

## High School

### 1-Day Introduction to 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

### 1-Day Program- Introduction to Heartfulness and Relaxation

The section below provides the high level structure of an introductory Heartfulness workshop. We can also offer teacher training through in-person workshops to help the school self-sustain and integrate the program into their regular schedule.

#### Introductory Heartfulness Workshop

##### Program Details (1 Hour):

- Introduction [5 min]
  - A brief introduction on who we are
  - An introduction to Heartfulness Institute
  - Importance of the Heart and the role it plays in our lives
    - Leading with the heart and personalities who have meditated
- Heartfulness Meditation and Relaxation [15 min]
  - What is meditation?
  - Why should I meditate?
    - Scientific studies showing benefits of meditation
    - Benefits of meditation (Interactive)
      - Relax and reduce stress
      - Improve focus
      - Emotional balance
      - Improve relationships
- How to practice Relaxation Technique and Meditation exercise [15 min]
 

(This portion involves being seated comfortably for 15 minutes in quiet repose with closed eyes, and to simply tune inward following guided suggestions given by the facilitator)

  - Guided Relaxation
  - Guided Meditation with transmission (energy)
  - Experiences and observations
- Suggestions about practicing on a regular basis [10 min]
  - At home or at school at a convenient time in a quiet place
  - Time to practice daily - only 15 min
  - Follow-up on Day 2 and Day 3 for 15-30 min for guided Relaxation and Meditation.
  - Next time: Introduce additional technique such as Cleaning to support the Heartfulness Meditation
- Recap and summarize [10 min]
  - Benefits of doing Heartfulness relaxation and meditation everyday
  - Where is Meditation practiced today?