

Title:

Meditation Techniques For Time Pressed Executives

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Summary:

Meditation, quite rightly, has an image of relaxation, peace and quiet, and many may interpret

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Article Body:

Meditation, quite rightly, has an image of relaxation, peace and quiet, and many may interpret

The benefits of meditation can be so great to somebody under pressure, that even a few minutes

What type of meditation techniques may fit in with an executive lifestyle? Important features

It is true to say that the most powerful and beneficial meditation sessions are prolonged. How

So, what techniques can an executive use during their busy day? Here are a few ideas:

1. If using public transport to get to and from work, and you are able to sit down, it can be

The secret to these train or bus sessions is not to fall asleep, and to concentrate extra hard

2. Do you go to a gym or health spa? Whether at lunch time or in the evening, this can be a go

3. Control your diary, and schedule in a mid morning and mid afternoon "tea or coffee" break.

Snatched meditation sessions spread through the day may not be the stuff of traditional medita

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