

THE ESSENTIAL COURSE ON MEDITATION FOR MENTAL HEALTH

STARTING WEDNESDAY 10TH
JUNE 2020



You may benefit from this course if you:

- Are overwhelmed by your emotions or thoughts
- Have symptoms of chronic stress and anxiety such as tiredness, exhaustion, burnout
- Are physically, mentally or emotionally drained
- Know that stress and anxiety disrupt your sleep
- Find that you are reactive to situations in your life

You Will Learn:

- Tools and practices to pro-actively engage stress and anxiety for mental well-being using the ten step iRest® meditation protocol
- Tools for inner safety
- Somatic mindfulness techniques
- Breathing techniques to calm and soothe the nervous system
- What your own stress triggers look like
- The science of sleep
- An understanding of mental well-being
- To increase self-awareness
- The importance of yoga for mental health

S\$595 - EARLY BIRD S\$525 BEFORE 22ND MAY
75 MINUTES 8 WEDNESDAYS @ 8PM-9.15PM SGT
FACILITATED ON ZOOM (NO RECORDINGS)

www.meditationforlife.co



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Meditation for Life

The Essential Course on Meditation for Mental Health

This comprehensive course will give you practical steps to:

1. Meditate effortlessly using one of the easiest forms of meditations available
2. Use your practice as a place to safely welcome your emotions, thoughts and beliefs
3. Cultivate increased self-awareness
4. De-stress your nervous system through breathing techniques, yoga and meditation
5. Improve your overall well-being including sleep

According to the World Health Organization (WHO), mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

Do you know how stress manifests for you?

Can you identify and label specific emotions when they arise?

Do you know what thoughts and beliefs are true?

How do you know if your meditation practice is working?

This course **bridges the gap** between meditation as a practice and how it can have a positive effect on your everyday life so you can find ease, well-being and peace whenever you need to.

This program is for you if you would like to restore your sense of mental well-being, increase your self-awareness, deal with negative patterns and build inner resilience. Too often mental health is confused with mental illness, mental health is something that we all have that can vary day by day. By learning practical skills it's possible to improve your mental well-being and deal with negative emotion, thought and belief patterns which may be outdated and no longer serve us.

Successful mental well-being is not about never having negative emotions or thoughts, it's about pro-actively applying the skills you'll learn on this course when they arise and being able to process them. When we are able to do this skillfully, we can operate in a world from response rather than reaction.

In this 8-week course you will receive short lectures, experiential learning, journaling exercises, meditations and homework each week. I'll be sharing tools from the **iRest® protocol** as well as how you can support yourself physically, mentally and emotionally through lifestyle choices, yoga, breathing and sleep.



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What you will receive in this 8 week course:

- An 8-week live program to explore your inner world safely
- A journal on the **iRest® protocol**
- 8 recorded meditations for you to practice with at home
- Access to a private Facebook community to share and ask questions

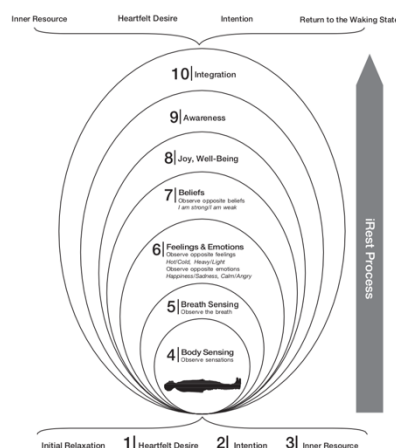
FAQs

What is iRest® Meditation?

iRest meditation can be practiced by anyone, regardless of whether you are a lifelong meditator or if you have never tried meditation before.

By practicing iRest regularly - a little and often - you can tap into the parts of your brain that allow for greater insight and quiet the parts of the brain that are responsible for negative thoughts, feelings, and sensations. Using iRest, people learn to welcome life as it is happening and to respond - not react - to challenging situations.

iRest® has been used in schools, companies, homeless shelters, palliative care homes, VAs and military hospitals with research proving its effectiveness on treating stress, depression, pain, PTSD, trauma, brain injuries and chemical dependency.



Courtesy of iRest

People practicing iRest experience:

- Decreased stress, anxiety, fear and depression
- Improved sleep and decreased insomnia
- An ability to better manage chronic and acute pain
- Healthier interpersonal relations
- Heightened energy levels
- Improved sense of control
- More confidence and joy in their lives
- A greater sense of peace and well-being



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Can beginners do this course?

Yes absolutely, you do not need to have practiced meditation before.

I have a mental illness – can I do this course?

This course is designed for mental health and symptoms related to stress and anxiety specifically. If you are concerned about your suitability to do this course then please speak to your mental health professional, they can research the tools and methods used at www.irest.org or you can contact me at contact@meditationforlife.co to discuss your unique circumstances. There is also the option to do this course 1 on 1 – see question below.

I do not want to do this course in a group

I understand, that you might be anxious about doing this group course with other participants and would prefer to do this course privately. The fee for the 8 week course is \$2500 for one person and can be booked directly by contacting me at contact@meditationforlife.co

This option is more personalized and will include one-on-one meditations/dyads.

Who else will be on the course?

This course is open to the public with a maximum of 25 participants; and open for both men and women.

How will the course be facilitated?

The course will be facilitated on ZOOM and there will be a few breakout sessions for sharing.

What do I need?

You simply need a computer with internet connection, a quiet place where you will not be disturbed for the duration of the class, a yoga mat, a small cushion and a blanket.

Why use this course and not an app?

Meditation and mindfulness are nowadays being used as the panacea for all of our problems. Using the gym analogy - there are so many different ways to exercise and likewise there are many different techniques of meditation and mindfulness. While citing the benefits of meditation in studies, people often forget the effectiveness of meditation comes from a specific protocol, frequency and duration. I will be using the iRest protocol as discussed above; studies have shown its effectiveness treating stress, depression, pain, PTSD, trauma, brain injuries and chemical dependency. This is not a general meditation course – it is a specific protocol that has been taught to thousands of people.

This course will also give you simple and practical tools to incorporate mindfulness and meditation into your day and receive the benefits much faster than learning on an app. We hire personal trainers for our bodies but how many of us think about our mental wellbeing in the same way.

For any more questions you can email contact@meditationforlife.co



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About the facilitator Davina Ho:



"My Work With Clients Has Been Called Transformational But It's Really The Tools I Teach Them To Create Their Own Healing And Transformational Experience.

The Power Lies Within All Of Us."

Davina Ho

Davina has travelled the world training with and meeting the leading teachers in consciousness, meditation and yoga. Her clients vary from stressed-out CEOs & executives to multi-national companies as well as individuals who have experienced extreme trauma.

After more than a decade in the world of finance Davina understands how your mental health can have a huge impact on your performance at work as well as in your life. After facing an extended period of stress & trauma in her own life she looked to meditation and yoga for help. But it took her years before she found the right teachers, courses and tools. She's now passionate about bringing these simple and effective tools to the world to improve the well-being of everyone. It's her personal mission to make meditation accessible to individuals and available within in organisations.

Davina is a certified iRest® meditation teacher and has completed 200 hours of Hatha yoga teacher training with Arun Rana at Pure Yoga and additional trainings in Hatha Yoga with The



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Practice, Yoga Therapy with Arun Rana, Yoga Therapeutics with Ross Rayburn and Rainbow Kids Yoga.

Davina holds a degree in Economics and Chinese from the University of Edinburgh, a Master's in Chinese Business from the University of Leeds and is also a CFA Charterholder.

What People Say About Davina:

"Davina has been a source of support, healing and inspiration. She teaches me not only what practices to be trying and how to do so but also why something in particular and the benefits to be gained. I am more aware of what my body needs to revitalise and techniques to try when I am feeling stressed and anxious. She listens well, is very conscious of her clients' needs and has a calming tone and demeanour. I feel fortunate that I met Davina as I am truly enjoying the yoga, meditation and breathing as well as the friendship."

Stephanie, Chief People Officer

"I contacted Davina to help me with some deep meditative work to help me with some energy blockages that seemed to be holding me back. The experience was incredible; truly transformative. I found the guided meditation similar to a relaxing therapy session, where the gentle enquiry felt nurturing and safe; I loved that we could explore as little or as much as I was open to. The experience was however very different in other ways - using new techniques I have not encountered - and in terms of results was really powerful, even within one session. Incredible. I thoroughly recommend working with Davina to anyone who is doing any personal or corporate growth work or who simply wants to build a healthier foundation by finding their true power!"

Hilary, Founder

"I've practiced guided meditation with Davina for over 6 months. Davina is a perfect host, her voice is crystal clear, gentle and calm. Meditation is such a rich experience, it brings you thoughts, realisations and visions on whatever current challenges you might have. The environment Davina created was safe, welcoming and nonjudgmental. I feel very lucky that Davina was my first guide into Meditation."

"While attending meditation sessions with Davina I was also going through a separate trauma healing journey. I feel that meditation gave me deep insights into my past experiences and helped me to understand the complex and hidden puzzle I was struggling with"

Anonymous



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Requirements to take this course:

- Commitment to your mental well-being and **attendance of all classes***
- A health declaration and waiver
- Be over the age of 21 at the time of the course

*Each week we build on the previous week so it's important that you are committed to the entire program, if you cannot make a session due to an emergency then you will only be sent the meditation recording and are required to book a 20 minute catch-up call at an additional cost of \$30 with Davina. Unfortunately, we will not be recording the entire session due to group confidentiality. So please do your best to prioritise the live classes.

Class Outline

Week 1

1. Orientation
2. What is meditation and how does it relate to mental health?
3. Why do we need to create a psychological safe space?
4. Inner Resource Meditation

Week 2

1. Intention Setting versus goal setting
2. Somatic mindfulness through yoga
3. Intentions and Heartfelt Desire Meditation

Week 3

1. How the body stores and deals with stress
2. Yoga for sleep
3. Body-sensing meditation with progressive muscle relaxation

Week 4

1. Breathing techniques to soothe the parasympathetic nervous system
2. Breath-sensing meditation

Week 5

1. Tools for working with emotions
2. Emotions Meditation

Week 6

1. Thoughts and Beliefs – re-framing patterns
2. Thoughts Meditation



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Week 7

1. How do you define success and what is happiness?
2. Gratitude meditation

Week 8

1. Cultivating self-awareness
2. Complete practice meditation