

The Art of Mindful Living

- A Mindfulness Retreat for Staff Development

A mindfulness retreat away from the workplace could help refresh, recharge and reconnect with oneself, co-workers and the organization. Organizations that concern the wellbeing of their employees would have stronger workforce and better performance.

During the retreat, staff will learn how mindfulness could help improve stress management, physical and mental health, and communications. They will also experience the joy and peace generated through various mindfulness practices, such as:

- Mindful Breathing
- Mindful Walking
- Mindful Singing
- Deep Relaxation
- 10 Mindful Movements
- Mindful Drawing (Island of self)
- Tea Meditation
- Mindful Communications
(Deep listening & Mindful speech)



The theme, content and length of the workshop could be tailored to suit different organization's needs.



"It was a mindful and fruitful staff retreat. Mindful breathing, mindful walking, mindful singing, mindful drawing and understanding of Manifestation-Only Psychology were good practices for nourishing ourselves and cultivating happiness in everyday work and life. Thank you."

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