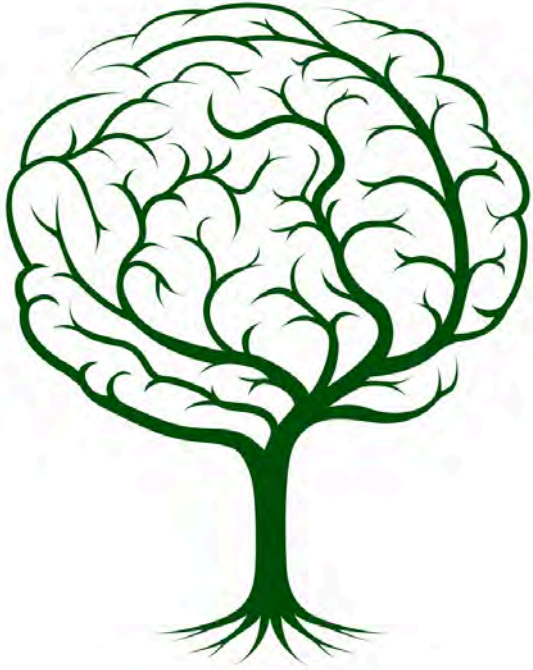




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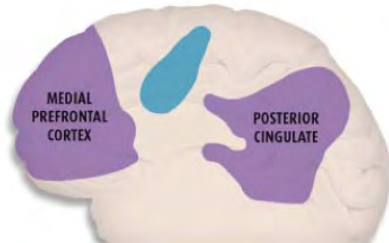
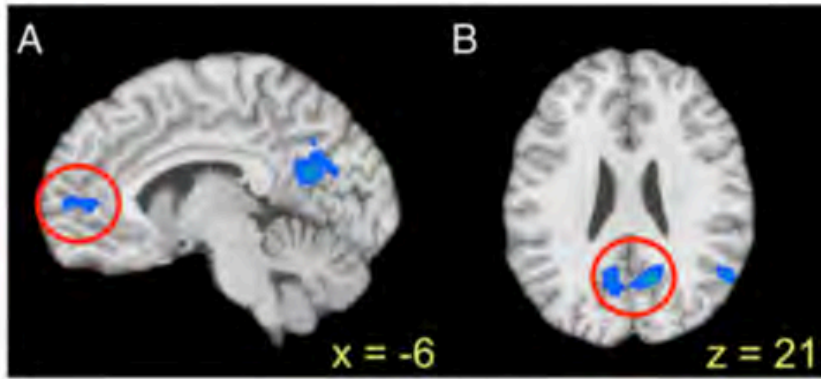


Neuroplasticity

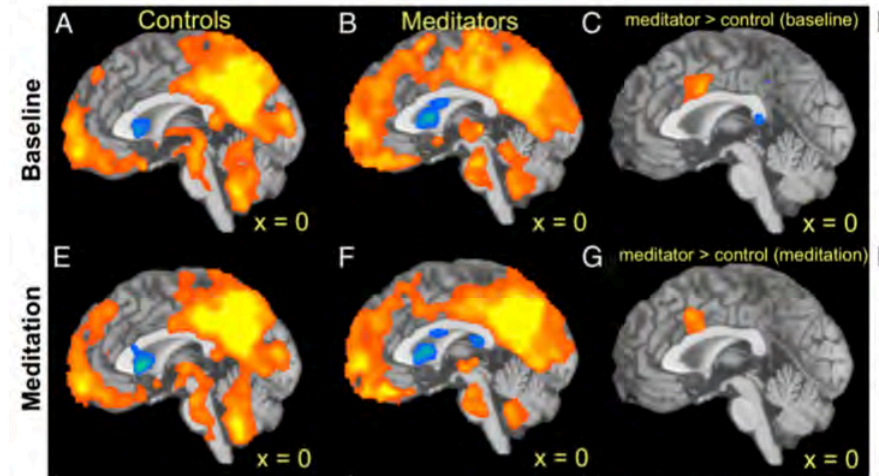


Default Mode

Meditators vs. controls during meditation



Decrease in default mode activity



Default mode is different in meditators...
... even at baseline



Structural Change

Hippocampus



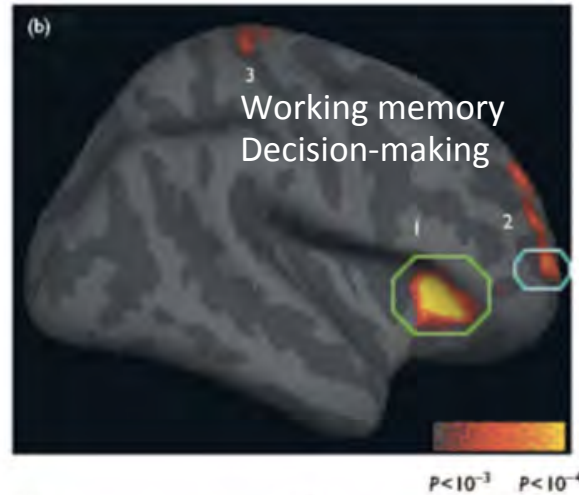
Hölzel et al. (2011)

Amygdala



Hölzel et al. (2010)

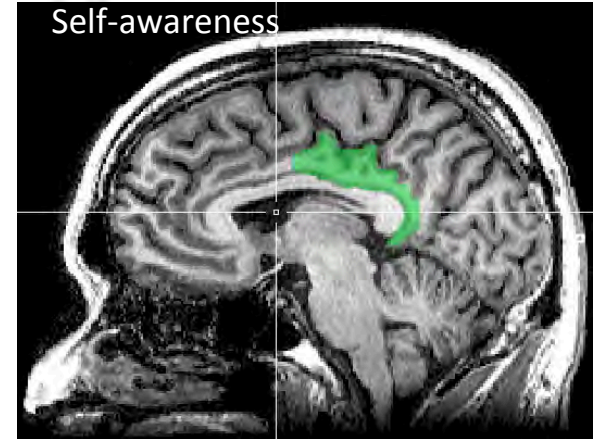
Dorso-lateral Prefrontal Cortex



Lazar et al. (2005)

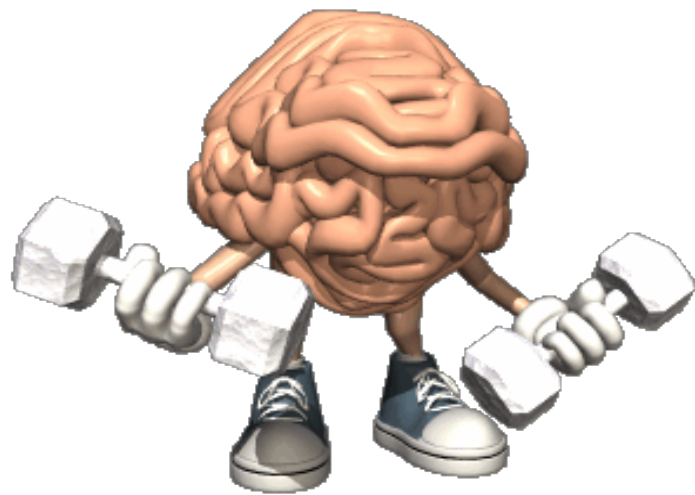
Insula

Self-awareness



Bwere et al. (2011)



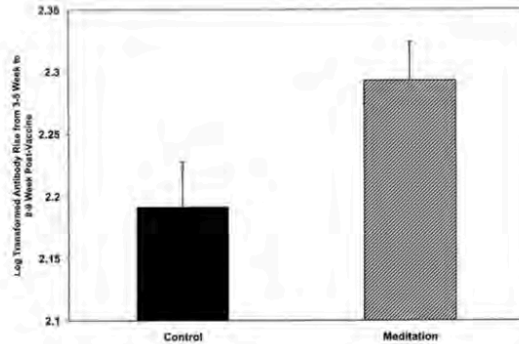
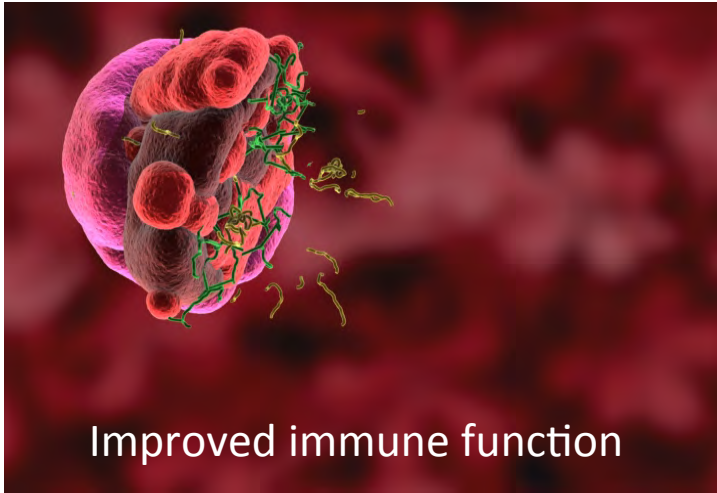




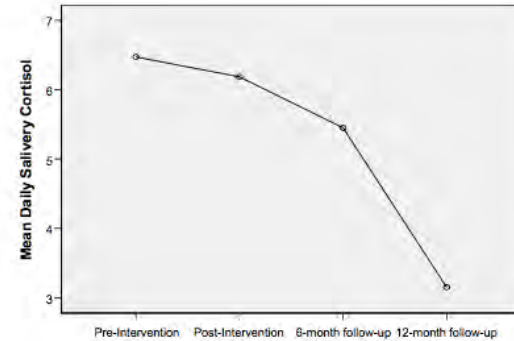
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Physical Health



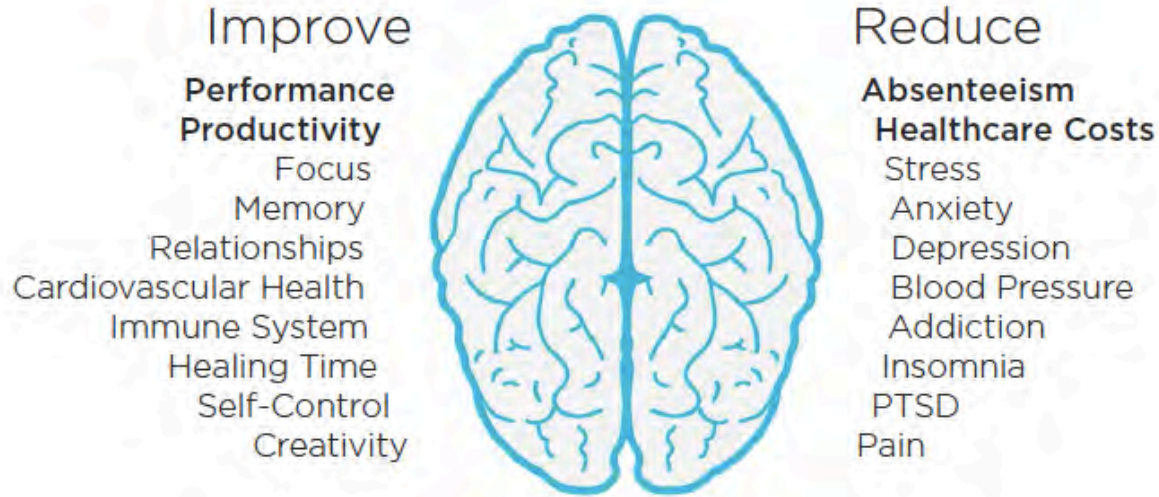
Davidson et al. (2003)

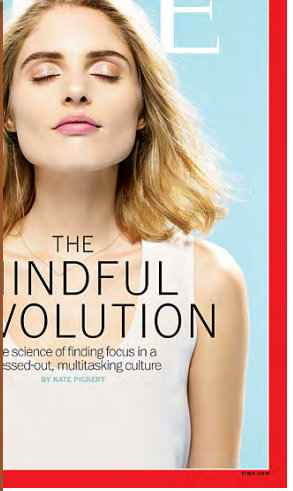
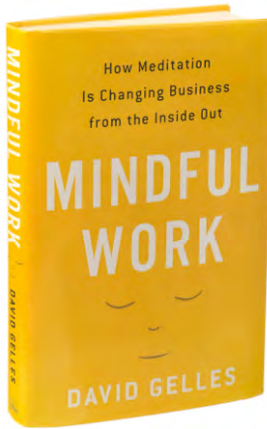
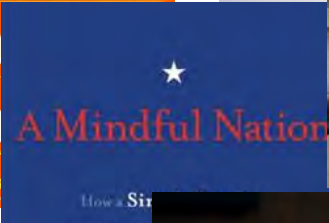
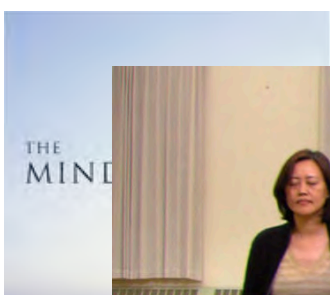


Carlson et al. (2007)



The Benefits of Mindfulness Training





Organizations with In-House Programs



Unilever

AOL Time Warner

BLACKROCK®



GENERAL MILLS



aetna®



Deutsche Bank

P&G

McKinsey&Company



MindSpace Programs



FOCUS

- Introductory Lunch and Learns
- 6 week workshop series



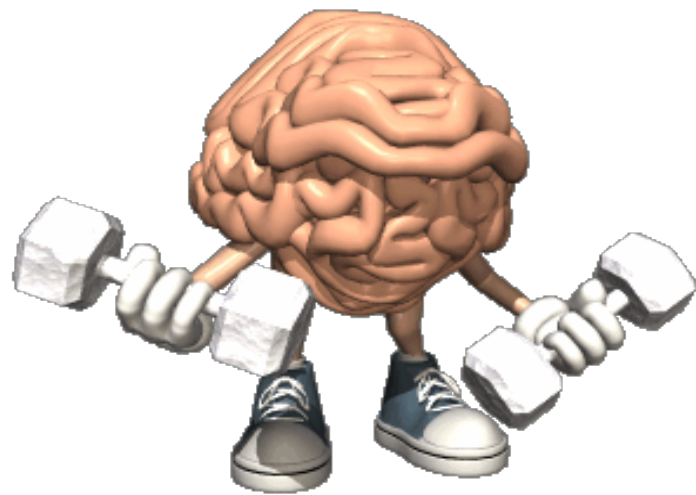
ENGAGE

- Team Building Retreats
- Webinar workshops for National Clients



RESTORE







inquire



Tips for getting started



1. Find Mindful Moments
2. Come to your senses
3. Micro-meditate
4. Unitask when possible
5. Unplug in the evening





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