



## Health Benefits of Meditation

- It lowers oxygen consumption
- It decreases respiratory rate
- It increases blood flow and slows the heart rate
- Increases exercise tolerance in heart patients
- Leads to a deeper level of relaxation
- Good for people with high blood pressure as it brings the B.P. to normal
- Reduces anxiety attacks by lowering the levels of blood lactate
- Decreases the muscle tensions (any pain due to tension) and headaches
- Builds self confidence
- It increases serotonin production which influences mood and behaviour low levels of serotonin are associated with depression, obesity, insomnia and headaches
- Helps in chronic disease like allergies, arthritis, etc.
- Reduces pre-menstrual syndrome
- Helps in post operative healing
- Enhances the immune system, research has revealed that meditation increases activity of "natural killer cells" which kill bacteria and cancer cells.
- Reduces activity of viruses and emotional distress

You will be taught meditation techniques and breathing according to the Kahuna in Hawaii, along with other meditative techniques from other systems to help you better cope with your specific daily challenges and goals.

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