



SABINA VITACCA

Sabina's professional experience in the mental health field allowed her to observe the relationship between health and stress. This motivated her to integrate meditation and awareness techniques into her professional and personal life. Sabina provides a safe, nurturing, professional and fun environment

PROVEN OVER THOUSANDS OF YEARS AND TESTED BY MODERN SCIENCE

"It is fascinating to see the brain's plasticity and that, by practicing meditation, we can play an active role in changing the brain and can increase our well-being and quality of life"

Britta Holzel, PhD, Harvard University

"It's kind of like going to the gym and working a muscle, except in this case you're not working a muscle in your body, you're working the muscle in your brain that help you understand and control your emotions."

Dr. Zindel Segal, Professor of Psychiatry, University of Toronto

"Building mind- fitness with mindfulness training may help anyone who must maintain peak performance in the face of extremely stressful circumstances, from first

responders, relief workers and trauma surgeons, to professional and Olympic athletes."

Amishi Jha Ph. D, Assistant Professor, University of Pennsylvania

"Mindfulness meditation has been reported to enhance mental abilities, including rapid memory recall."

Catherine Kerr PhD, Harvard University

"Meditation is becoming increasingly popular as a way to treat chronic illness such as the pain caused by arthritis."

Dr Christopher Brown, University of Manchester

"Our findings indicate that a short training program in mindfulness meditation has demonstrable effects on brain and immune

function"

Richard Davidson, Professor of Psychology at University of Wisconsin Northwestern Memorial Hospital

"Teaching deep relaxation techniques during the day can help improve sleep at night."

Ramadevi Gourinemi, MD, Director of the Insomnia Program at Northwestern Memorial Hospital

"This is the first study that only a little over an hour of meditation training can dramatically reduce both the experience of pain and pain related brain activation."

Fadel Zeidan, Ph.D, University of North Carolina

CONTACT

Meditate Now

Email: contact@meditatenow.com.au



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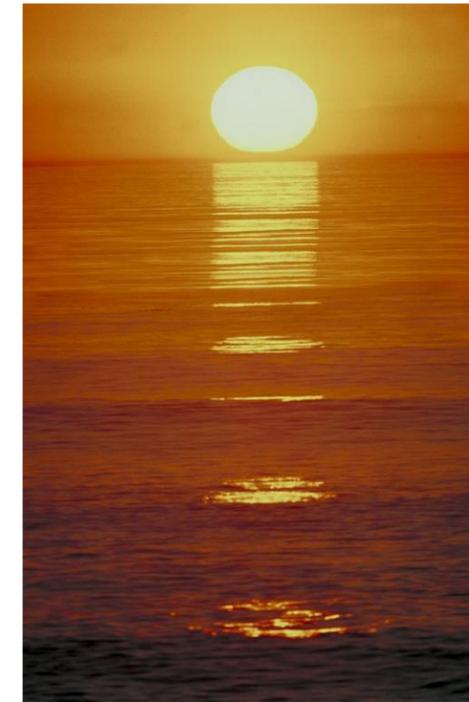
Meditation

FIND YOUR CONNECTION TO CALMNESS AND STRESS RELIEFE

Meditation not only reduces stress and related illnesses, it also improves productivity.

Increased, stress, anxiety, time-pressure, a disconnection from others, loss of control, competing demands and depleted energy ... these are some of the everyday norms of a today's life.

Recognising the need and desire for a life and work balance is a growing expectation. Wellbeing is a critical investment on the part of both organisations and busy professionals.



Meditate Now's quick and no-nonsense techniques for meditating on the go have helped me stay calm and keep perspective. Learning the basics of this type of meditation has made it much more accessible to me. I find I can now meditate daily by integrating it into my day – which is really useful.

Matt Callander- Public Affairs and Communications, Red Cross

MEDITATE NOW PROVIDES

- ∞ YOU WITH AN OPPORTUNITY
- ∞ SIMPLE & EASY TECHNIQUES
- ∞ NO DOCTRINE OR DOGMA
- ∞ ENJOYABLE & RELAXING
- ∞ NO SPIRITUAL AFFILIATION
- ∞ FREE OF JARGON
- ∞ NON-JUDGEMENTAL
- ∞ RESILIENCE BUILDING
- ∞ PRACTICAL SKILLS
- ∞ STRESS REDUCTION
- ∞ EVERYDAY TOOLS
- ∞ IS NON-INTRUSIVE
- ∞ PRODUCTIVITY
- ∞ SELF-FOCUS
- ∞ A COMPUTER BREAK

Meditate Now

an opportunity to find resilience

COME ALONG AND EXPLORE

In a relaxed and enjoyable setting your ability to create a healthy life balance and control your own relaxation.

Classes are designed to meet individual and group needs and provide a safe and relaxing place to ask questions and learn.

Our classes take a modern approach to adapting thousand year old techniques with modern practices and knowledge.

Take a break away from the desk or computer and bring a friend or colleague.

Contact Sabina on contact@meditatenow.com.au
To discuss tailored group and corporate packages

IS DESIGNED TO EMPOWER AND

Meditate Now covers easy techniques, such as:

- ∞ spot meditations to be used in meetings, between clients or help one focus when under pressure. Extremely effective in reducing stress through the day
- ∞ long meditations - designed to give everyone a deep experience of calm and relaxation
- ∞ physical relaxation- aimed at transitioning you from thinking to sensing. Moving into the now
- ∞ adapting mindfulness techniques to normal daily activities, rather than finding time to fit meditation into your busy schedule
- ∞ focusing skills to help relax, minimise the pressure and provide clarity of thought
- ∞ deep breathing skills to manage anxiety, anger and respond to difficult situations



I didn't have the time or energy to learn the practice properly.

Sabina's teaching showed me how to incorporate simple techniques into my daily routine, without needing to find the time to sit still for an hour. Her course was fun, interactive, and I took lots of useful practices I now use in my work and daily life.

Amanda Schofield – Head of Communications, World Development Movement

It's a different approach, very simple. I found Sabina's meditation classes really interesting and effective and very easy to take in and the tips are fascinating and easy to apply to my work life

Dan - High school Teacher