

Ziva Meditation Corporate Offerings

Improve Employee Health, Productivity and Satisfaction



It's Science: Meditation Reduces Stress and Increases Productivity

It's been proven over and over (and over) again: Meditation is an incredibly powerful stress-relieving tool that boosts productivity, innovation and creativity. It's used by high performers from CEOs to pro athletes to Oprah. More and more businesses (including **Goldman Sachs** and **Google**) are adopting it as an employee benefit. In 2017, *Corporate Wellness Magazine* named paying for meditation classes one of 6 Key Ways To Reduce Employee Stress While Remaining Efficient.

Case Study: Aetna

More than 12,500 of Aetna's workforce participated in at least one meditation class. Participants reported:

28% reduction in stress levels
20% improvement in sleep quality
19% reduction in pain

They also became more effective on the job, gaining an average of **62 mins of productivity per week**, a savings of **\$3,000 per employee per year.**

Source: The New York Times

Enter Ziva Meditation: the only meditation company focused on meditation for high performance. **The Ziva Technique** is a powerful trifecta of mindfulness, meditation, & manifesting developed exclusively to help high performers step into their full potential. Write to corporate@zivameditation.com to discuss how Ziva can help your team optimize performance.



About Emily Fletcher, Founder of Ziva Meditation

Emily specializes in making meditation accessible, practical and fun, so your team will enjoy learning to have less stress and better performance.

Since her 3-year training in India and teaching for 7+ years, Emily has taught over 7,000 people to become self-sufficient meditators with the Ziva Technique — including Emmy, Tony, Grammy, and Oscar-award winners, plus Fortune 500 company CEOs and professional athletes.

Emily founded Ziva Meditation in 2007 following a 3-year training in India to become a meditation teacher, a decision she made after experiencing profound physical and mental benefits during her 10-year career on Broadway.

Get Ziva: Our Core Offerings

License zivaONLINE	Intro to Meditation Talk	4-Day Live Course	Quick Hit of Bliss
Give your team access to the most powerful online meditation training available — from the comfort of their own home (or desk). The 15 day course teaches students to become self-sufficient meditators . Customize how long your team has access to the course and content in zivaONLINE.	The 90-minute Intro Talk is a deep dive into the research & neuroscience behind what makes meditation such a powerful productivity tool. Your team will learn why stress affects us the way it does and how meditation will help. Includes 10-minute productivity boosting guided meditation.	The most powerful of Ziva's offerings , the live course will teach your team a super-effective, self-sufficient, twice daily practice. Each participant receives a personal mantra from Emily. The 4 course sessions can be seamlessly worked into your team's schedule. Grads get lifetime access to online support & more.	One of our zivaGUIDES will drop in to lead your team through breathwork, relaxation exercises, and a guided meditation on the topic of your choosing, such as: <ul style="list-style-type: none"> - Stress relief - Acing presentations - Confidence booster - Enhancing creativity Book a one-off or a series.

Ziva has taught at and been featured in

