



MEDITATION WORKS

• mobile • stress • solutions •

WHO ARE WE?

We are MeditationWorks,
the better break company.



WHAT DO WE DO?

Offer you a 15-minute break from
work where you can practice the
technique of mindfulness.



WHY SHOULD YOU PRACTICE?

Stress is slowly killing our
productivity at work...

breaking down our bodies, and interrupting the happy mindful life we should
be living. Practicing mindfulness in MeditationWorks' dedicated space is the
ultimate and fun way to participate in a new, healthy, mindful lifestyle. Here
are just some of the benefits.:

- **Improve your health** - Proven to lower blood pressure, heart rate, and unhealthy cravings
- **Decrease your anxiety** - 90% of participants report lower anxiety levels
- **Improve sleep levels** - Fall asleep faster, stay asleep longer
- **Increase your productivity** - Performance levels up 12%. 62 more productive minutes of work each week!
- **Reduce stress levels** - Develop healthier reactions to everyday stressors
- **Sharpen focus** - Stay on task longer, reduce distractions

* Stats from Aetna 2014 study and University of Washington 2012 study

INTERESTED?

[CONTACT](#)

Click here to schedule a FREE
trial and consultation!

www.MWStressSolutions.com



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