



Individual Meditation



What is Individual Meditation?

Meditation can be an amazing and useful tool to those who want to begin a solid practice. However, it is easy to get lost, confused or even intimidated in a group setting. Individual meditation can benefit those who are looking to begin a meditation practice, learn new meditation techniques and ultimately be held accountable.

Who is this for?

- Anyone who would like to deepen, strengthen, or begin a meditation practice.
- Person who has struggled to begin or stick with a meditation practice.

Make an appointment today:

You can call 402-934-1617 to sign up or go online at omahaic.com. Questions you can call or email Stevie Jelden at s.jelden@omahaic.com.

What can I expect when I come?

Each session will be based on the individual's needs and intentions, but will always involve practice, intention setting, meditative activities and discussion.

What are the benefits?

People practice meditation for many reasons- to support physical and/or emotional health, as a spiritual practice, to enhance creativity and productivity or as a way to re-set in our busy world. Some benefits of practicing meditation are:

- Improved health and immune functioning
- Emotional resiliency
- Improved concentration, creativity and productivity
- Much needed relaxation or stress reduction in our busy world

What is the cost?

- Initial Session (60 min) \$50
- Follow-ups (30 min) \$25
- Package (initial + 4 follow ups) \$125