

A poll involving more than 300 Singaporeans between the ages of 30 – 55 working in various industries revealed that 91% of respondents reported a decline in their mental health.

Source — AIA Health Matters Survey 2021



Corporates and Workplace

Individual employees with reduced stress levels, improved attention and a sense of contentment contribute to the success of the company. Sahaja Yoga Meditation can help improve workplace dynamics, which leads to better productivity.

Customized Sessions

Let us know what you need for your organization, and we will customize meditation sessions and workshops for you.

- All sessions and workshops are free of cost
- The duration and recurrence of the sessions and workshops will be curated per your requirements.

If you wish to organize a program or workshop in your organization either online and on premises, please contact – info@SingaporeMeditation.org

English : +65 9178 8589 / +65 91826131

Mandarin : +65 9856 4587





Program Structure

PowerPoint and video presentation – 20 Mins. – 25 Mins

- Definition of meditation and misconceptions
- Inner subtle system of energy centres and channels
- Scientific research
- Tangible benefits

Meditation Experience – 20 Mins. Approx

- Guided meditation to achieve mental silence
- Experience and balance inner energy levels

Interactive Sessions – 10 Mins. -15 Mins

- Tips to self-practice and adopt in day to day life
- Questions and Answers

How to Meditate at Home – 5-10 Mins

- Simple and guided technique for daily meditation at home

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Sahaja Yoga
Meditation