

# mettaminds 'Creating better minds'



## Overview

Everyone needs to start the day in a way that will serve you in the hectic lives we live. Mettaminds ('metta' meaning loving kindness') have designed a simple program that incorporates the gentle flowing movements of Tai Chi Qi Gong; 'stress reducing'\* meditation ; and ' Hakalau' or 'up time'.

The program can be practiced any time in the day and can fit in with your study, work or daily schedule. All you need is 6-8 minutes daily. Mettaminds recommend you practice the program in the morning, and it can be repeated at any time in your day.

## Benefits

- Time to start the working day right
- Little time and investment
- Opening up the possibilities of regular practice

Many articles, research and professionals have quoted many benefits for the components of the program.

**Meditation-** Reduce stress and anxiety, promotes emotional health and lengthens attention span.

**Tai chi Qi Gong-** Reduce stress, improve posture and balance and increase muscle strength

**Hakalau-** increase awareness and alertness and be more receptive to your environment and learning.

The programme will be updated regularly and will regularly be reviewed to incorporate other practices such as mindfulness and yoga.

## Programme Content

### The components

- ★ Tai chi Qi Gong movement
- ★ Guided meditation
- ★ 'Up time' Hakalau

## Options

- ★ Programme sign up and basic 'one off' video and introduction to senior members of the organisation
- ★ Programme and set up workshop
- ★ Programme, workshop and monthly subscription. Changing content

## Impact

1. The 'Before' outlook and-markers ( Feeling in the organisation, stress test, efficiency, Case studies)
2. Mid review (informal questions, sample focus group, interim vlogs)
3. Post and case studies, vlogs and final organisational report.

## Next Steps

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