

## Six-week meditation course with Melanie Flory



6 Electric Parade, Surbiton

**Mondays: 7am – 8am**  
**Starting: 16 March 2020**  
**Option to leave at 7.45am**

Beginning your day with meditation can be a **life changing experience**. Focusing on regulating your thoughts and emotions is **a training in self-awareness and cognitive intelligence**, second to none! Research shows that developing a regular meditation practice has **health benefits for mind and body**.

This six-week course is led by Melanie Flory, psychologist and neuroscientist, whose research focus is brain plasticity and cognitive and emotional self-regulation. Melanie has carried out research and taught meditation at the Ministry of Defence (UK), Transport for London, and University of Westminster London. Her research findings show that some of the benefits of a regular meditation practice include:

- Breaking through habitual stress behaviours and responses (e.g. OCD, habitual procrastinating, nail biting etc.)
- Increased emotional intelligence, cognitive self-regulation and self-awareness
- Increased effective thinking and productivity
- Increase in resilience and ability to deal with fear-based thinking
- Deep muscle relaxation and reduced mental tension
- Improved quality of sleep



Read more about Melanie at [www.mindrheo.com](http://www.mindrheo.com)

Each class will include a short talk about the science and practice of meditation. Come dressed for work or to run/walk/cycle back to your morning routine!

*Start date: 16 March. Cost - £65 for 1st course.*

**TASTER SESSION**  
**Sunday 8<sup>th</sup> of March 5.30pm to 6pm @ BoCo**  
**contact for info and booking**

**To book, email [bookings@boco-uk.com](mailto:bookings@boco-uk.com)**  
**or call 0208 399 3930**