



# Mindfulness Meditation

A transformational technique that will help you to reduce physical, emotional, and mental tensions and helps in holistic well being. It helps in reducing stress, anxiety and panic. Further, it helps to connect with yourself more meaningfully by increasing your ability to focus and concentrate.

Mindfulness Meditation is the Zen and pinnacle of building consciousness and conscious relaxation through awareness. Mindfulness Meditation helps you to focus more, concentrate, improve both physical & conscious memory, relieves stress & tension, provides deep relaxation, regulates & eliminates unwanted emotions, deepens life experiences, helps you to get restful & restorative, tap your subconscious power to achieve your goals and makes every moment a unique experience by focusing on the present and now.

Further, it helps in regulating body weight without any extra physical exercises or diets. As one's mindfulness quotient increases with practice, all our activities like eating and sleeping become highly conscious and mindful. In-turn it enables us to regulate body weight and maintain and promote better holistic physical well being.

Research says Mindfulness Meditation helps in cardiovascular health and other physical ailments including cancer, pain, sleep problems, asthma, hypertension (BP), addictions, geriatric, colitis, peptic ulcer, chronic diseases and psychological disorders. It also helps in pregnancy, childbirth and menstrual disorders.



**AskKrishna Centre For Mindfulness (P) Ltd.,**  
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# PowerLeap Mindfulness Meditation

**Come register your child and reap the benefits of**

- ✦ Better concentration & attention
- ✦ Increased performance in Math & overall academic performance
- ✦ Decrease in behavioural issues
- ✦ Body weight regulation & better eating habits
- ✦ Better sleep & less stress, anxiety & fear

## Highlights

- ✦ No examination anxiety
- ✦ No stress & no fear of examinations
- ✦ Improves overall academic performances and enhances mathematical ability
- ✦ Improves retention & memory
- ✦ Helps to focus & concentrate better AVOIDS distractions

## Program Structure

5 days Mindfulness Meditation course of 1 hour each.

Invest in your child's holistic well being and reap the joy and benefits of childhood, that will transform your child's future.



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