

Meditation

Meditation is a practice by which you learn to train your mind to become calm, relaxed, clear and aware.

Best Time to Meditate



Morning meditation - After waking up.
Entire day goes well.



Meditation before bed.
Help you to get a deep sleep.



At time of anxiety and demotivation.
Helps you to calm your mind and uplift your mood.



Afternoon meditation - During lunch break.
Relaxes your body muscles plus boost your attention level.



After work meditation - After returning home after office.
Relieves the stress and rejuvenate your mind and body.

"Avoid practicing it right after a heavy meal"

Benefits of Meditation

Bring patience  and calmness

Improves general cardiac health



Improves self awareness



Reduces stress and anxiety



Improves quality of sleep



GastroDoxs
Defenders of the digestive system