

Mindfulness in Business Track

Session 3: 1:15-2:30pm

Name, Title, Affiliation:

Shanti Douglas, CPHWC, Mindfulness and HeartMath Certified Trainer and Coach, Author, Owner 8 limbs Holistic Health, LLC

Title of session:

“Mindfulness & Meditation for the Busy Professional”

Brief description of session:

With so much to do, it seems like there’s never enough time or energy left to take care of it all. How could you even *think* of adding some mindfulness or meditation to your day then? Join this interactive workshop to explore the reasonable possibilities that exist to refresh your energy with mindfulness and meditation throughout the day so you have an improved capacity to care for what truly needs attention ... including yourself.