

# Our Onsite or Live Streaming Mindful Meditation Classes Provide Your Employees Stress Relief and Focus.

Our Mindful Meditation programs are uniquely designed to help employees demystify meditation and make it accessible for employees to learn a meaningful tool with many health benefits including improved clarity and focus, stress and anxiety reduction, more restful sleep, increased self-awareness, and increased ability to stay centered. Mindful Meditation Programs also build a sense of community among colleagues.



## Mindful Meditation Programs

### Mindful Meditation

Our Mindful Meditation is open for all experience levels. Learn the health benefits of developing a regular mindful meditation practice. Each meditation approach will be explained in an in-depth manner and we will guide you through a meditation every step of the way.

- Breathing Meditation - Mind focuses on the breath, inhaling and exhaling.
- Mantra Meditation - Mind focuses on positive healing phrase that is chosen from a list provided.
- Body Scan Meditation - Mind focuses on instructor voice guiding through a Body Scan.
- Loving Kindness Meditation - (A form of Guided Meditation) Mind focuses on individuals and uses imagery to expand empathy, love and kindness.

### Mindful Meditation & Stretch

All the basics of meditation will be covered and we will introduce you to four different meditation approaches (see above) and explain each in an in-depth manner while guiding you through a meditation every step of the way during each class. Each meditation class will begin with a warm-up stretch and a breathing exercise to help you get ready for your meditation.

### Mindfulness Breaks

The Culture Of Fit Mindfulness Break gives employees a 20-minute "Timeout" during the work day to rest, relax and recharge. Each Mindfulness Break session will be led by a Culture of Fit Meditation instructor who will calmly guide employees toward focusing on the present moment. Each session will include a stretch and a guided meditation. No experience needed, anyone can participate.

## Our Culture OF Fit Meditation Instructors Become Yours.

They'll be certified experts who are passionate about wellness and compassionate about helping others.



### Kate Sortino

Located in:  
New York, NY

- Meditation Teacher and Vinyasa Yoga Teacher for 7+ years
- 500-hr Certified Vinyasa Yoga Teacher, Yoga High
- 100-hr Meditation Training, Yoga High
- Yoga for Depression, Anxiety, and Addictions, Svastha Yoga Therapy Programme
- Essential Certification in Thai Massage, Lotus Palm School of Thai Massage
- Certified in CPR/AED
- ABFA in Musical Theatre, Hartt School at University of Hartford

To set up a demo and learn more:

**Serena Puerta**  
Culture Of Fit  
Founder | CEO  
Serena.Puerta@cultureoffit.com  
(917) 864-8205