

MEDITAINMENT

Interactive, audio-visual relaxation experience using multi-sensory meditation techniques.

How it works

Participants are guided through the experience by a relaxing voice and restful on-screen imagery. The group democratically select the type of meditation experience they would like by waving their multi-coloured glowing wands. With their eyes closed, participants are escorted by voice, music and sound effects on an imaginary journey. At the conclusion, participants will slowly be brought back to full awareness. They will now be focused and ready for the day ahead.

Learning outcomes

Participants often arrive at a conference with their heads filled with clutter from their working and personal lives - not to mention the endless bombardment of other information, news and advertising messages. Before your audience can focus, think clearly and be receptive to your key conference messages they need to relax and de-clutter their minds. Meditainment is the answer.



Key business benefits

- ✧ De-clutters the mind
- ✧ Promotes relaxation & focus
- ✧ Stimulates a receptive mind
- ✧ Unifies the group



Watch Meditainment Video Here



10 - unlimited



Indoors



10-30 minutes



Collaborative