



Mastering Meditation and Relaxation Techniques

Susan Eisner, MPH, CASAC

Trainer, Consultant & Visionary Leadership Coach

VISIONARY HEALTH SOLUTIONS

Ph: (631) 269 - 7048 Fax: (631) 269 - 7049

www.VisionaryHealthSolutions.com

E-mail: info@visionaryhealthsolutions.com

BLOG: www.susaneisner.typepad.com

A critical part of any self-care and stress management program is the practice of deep-breathing based meditation and relaxation techniques. Modern medicine has proved without a doubt the benefits of such techniques in many areas. Regular practice promotes physical and emotional health, improved focus and concentration, assists in healing illness, helps in the management of anger, curbs compulsive behaviors, and produces a sense of general well-being and deep relaxation. Accepted much more today in the western world, these methods are easy to learn and can become personal life-long strategies in managing health.

This session provides in-class instruction and practice of abdominal breathing, insight meditation, visualization and progressive muscle relaxation. Practical suggestions for incorporating them in daily life are offered.

Seminar Goal: Participants will develop a positive attitude toward the use of meditation and relaxation techniques, and gain skill in the practice of 3 methods.

Seminar Objectives: At the end of the seminar, participants will be able to:

- *define meditation and relaxation techniques (MRT's)*
- *define the "fight-or-flight" response*
- *define the benefits of practice MRT's in terms of physically, emotionally and psychologically, on compulsive behaviors and illnesses, and on a practitioner's practice with patients*
- *describe Insight Meditation, Visualization and Progressive Muscle Relaxation*
- *practice the basics of each of these 3 techniques*

Seminar Topics:

- *definition and types of meditation and relaxation techniques (MRT's)*
- *definition of "flight-or-fight" response, the body's reaction to stress*
- *benefits of practicing MRT's:*
 - *physical effects on the body*
 - *emotional and psychological effects*
 - *the curbing of compulsive behaviors*
 - *assistance in healing physical illness*
 - *medical practitioners who practice MRT's become role models for patients and can train patients in their use*
- *reasons why some people find MRT's difficult to do*
- *ways to improve motivation to regularly practice MRT's*
- *in-class instruction and practice of 4 techniques:*
 - *Abdominal breathing*
 - *Insight meditation*
 - *Visualization*
 - *Progressive Muscle Relaxation*