

High School

3-Day Diving into Heartfulness Relaxation and Meditation

What is Heartfulness?

Heartfulness is a simple and practical way to experience the heart's unlimited resources. The Heartfulness Institute offers workshops to help students learn simple and effective relaxation and meditation techniques that help them develop calmness from within leading to reduced stress and anxiety, improved focus, and overall wellness of being.



How does this help the school?

Students are

- more relaxed, positive and focused
- better integrated, and have improved relationships
- healthier, more creative and productive learning environment

How do you learn this?

The Heartfulness relaxation and meditation techniques are simple and practical exercises designed to nurture individual well-being and balanced living. This involves being seated comfortably for 15 minutes in quiet repose with closed eyes, to simply tune inwardly through the guided suggestions given by the facilitator. It is available to students of all socioeconomic backgrounds from ages 6 onwards, regardless of academic ability, and is offered completely free of charge by trained Heartfulness volunteers.



How to integrate this in the school?

The practice can be easily integrated into a student's daily routine, and school schedule without any disruption. It is open to all students from ages 6 onwards irrespective of religion, nationality, personal beliefs, socioeconomic backgrounds, academic ability or other demographics.

A Heartfulness program can range from a single workshop to a series of workshops, providing a deeper understanding of meditation. Ongoing support is available from Heartfulness trainers.



Heartfulness Institute offers this method in over a hundred countries throughout the world for schools, universities, corporates, communities and individuals. The program is offered free of charge by trained Heartfulness volunteers. There is no cost for the practice at any stage or any other commercial interest.

Heartfulness Meditation and Relaxation Program for High School Students

3-day Program - Diving into Heartfulness Relaxation and Meditation

Class length - 45 min - 1 hour

Day 1: Program- Introduction to Heartfulness Meditation and Relaxation

What is meditation? What is Heartfulness Meditation?

Why the HEART?

Why should I meditate?

How to practice relaxation and meditation?

How to integrate this into daily routine?

Day 2: Program- Transmission (Energy that helps us go deeper into meditation)

Recap and share your experience: Meditation and relaxation as a tool for wellbeing

Focus during meditation

Place, posture and time for Meditation

Time Management with Heartfulness Meditation

Transmission: A unique feature of Heartfulness meditation, how and why does it work?

Guided Relaxation and Meditation

Day 3: Program- Cleaning (Technique that helps us feel lighter)

How to manage thoughts and disturbances during meditation? (An interactive session including feedback and questions)

Thoughts as impressions

Introduction to Cleaning and how it helps in deepening the experience of meditation

Guided Cleaning followed by self-observation of the effect of cleaning

Guided Relaxation and Meditation