

# 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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