

OPERATIONAL STRUCTURE OF THE ZEN OF LIVING'S PROGRAM

HELPING YOU BLOSSOM

*Well-being
& Better Work
Performance*

EIGHT-FOLD STRUCTURE OF THE PROGRAM

ZEN OF LIVING



[GOTO WEBSITE](#)

[SEND US EMAIL](#)

BENEFITS OF THE PROGRAM



BODY

- Stress and fatigue reduction
- Benefits of Yoga & physical exercise
- Self-induced healing
- Improved health
- Toned up immune system
- Lowered blood pressure
- Weight loss & management
- Self-body acceptance
- Positive self and body image
- Increased energy level
- Decreased emotional eating
- Improved physical fitness
- Increased resilience and tolerance
- Revitalized body and mind

MIND

- Mind-body integration
- Healthy emotions and positive attitudes
- Creative thinking and smart solutions
- Positive behavior and superior conflict resolution
- Focused thinking and swift decision-making
- Sharp attention and sustained concentration
- Re-programmed mind for success
- Improved job and life satisfaction
- Healthy relationships
- Emotional and awareness training
- Increased motivation & work performance
- Visualization for favorable outcomes
- Medical benefits of non-cultic meditation
- Self-induced joy and happiness

BALANCED INDIVIDUAL



HEALTHY, HAPPY & PRODUCTIVE INDIVIDUAL

ZEN OF LIVING

GOTO WEBSITE

SEND US EMAIL

