in staff well-being, which ultimately improves their bottom line performance.



Our Programs enable your staff to...

-  *Reduce Stress.*
-  *Increase mental concentration, clarity and awareness*
-  *Enhance productivity, effectiveness, and communication in the workplace.*
-  *Learn to navigate tense situations.*
-  *Expand work / life / family balancing skills.*
-  *Improve overall health and well-being, thus reducing absenteeism.*

Our Programs include:

Introduction Session

For those with no time to reduce stress, but who need it most. Kumara's one-hour introductory course, explains in simple terms the basics of how meditation works and also its many benefits.

Stress Management through Meditation

Four Week Program - By the end of the course, the student will have learned a broad spectrum of relaxation techniques, and be able to implement these stress reducing practices in their daily work & home life.

Ongoing Meditation Sessions

One-hour weekly, fortnightly, or monthly meditation sessions are offered. Classes are led by the instructor and can be scheduled before work, during the lunch hour, or after hours.

Conference & Meetings Sessions

"One-Hour Learn to Meditate" seminar at your conference or meeting site is available for half-day and full-day rates. This can offer instant relief in the midst of a hectic conference schedule.

“Meditation directly affects the function and structure of the brain, changing it in ways that **increase attention span, sharpen focus and improve memory.**”

TIME Magazine

**Contact us to find out how our programs
can benefit your business**

9307 3500

or Visit Our Website

www.kumara.com.au