

## Benefits of meditation.

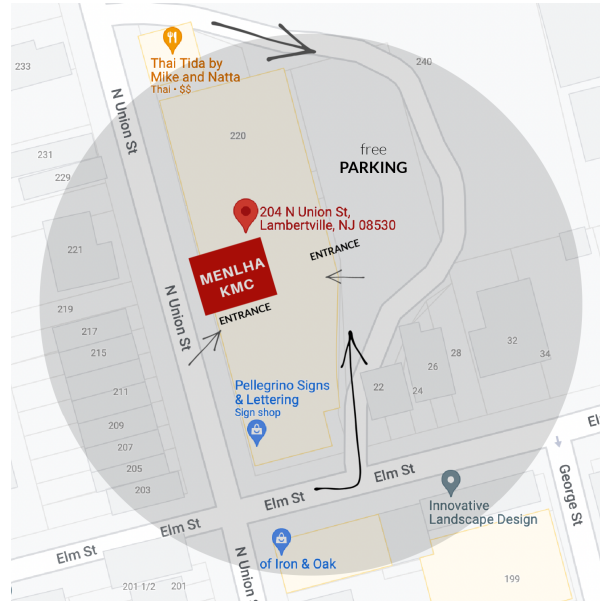
Meditation helps reduce stress and anxiety, increases vitality, improves self-esteem, and heightens focus.

Meditation is also known as a great way to improve overall health and wellbeing.

Menlha Kadampa Meditation Center, a 501(c)3 non-profit organization, has been providing instruction in meditation for over 25 years.



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Contact us to learn more.

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**MENLHA**  
KADAMPA MEDITATION CENTER



MEDITATION FOR EVERYONE

CORPORATE  
WELLNESS PROGRAM

Our program includes full access to four weekly guided meditation classes, as well as two weekly 'Open Hour' opportunities to sit in our beautiful meditation room or enjoy a cup of tea, relax and reflect. **Everyone is welcome.**



Meditation helps reduce employees' stress and anxiety, increases vitality, improves self-esteem, and heightens focus. Concentration, memory, creativity, and problem-solving skills are easier to tap into when you're regularly meditating. Meditation also improves communication skills, which can forge a path for greater bonds between coworkers and easier conflict resolution. Of course, meditation is also known as a great way to improve overall health and wellbeing by reducing stress.



For employers, all these benefits equate to increased productivity, improved response time, stronger memory, and deeper focus.

The monthly costs are reasonable and scalable. For example, a full access pass for up to ten employees would cost \$200 per month. Help your employees reduce stress and increase productivity in your organization.



**Menlha Kadampa Meditation Center offers a stress management program that can be part of your company's corporate wellness program.** Our program is designed for everyone (regardless of religion), aimed at providing companies with added benefits for employee wellbeing, created by access to our peaceful environment to come sit, be guided in meditation, relax and reflect.