



Corporate Meditation Retreats



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The Narrows Retreat is delighted to offer a wide selection of corporate yoga and meditation retreats ranging from day workshops to multi-day residential retreats. You can come to us or we can come to you. We cater to groups of all sizes and offer day and overnight retreats with accommodation and meals.

Our programmes are very flexible. We can cater to beginners with no prior experience as well as to experienced practitioners. We are also able to cover a wide array of topics to suit the interests and needs of your team.

The Narrows Retreat is located minutes from the airport in Hamilton, and is easily accessible from Auckland, Tauranga, Taupo and Rotorua.

“Practice meditation. You’ll find that you are carrying within your heart a portable paradise.”

- Paramhansa Yogananda

Science Supports Positive Effects of Meditation

At the start of 2015, researchers at the Wake Forest Baptist Medical Center in North Carolina, U.S.A. released results from pilot studies that looked at the effectiveness of meditation as a therapy for mild cognitive impairment, migraine headaches, pain and anxiety.

“We’re coming to recognize that meditation changes people’s brains,” said Rebecca Erwin Wells M.D., an assistant professor of neurology at Wake Forest Baptist Medical Center. “And we’re just beginning to gain understanding of what those changes mean and how they might benefit the meditator.”

Wells and her colleague Fadel Zeidan, Ph.D., an assistant professor of neurobiology and anatomy at the Wake Forest Baptist Medical Center, conducted several studies probing the effects of meditation on regular practitioners.

Their research revealed that meditation can significantly improve the brain’s ability to learn and remember, lower the intensity and frequency of migraines, reduce the feeling of pain, and decrease the occurrence of everyday anxiety.

“In these studies we’ve been able to get a better sense of the brain regions associated with reducing pain and anxiety during meditation,” Zeidan said.

This isn’t the only scientific study that’s unveiled the benefits of meditation. Over the past few years dozens of studies have emerged showing how a regular meditation practice can slow age-related brain loss, improve sleep quality, and even help with addiction.

“Basically, by having people meditate while their brains are being scanned we’ve been able to objectively verify what people like Buddhist monks have been reporting about meditation for thousands of years,” Zeidan said.

“Meditation is like giving a hug to ourselves, getting in touch with that awesome reality in us.”

- Paramhansa Yogananda

New Trend in Corporate Training

With the new wealth of scientific research that has backed up ancient knowledge, it's not hard to see why meditation has trickled into mainstream practice and even into the corporate world.

The start of 2015 saw the release of *Mindful Work*, a book by *New York Times* reporter David Gelles that chronicles the story of how many of America's large companies, such as General Mills, Target, Google, Ford and Aetna, have introduced meditation programmes for their employees and have found the practice to have tangible benefits. Not only do their employees report lower stress levels, but the at-work meditation programmes are helping the bottom line too. Aetna estimated that since implementing its meditation programme, the company has saved \$2,000 per employee in healthcare costs and gained \$3,000 per employee in productivity.

It's beginning to happen here in New Zealand too, just not quite to the same level. Companies in New Zealand are slowly beginning to incorporate meditation in their corporate wellness programmes especially where the leaders themselves have taken up meditation and experienced the benefits and they now want to pass it onto the employees.

Meditation allows you to concentrate and focus, and to succeed in anything being able to concentrate is a very useful skill. Meditation makes you less reactive. If somebody is having a bad day at work, instead of getting angry with them you may be able to respond with a lot more kindness and compassion. If you get a client who may be very irritable and angry, just by you being able to maintain your composure would be helpful in a situation like that. Generally people who meditate can keep better mental health and mental health is a huge issue in the work place.

Secular Practice

The fact that modern institutions are teaching meditation as a completely secular practice makes it much more palatable to mainstream tastes.

Meditation doesn't have to be religious. You don't actually have to believe in anything in order to meditate. You have to practice and experience the results yourself. It's like a scientific experiment. You're told about the methods, you're given the tools, and you just apply the methods and the tools and then see the results yourselves. So it's not based on any belief system but on personal experience.

Experienced Teachers

The benefits of meditation come from having a regular practice. It's no quick cure. The more effort you put into it the more comes from it.

Having the right teacher helps too.

It's important that whoever is teaching has been meditating for a good length of time so that they can impart their own experience and wisdom of meditation. It's important that whatever techniques they teach have got a good foundation behind it and that the teacher just hasn't learned a whole bunch of techniques on the Internet.

Meditation is not book learning where you are studying the mind from a book. You are actually studying your own mind and your own heart. And if you haven't experienced what your own mind is like and what your own heart is like, how will you teach that to anyone else? There will be a lack of integrity.

Sample Product Offering

We hope the below samples give you an idea of what we can offer. Please do get in touch with us so we can arrange to have a deeper discussion of what type of programme we can put together to suit your team.

Option 1: The Art & Science of Meditation (4-Week Course)

Week 1

What is Meditation?

What is meditation? Is it simply a way to relax, or is it just blanking the mind? And, how does it actually work? Do you just sit still hoping your stresses will melt away? Or do you need to actively engage in some techniques?

Meditation is both an art and a science. It is more than just quietening the mind. It is often the emotional turbulence that causes us more grief than the restless mind. Calm the heart and your mind will naturally find itself at ease. In this seminar you will learn all about how meditation can help ease the turbulence of the mind and heart, leading to clarity, calmness, a heightened ability to focus, and greater overall consciousness.

Week 2

The Science of Meditation: Enhancing Concentration

Learn simple yet effective meditation techniques that you can begin to practise immediately to calm the restless mind and cultivate an expansive state of being. You will learn about the three states of consciousness and how you can elevate your mind to the highest state. Meditation is not a passive activity, so you will learn how to lift your energy levels so you can deepen concentration and prevent yourself from drifting into a sleepy state. You will also learn how you can employ these meditation techniques to manage everyday moments of stress, indecision, and unrest; develop greater focus at work; and for an overall calmer and more productive existence.

Week 3

The Art of Meditation: Emotional Intelligence

Whereas the scientific techniques of meditation engage the mind into a state of *Dharana* (concentration), for true meditation to begin one needs to enter a state of *Dhyana* (deep meditation). Deepen your meditation by learning how to engage the most natural human emotion in your practice. Love is a powerful source of energy that flows effortlessly towards the object of our affection, whether it's a person, a goal, or a creative project. In this seminar, we teach you how to develop emotional intelligence and how you can use the natural love of the heart to speed you on your way towards higher consciousness.

Week 4

Off the Cushion, into the World: Taking meditation into daily life

The benefits of meditation don't end as soon as you get up from the cushion or chair. In this seminar you will learn how to extend the positive effects of meditation into the workplace and into your life.

Option 2: The Art & Science of Meditation (1-Day Retreat)

9:00 – 9:30

How to Make the Most of Your Retreat

Learn how a meditation retreat can help you silence the chaos of external distractions, allowing you to open your ears to the words of inner peace that your heart and mind are trying to speak to you. We'll help you tune into a state of receptivity so that you can spend this time pampering your soul, and carving your path towards a more peaceful, focused and productive existence.

9:30 – 10:45

Energisation Exercises and Classical Yoga Postures

Begin the morning with a series of easy-to-follow exercises designed to wake up the body by infusing it with life force and creating a flow of energy. These exercises make the perfect preparation for the classical yoga postures that will follow. Classical yoga postures will be practised with affirmations designed to kindle positive transformation in the mind.

10:45 – 11:00

Morning tea

11:00 – 12:30	<p>The Science of Meditation</p> <p>Learn simple yet effective meditation techniques that you can begin to practise immediately to calm the restless mind and cultivate an expansive state of being. You will learn about the three states of consciousness and how you can elevate your mind to the highest state. Meditation is not a passive activity, so you will learn how to lift your energy levels so you can deepen concentration and prevent yourself from drifting into a sleepy state. You will also learn how you can employ these meditation techniques to manage everyday moments of stress, indecision, and unrest; develop greater focus at work; and for an overall calmer and more productive existence.</p>
12:30 – 1:30	Lunch
1:30 – 2:30	<p>Superconscious Living Exercises</p> <p>Bring your whole body to life with a simple and effective set of five exercises and affirmations that boost energy levels and expand awareness.</p> <p>The Art of Meditation: Emotional intelligence</p> <p>Whereas the scientific techniques of meditation engage the mind into a state of <i>Dharana</i> (concentration), for true meditation to begin one needs to enter a state of <i>Dhyana</i> (deep meditation). Deepen your meditation by learning how to engage the most natural human emotion in your practice. Love is a powerful source of energy that flows effortlessly towards the object of our affection, whether it's a person, a goal, or a creative project. In this seminar, we teach you how to develop emotional intelligence and how you can use the natural love of the heart to speed you on your way towards higher consciousness.</p>
2:30 – 3:00	<p>Fire Ritual: Rekindling your intent</p> <p>Whether it's aspects of our lives we need to get rid of, or goals we are working towards, setting a formal intention is the first step towards a successful change. A ceremony such as the fire ritual helps us make that conscious intention in a symbolic way. The fire serves as a metaphor of transformation in this ancient ritual. During the ceremony, you will enter a meditative state as you cast your intention into the fire, opening the way for transformation.</p>
3:00 – 3:15	Afternoon Tea
3:15 – 3:30	Guided Meditation Practice and Q&A
3:30 – 4:00	<p>Keeping the Flame Alive: How to bring the benefits of a meditation retreat into your daily life</p> <p>The benefits of meditation don't end as soon as you get up from the cushion or chair. In this seminar you will learn how to extend the positive effects of meditation into the workplace and into your life.</p>

Option 3: 2-Day Meditation Retreat for Managers and Leaders (Day Retreat)

Day 1	
9:00 – 9:30	<p>How to Make the Most of Your Retreat</p> <p>Learn how a meditation retreat can help you silence the chaos of external distractions, allowing you to open your ears to the words of inner peace that your heart and mind are trying to speak to you. We'll help you tune into a state of receptivity so that you can spend this time pampering your soul, and carving your path towards a more peaceful, focused and productive existence.</p>
9:30 – 10:45	<p>Energisation Exercises and Classical Yoga Postures</p> <p>Begin the morning with a series of easy-to-follow exercises designed to wake up the body by infusing it with life force and creating a flow of energy. These exercises make the perfect preparation for the classical yoga postures that will follow. Classical yoga postures will be practised with affirmations designed to kindle positive transformation in the mind.</p>
10:45 – 11:00	Morning tea

11:00 – 12:30	<p>The Science of Meditation Learn simple yet effective meditation techniques that you can begin to practise immediately to calm the restless mind and cultivate an expansive state of being. You will learn about the three states of consciousness and how you can elevate your mind to the highest state. Meditation is not a passive activity, so you will learn how to lift your energy levels so you can deepen concentration and prevent yourself from drifting into a sleepy state. You will also learn how you can employ these meditation techniques to manage everyday moments of stress, indecision, and unrest; develop greater focus at work; and for an overall calmer and more productive existence.</p>
12:30 – 1:30	Lunch
1:30 – 2:00	<p>Superconscious Living Exercises Bring your whole body to life with a simple and effective set of five exercises and affirmations that boost energy levels and expand awareness.</p> <p>Walking Meditation: Off the cushion, into the world The stillness of the body and mind are two of the key ingredients of a silent, seated meditation. It is with this practice that we are able to open the heart and clear it of emotional debris, making way for clarity and heightened consciousness.</p> <p>But walking in a meditative way can be hugely beneficial too. It's a way of taking your formal sit down meditation into every day life. In this walking meditation, we will look at how we can take walking beyond the mundane functionality and use it as a way to create a deep connection to nature and to our highest potential. A walking meditation helps us practise how we can infuse everyday tasks with passion and purpose.</p>
2:00 – 2:30	<p>Leadership Seminar (See list of sample topics below)</p>
2:30 – 2:45	<p>Cultivating the Energy Within Introduction to seclusion and short meditation practice</p>
2:45 – 3:00	Afternoon Tea in Silence
3:00 – 3:45	Guided Mini-Seclusion
3:45 – 4:00	Guided Meditation Practice and Q&A
	Day 2
9:00 – 10:15	<p>Energisation Exercises and Classical Yoga Postures Begin the morning with a series of easy-to-follow exercises designed to wake up the body by infusing it with life force and creating a flow of energy. These exercises make the perfect preparation for the classical yoga postures that will follow. Classical yoga postures will be practised with affirmations designed to kindle positive transformation in the mind.</p>
10:15 – 10:30	Guided Meditation Practice and Q&A
10:30 – 10:45	Morning tea
10:45 – 12:15	<p>The Art of Meditation: Emotional intelligence Whereas the scientific techniques of meditation engage the mind into a state of <i>Dharana</i> (concentration), for true meditation to begin one needs to enter a state of <i>Dhyana</i> (deep meditation). Deepen your meditation by learning how to engage the most natural human emotion in your practice. Love is a powerful source of energy that flows effortlessly towards the object of our affection, whether it's a person, a goal, or a creative project. In this seminar, we teach you how to develop emotional intelligence and how you can use the natural love of the heart to speed you on your way towards higher consciousness.</p>
12:15 – 12:30	Guided Meditation Practice and Q&A
12:30 – 1:30	Lunch

1:30 – 2:30	<p>Superconscious Living Exercises Bring your whole body to life with a simple and effective set of five exercises and affirmations that boost energy levels and expand awareness.</p> <p>Leadership Seminar (See list of sample topics below)</p>
2:30 – 2:45	Afternoon Tea
2:45 – 3:15	<p>Fire Ritual: Rekindling your intent Whether it's aspects of our lives we need to get rid of, or goals we are working towards, setting a formal intention is the first step towards a successful change. A ceremony such as the fire ritual helps us make that conscious intention in a symbolic way. The fire serves as a metaphor of transformation in this ancient ritual. During the ceremony, you will enter a meditative state as you cast your intention into the fire, opening the way for transformation.</p>
3:15 – 3:30	Guided Meditation Practice and Q&A
3:30 – 4:00	<p>Keeping the Flame Alive: How to bring the benefits of a meditation retreat into your daily life The benefits of meditation don't end as soon as you get up from the cushion or chair. In this seminar you will learn how to extend the positive effects of meditation into the workplace and into your life.</p>

Option 4: 2-Day Meditation Retreat for Managers and Leaders (Overnight Retreat)

Day 1

9:00 – 9:30	<p>How to Make the Most of Your Retreat Learn how a meditation retreat can help you silence the chaos of external distractions, allowing you to open your ears to the words of inner peace that your heart and mind are trying to speak to you. We'll help you tune into a state of receptivity so that you can spend this time pampering your soul, and carving your path towards a more peaceful, focused and productive existence.</p>
9:30 – 10:45	<p>Energisation Exercises and Classical Yoga Postures Begin the morning with a series of easy-to-follow exercises designed to wake up the body by infusing it with life force and creating a flow of energy. These exercises make the perfect preparation for the classical yoga postures that will follow. Classical yoga postures will be practised with affirmations designed to kindle positive transformation in the mind.</p>
10:45 – 11:00	Morning tea
11:00 – 12:30	<p>The Science of Meditation Learn simple yet effective meditation techniques that you can begin to practise immediately to calm the restless mind and cultivate an expansive state of being. You will learn about the three states of consciousness and how you can elevate your mind to the highest state. Meditation is not a passive activity, so you will learn how to lift your energy levels so you can deepen concentration and prevent yourself from drifting into a sleepy state. You will also learn how you can employ these meditation techniques to manage everyday moments of stress, indecision, and unrest; develop greater focus at work; and for an overall calmer and more productive existence.</p>
12:30 – 1:30	Lunch
1:30 – 2:00	<p>Superconscious Living Exercises Bring your whole body to life with a simple and effective set of five exercises and affirmations that boost energy levels and expand awareness.</p> <p>Walking Meditation: Off the cushion, into the world The stillness of the body and mind are two of the key ingredients of a silent, seated meditation. It is with this</p>

practice that we are able to open the heart and clear it of emotional debris, making way for clarity and heightened consciousness.

But walking in a meditative way can be hugely beneficial too. It's a way of taking your formal sit down meditation into every day life. In this walking meditation, we will look at how we can take walking beyond the mundane functionality and use it as a way to create a deep connection to nature and to our highest potential. A walking meditation helps us practise how we can infuse everyday tasks with passion and purpose.

2:00 – 2:30

Leadership Seminar

(See list of sample topics below)

2:30 – 2:45

Cultivating the Energy Within

Introduction to seclusion and short meditation practice

2:45 – 3:00

Afternoon Tea in Silence

3:00 – 6:00

Guided Seclusion

6:00 – 7:00

Dinner (Silence ends)

7:30 – 8:30

Who am I? Awakening Your Leadership Potential Through Creativity

Appreciation of the arts and of virtuous life are very similar. Just as reason and feeling are found in balance in a conscious individual, science (methodology) and art (intuition) are natural partners. In this practical session, you will learn how you can understand and unleash your true inner potential through creativity.

8:30 – 9:00

Yoga Nidra

A deeply relaxing and restorative practice to help you have a good night's sleep.

Day 2

9:00 – 10:15

Energy Exercises and Classical Yoga Postures

Begin the morning with a series of easy-to-follow exercises designed to wake up the body by infusing it with life force and creating a flow of energy. These exercises make the perfect preparation for the classical yoga postures that will follow. Classical yoga postures will be practised with affirmations designed to kindle positive transformation in the mind.

10:15 – 10:30

Guided Meditation Practice and Q&A

10:30 – 10:45

Morning tea

10:45 – 12:15

The Art of Meditation: Emotional intelligence

Whereas the scientific techniques of meditation engage the mind into a state of *Dharana* (concentration), for true meditation to begin one needs to enter a state of *Dhyana* (deep meditation). Deepen your meditation by learning how to engage the most natural human emotion in your practice. Love is a powerful source of energy that flows effortlessly towards the object of our affection, whether it's a person, a goal, or a creative project. In this seminar, we teach you how to develop emotional intelligence and how you can use the natural love of the heart to speed you on your way towards higher consciousness.

12:15 – 12:30

Guided Meditation Practice and Q&A

12:30 – 1:30

Lunch

1:30 – 2:30

Superconscious Living Exercises

Bring your whole body to life with a simple and effective set of five exercises and affirmations that boost energy levels and expand awareness.

Leadership Seminar

(See list of sample topics below)

2:30 – 2:45

Afternoon Tea in Silence

2:45 – 3:15

Fire Ritual: Rekindling your intent

Whether it's aspects of our lives we need to get rid of, or goals we are working towards, setting a formal

intention is the first step towards a successful change. A ceremony such as the fire ritual helps us make that conscious intention in a symbolic way. The fire serves as a metaphor of transformation in this ancient ritual. During the ceremony, you will enter a meditative state as you cast your intention into the fire, opening the way for transformation.

3:15 – 3:30

Guided Meditation Practice and Q&A

3:30 – 4:00

Keeping the Flame Alive: How to bring the benefits of a meditation retreat into your daily life

The benefits of meditation don't end as soon as you get up from the cushion or chair. In this seminar you will learn how to extend the positive effects of meditation into the workplace and into your life.

Sample Leadership Seminar Topics

Just like our retreat programmes, the seminar topics we offer are completely flexible. Is your team facing a particular challenge? Or perhaps they are looking to improve upon a specific aspect of their dynamic corporate environment? Let us know the unique needs of your team and we will put together seminar topics that suit you.

A few examples:

Supportive vs. Directorial Leadership

The difference between a good manager and a great manager is one's ability to move beyond simply directing their staff, to become their greatest source of support. In this seminar we will discuss the dynamics of human cooperation, and how leaders and managers can involve their staff in a shared goal, rather than simply driving them towards one.

Empathetic Leadership

The ability to understand and recognise your staff's feelings is perhaps the most important trait of an effective leader. In this seminar we will discuss how managers can move beyond personal ego into a state of self-expansion, thus allowing them to approach the role of management as one that cultivates people, not abstractions.

Sharing Your Vision

"If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea."

The best way to motivate your staff is to get them to share in your vision. In this seminar you will learn the concept of "attunement" and how you can get your team to build passion and enthusiasm towards a common goal.

Conscious Leadership

An effective manager is ever-conscious of the now, someone who has the ability to understand the dynamics of a situation beyond egoic delusions. In this seminar you will learn how to be centered in the present, and adapt a solutions-oriented way of thinking to always bring about the right action in every situation.

Productive Leadership: Getting the Job Done

As a manager, your primary job is to create the right environment that your staff needs to get their work done. Along with a solid plan and the right team members, an effective manager needs to become the primary driving force behind every project. In this seminar you will learn the concepts of "energy" and "magnetism" so that you can cultivate these forces for maximum productivity.