

# HIGH ON ZEN

Engage your higher mind

**Meditation and mindfulness –  
Workshops, trainings and classes for  
companies and their employees**

Meditation and mindfulness enrich our lives on all levels – including the workplace. Numerous international studies show that regular meditation helps to reduce stress and has a positive effect on our brain!

## **The benefits of meditation:**

- **Body** – Decreased release of stress hormones and stronger immune system.
- **Mind** – Enhanced performance, concentration, creativity and mental flexibility.
- **Holistic** – Better stress management, stronger resilience and increased optimism.

## WHY MEDITATE WITH PERSONAL GUIDANCE?

**Targeted:** I can adapt my offer to participants' needs and target issues such as stress, chronic fatigue, anxiety ...

**Guidance:** Especially for beginners, it is important that an experienced expert introduces them to the new and unknown world of meditation and assists them with clear instructions.

**Personal:** A relationship of trust is established and the participants are encouraged to meditate more regularly and stick with it (stronger commitment than with an app). They can contact me with questions that are treated confidentially.

**All this contributes significantly to the health-promoting effects of meditation to fully unfold.**

# MY OFFER

## STARTER: WORKSHOP

- Duration: 1 - 2 hours | Online via Zoom or live
- Theory: What is meditation? Effects and benefits
- Practice: Guided meditation
- **Investment: 270,00 EUR**

## DIVING DEEPER: COURSE PACKAGES

- Duration: 30 minutes per session | Online via Zoom or live
- 4 - 8 - 12 weeks packages
- Guided meditation and mindfulness training
- Establishing a regular practice as the foundation for deeper and durable change
- **Investment: 380 | 750 | 1.050 EUR**

## LONG-TERM IMPROVEMENT: ONGOING CONTRACT

- Content and structure same as for the multi-week packages
- Meditation becomes an integral part of the company culture
- Enhanced wellbeing, increased motivation, productivity & creativity of the teams
- **Investment: Depending on the contract**

**BONUS: Recordings of the sessions for independent practice | Worksheets with instructions and background information | Email support**

All prices are net prices plus 19% VAT

**DISCLAIMER:** My offer does not replace a doctor, naturopath or psychiatrist. I do not issue any diagnoses and also do not give any healing promises.



I am **Noémie Causse**, meditation and mindfulness coach from Berlin. For my training, I have travelled to Greece, Bali, India and back to Berlin. Today, I teach a style that is infused with wisdom from different traditions, such as MBSR, Vipassana, active meditations, pranayama (breathwork) ... accessible to everyone and guaranteed dogma-free.

## CONTACT

[www.ighonzen.com](http://www.ighonzen.com)

Email: [hello@ighonzen.com](mailto:hello@ighonzen.com)

Phone: +49/176-32443826

