**SHIVALIK PUBLIC SCHOOL, MOHALI**

**MEDITATION SESSION (JUNE10, 2022)**

**“Brilliant things happen in calm minds. Be calm. You're brilliant.”**

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace.

Shivalik Public School, Phase 6 conducted meditation session in the school auditorium by the special guests Brahm Kumari Aditi and Brahm Kumari Suman for staff members. During the session they explained about what is meditation and different techniques to do the meditation. They started their talk with some question and answer session, continued with some practical experience of meditation. They refreshed the participants with some sitting warm up exercises in between the session. They also talked about the benefits of doing meditation and also informed about the best time to do the meditation. The session provided a deep state of relaxation and a tranquil mind to all the participants.

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