



# ZEN&NOW MINDFULNESS AT WORK



Happier, healthier & positive employees are more productive, creative and loyal.

Zen&Now's **Mindfulness at Work** is a unique program that will transform your culture from the inside out and give you an edge.

The program includes a beautiful and unique fully automated modern meditation space that your employees with love.

The lights, essential oil diffusers and waterfall turn on instantly as people walk in. When they are comfortable, they just say "Alexa, start Zen Meditation" and listen to a fifteen minute guided meditation that includes mindset lessons specifically created for the workplace.

They come out refreshed and positive which helps them take on the day.

The responses have been absolutely fantastic. We knew employees would love it but the responses caught us by surprise:

**"Amazing"  
"We needed this!"**

**"Would love it if there were more rooms as the first one is booked full a week out"**

The meditation space is complemented by an online program that gives employees access to all meditations at any time, relaxing music to work by as well as a facilitator who is available on-site once a quarter to run live events ranging from group meditation training to meditation walks and hikes.

If you truly care about the well being of your employees and are also looking to improve productivity and business success, please reach out.

## BENEFITS

**A winning mindset:** less drama and more focus on solving problems

**Happier Employees, happier customers:** when employees are well taken care of and happy, they take care of customers

**Lower Stress:** a calm, can-do attitude will become part of your company's DNA

**Improved culture:** an overall more positive and cooperative culture - better place to work and your customers will notice

**Greater Productivity:** improvement in individual focus, mental clarity and better overall alignment of people to task.

**Team Cohesion:** a team that meditates together stays together driven by a shared common experience

**Increased Loyalty:** improved personal well being and overall better work environment & access to this program leads to loyalty

**Attract & Retain Top Talent:** imagine what having such a personal development and stress management program will do for your brand!

[zenandnow.co](http://zenandnow.co)





## THE PROGRAM INCLUDES

### ZEN SPACE

- Design and implementation of a beautiful dedicated zen space
- Specialized seating options, including meditation pods, loungers and pillows
- A water feature (freestanding waterfall, bubble waterfall or central fountain)
- Decorations and specialized lighting to create a relaxing atmosphere
- Essential oil diffusers to help people relax with the smells of eucalyptus and other essential oils
- Amazon Echo speaker to play the meditations
- Generally runs in 20 minute increments in order to accommodate several groups per hour.
- Space is maintained by Zen&Now staff
- Size ranges from a single person space (~30 sq ft) to 12 or more people at a time (400 sq ft)

### PRICING

Pricing is based on an initial set-up fee, in the range of \$5,000-\$20,000 depending on the size of the space and the equipment provided, followed by a monthly fee.

The set-up fee includes all equipment and installation within the space of your choosing. Some customers

### SELF DIRECTED AUDIO PROGRAM (AUDIO)

- Self directed Mindset Meditations: each session focuses on a particular topic like gratitude, fear, self awareness
- Self directed Mindful Meditations: breathing and visualization sessions

### QUARTERLY LIVE EVENTS & COACHING

- One hour onsite kickoff with all interested staff: a lunch & learn is a great option
- Quarterly live events – onsite or at a location of your choice (corporation to provide the space, Zen&Now provides a trainer and the overall program)
- Ongoing weekly touch points via email, messenger, hangouts or slack

have converted storage spaces while others converted meeting rooms.

Please contact us to set up a meeting and we'll see if this is right for your organization.

Contact [allan@maximum-impact.co](mailto:allan@maximum-impact.co) to set up an appointment.

More information: <https://www.zenandnow.co/meditate-corporate/>

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