

# Mindfulness Meditation & Office Ergonomics

Stress, anxiety and time spent hunched over laptops and devices is steadily increasing as many of us begin to work from home or distributed teams.

CNTRD Wellness has created an immersive mindfulness workshop that shows your group the basics of creating health and balance in the workplace with mindfulness and ergonomics.

**Contact us:**

[www.cntrdwellness.com/  
contact](http://www.cntrdwellness.com/contact)

**Read our recent blog  
post:**

4 Mindful Practices To  
Help You Get Through  
This Fall

**Learn more about us:**

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

Some things we'll explore in this 60-min Live webinar:

- **The Science of Meditation-** What is meditation? How and why meditation changes our brain & behavior and why influential leaders /companies are using meditation practices to improve their health, boost their creativity and focus, improve sleep, master relationships and more.
- **Experiential Practice-** 3 to 5 short guided mindfulness or breathing exercises (5-10 min. each: Mindfulness of Breath, Body, Sounds, Thoughts, Walking, Breathing techniques for energy and focus/ stress reduction and sleep).
- **Feedback and questions-** How to be consistent with practice and develop a daily meditation habit by taking your practice into your everyday life and building more self-awareness of your daily experience.
- **Using Mindfulness & Ergonomics-** Re-discovering the position our bodies are meant to be in — a healthy, neutral posture. How a seated and forward head can tax the body and cause some of the most common overuse injuries in the workplace- thoracic outlet syndrome, carpal tunnel, text neck, lower back pain, and more.
- **Adjusting your desk and workspace-** Avoid strain and overuse, learn how to position your chair, keyboard/mouse, and monitors to avoid pain and fatigue. And simple stretches to remedy pain, tightness, tingling, and fatigue caused by poor office posture.
- **Merging your mindfulness practice-** Tips on making 'checking in' the norm and creating a lasting habit of body/postural awareness to restore alignment and optimal health.

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**This Interactive Lunchtime Workshop is for offices  
and teams of 5-50 people and is hosted Live on Zoom.  
Reach out now to inquire and register your group.**

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