

MEDITAINMENT

ENERGISING

EVENT INFO

TIME: 25 MINS

NUMBERS: 20-1500

LOCATION: INDOORS

APPROACH: COLLABORATIVE



Meditainment is the most effective way to ensure you get 100% of your delegates in 'the zone' and receptive to your conference messages.

Each delegate at your conference comes with their head filled with the clutter of their busy working and personal life – not to mention the endless bombardment of information, news and advertising messages. Before your audience can focus, think clearly and be receptive to your messages you need to get them to relax and de-clutter their minds.

The answer is **Meditainment** – a 25-minute interactive audio-visual relaxation experience that uses multi-sensory meditation techniques to open and focus the minds of your audience.

The session begins with the participants being guided through the experience by a relaxing voice and on-screen imagery. Participants choose the type of meditation experience they want using multi-coloured glowing wands. They then close their eyes and are guided by voice, music and sound effects on an imaginary journey. There are over 70 different combinations of meditation experiences to choose from, so the group meditation is uniquely suited to the tastes and preferences of your audience.

After about 10 minutes the participants are deeply relaxed and in 'the zone' where they can contemplate, reflect and prepare for what is ahead. At the end of 25 minutes the participants are slowly brought back to 'reality'.

Meditainment is an excellent way of preparing delegates for workshops, creative problem-solving or team-based collaboration. Performed around the world, **Meditainment's** unique relaxation experience has been acclaimed by public and press alike as the "ultimate nerve-soother for a punishing lifestyle".

BUSINESS BENEFITS

TENSION RELEASING

INSPIRATION

REFLECTION

UNIFIES THE GROUP

FOCUSES THE MIND

STRESS MANAGEMENT

