

Meditation Classes every Tuesday Morning



Location

East of England, Essex

<https://www.freeadsz.co.uk/x-192226-z>


Learn to master the technique to free your mind, with these meditation classes. Meet like minded people and let your self go. Classes are every Tuesday morning 11am-12 noon £10 a session. To secure your place please either pay in full or you can pay a deposit Benefits of meditation * It lowers oxygen consumption. * It decreases respiratory rate. * It increases blood flow and slows the heart rate. * Increases exercise tolerance. * Reduction of free radicals, less tissue damage * Higher skin resistance * Builds self-confidence. * Increases serotonin level, influences mood and behaviour. * Resolve phobias & fears * Helps control own thoughts * Helps with focus & concentration * Increase creativity * Obtain deeper state of relaxation * Drop in cholesterol levels, lowers risk of cardiovascular disease. * Improved flow of air to the lungs resulting in easier breathing. * Decreases the aging process. * Leads to a deeper level of physical relaxation. * Good for people with high blood pressure. * Increased emotional stability * improved relationships * Mind ages at slower rate * Easier to remove bad habits * Develops intuition * Increased Productivity * Improved relations at home & at work * Able to see the larger picture in a given situation * Helps ignore petty issues * Reduces anxiety attacks by lowering the levels of blood lactate. * Decreases muscle tension * Helps in chronic diseases like allergies, Arthritis * controlled pain of chronic diseases * Can makes you sweat less * Cure headaches & migraine * Reduces Pre-menstrual Syndrome symptoms. * Helps in post-operative healing. * Enhances the immune.

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