

11 Benefits of Meditation

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As the world gets busier and busier, with flashing screens taking up the majority of our time, we can start feeling distracted, anxious or strained by all the commotion surrounding us.

With this growing struggle, its no wonder meditation has become an increasingly popular practice in the United States. In fact, there are quite a few health— physical, psychological, and spiritual- benefits to this practice.

1. Increases blood flow and lowers blood pressure



2. Reduces number and severity of anxiety attacks
3. Relieves headaches and migraines
4. Reduces risk of cancer and increases immunity
5. Increases fertility
6. Improves symptoms of IBS

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7. Helps with focus and attention
8. Aids in a deeper level of spiritual relaxation
9. Develops kindness and compassion
10. Increases creativity
11. Reduces stress, which leads to better performance academically and professionally

Just by squeezing in a few minutes a day, you can dramatically shift your life and health. Not only relieving your aches, pains and illnesses, but creating a more peaceful, centered and balanced existence.

The relief you've been looking for could just be a few moments of peace; mentally, emotionally, spiritually, physically.

What benefit from meditation would you like to experience most? We'd love to hear about it.

If you're feeling overwhelmed and don't know where to begin your practice, [you can join the class at](#) [Peace & Wellness Center May 17 Green Bay, For more info and to Register now](#) or schedule a [private session](#)