

HUMBLE WARRIOR WELLNESS CENTER



MEDITATION



Humble Warrior individual low sensory meditation rooms are equipped with iPads that provides the Insight Timer Application. Insight Timer features an extensive library of guided meditations, music, soundscapes, as well as talks, lectures and courses by expert in neuroscience, psychologists, and mindfulness teachers. The iPads also offer Pandora and we have an array of books for quiet reading. The low sensory meditation rooms are offered for any type of quiet relaxation that your feel is needed, even a nap!

Meditation has been studied in many clinical trials. The overall evidence supports the effectiveness of meditation for various conditions, including:

- Stress
- Anxiety
- Pain
- Depression
- Insomnia
- High blood pressure (hypertension)

Meditation can help you experience thoughts and emotions with greater balance and acceptance. Meditation also has been shown to:

- Improve attention
- Decrease job burnout
- Improve sleep
- Improve diabetes control