Ziva Meditation
Corporate Wellness Package

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Ziva has had the privilege of teaching at

- Google
- Coca-Cola
- Relativity
- MindBodyGreen
- Barclays
- Viacom
- Harvard Business School
- Summit Series
What is Meditation?

Meditation is a powerful stress relieving technique practiced twice a day that delivers rest up to 5 times deeper than sleep. It gives you access to a verifiable mental state where the right and left brain work together, allowing you to utilize your full creative problem solving potential, even in high demand situations.

It is scientifically proven to increase productivity and decrease stress.

According to the New York Times:
More than one quarter of Aetna’s workforce of 50,000 has participated in at least one meditation class, and those who have report, on average:

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

They also become more effective on the job, gaining an average of

62 minutes per week of productivity each, which is worth
$3,000 per employee per year.

Demand for the programs continues to rise; every class is overbooked.

— In the Press —

• “A quiet mind more easily recognizes unexpected business opportunities and is poised to react more astutely.” - The New York Times

• “According to a recent study published in the journal Psychological Science, people make more decisive and rational business decisions after just a 15-minute meditation session.” - Yahoo Health

• “Meditation is the new caffeine” - Wired Magazine
Emily Fletcher is the founder of Ziva Meditation and the creator of zivaMIND, the world’s first online meditation training. Regarded as one of the leading experts in Vedic meditation, companies like Google, Barclays Bank, Viacom, Relativity Media and sweetgreen have all invited her to help up-level company performance through meditation.

Emily has had the honor of speaking at Summit Series, Awesomeness Fest, The Omega Center and GATE: The Global Alliance for Transformational Entertainment with Eckhart Tolle.

Ziva has been featured in the The New York Times, In Style & Elle.

She began her nine years of training in Rishikesh, India and was inspired to become a meditation teacher after experiencing the profound physical and mental benefits it provided her during her 10-year career on Broadway, which included roles in Chicago, The Producers, A Chorus Line and many others. She has helped NBA players, Oscar, Grammy & Tony award winning performers access their full potential through Ziva Meditation.

Emily specializes in making meditation accessible and practical, so your team will have less stress, better performance, and ultimately a better life.
“For me the benefits of meditating have been potent. Clarity of thought, rejuvenated energy, laser-beam focus, and stronger listening skills have added up to a major boost in my productivity. Thanks to Emily and her inspiring teaching, I look forward to my 20-minute meditations as little blissful blocks of time with no agenda attached. Everyone should do this - it just makes you better!”

Glenn Kalison, President, Relativity School

“The biggest benefit by far has been my afternoon and evening productivity. I love the afternoon meditation because it not only takes me out of my mid-afternoon lull, but also leaves me energized for the rest of the day. The ends of my work days are more productive and when I go home I'm no longer completely drained. I've loved having meditation be a part of my life.”

Amy Strother, Regional Training Manager, sweetgreen

“Emily has become the go-to resource for companies who want to meditate. From Summit, to sweetgreen to Google and beyond. She makes this ancient practice relatable to the demands of modern business.”

Michael Parrish Dudell, Bestselling Author of Shark Tank Jump Start Your Business

“Thank you for the incredible instruction over the past few days... This practice is life changing and I am grateful for your positive energy and instruction. Thank you for making the class something to look forward to -- it sets a great tone for incorporating 20 min, twice a day into daily life. In just five days, Ziva has started to reshape my life and I'm elated to see how things continue to transform.”

Abra Jones, Account Executive, Google

“I'm pretty sure Emily is Alan Watts reincarnate.”

Justin Bolognino, Founder & CEO Meta Agency
Course Options

— Intro to Meditation Talk —

• Detailed introduction to meditation talk including:
  The mechanics of meditation
  Where this practice comes from & what makes it so powerful
  Right Brain vs. Left Brain
  Where did ‘fight or flight’ come from?
  Correct posture
• Breath and Relaxation exercises for the desk
• Guided visualization
• Q & A
• Participants receive a 30% discount on the full Vedic Meditation course

Cost: $450 1.5 hrs

— Full 4 day Vedic Meditation Course —

This is the only meditation course you will ever need. Participants will graduate expert meditators with access to a lifetime of follow up. Benefits include increased productivity and creativity. Decrease in sick days and alleviation of jet-lag, insomnia, and anxiety.

Course features:

• Intro to Meditation talk for entire company
• 4 sessions ~1.5 hours each day
• Participants receive their own mantra
• 2 follow up sessions
• Lifetime of follow up & support at Ziva

Cost: $10,000 for up to 12 people
$500 for each additional person
Additional follow-up sessions are $300 per hour.
Do you come to our office? Or do we come to you?
We can come to you or we can use our meditation studio on 38th and 8th if you prefer to step away from distractions.

How should we set up the room for the talk / course?
You simply need a place for everyone to sit with their back supported and head free. Plain folding or office chairs are fine. If you can arrange the chairs into a big semi circle, that is preferred, but rows of chairs work too.

What methods of payment do you accept?
We accept cash, check, credit card, and PayPal. Please make checks payable to Ziva Inc. If using PayPal use: emily@zivameditation.com.

What do you mean by “lifetime of follow up”?
In addition to group meditations at Ziva, each participant will have access to attend the full course again as a refresher anytime it is offered at Ziva.
To schedule a course or to discuss customizing a program for your company please email info@zivameditation.com or call 917 554 2717.

Looking forward to sharing this powerful practice with you!