

Guided Relaxation

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International Association for Human Values (IAHV)

www.iahv.org



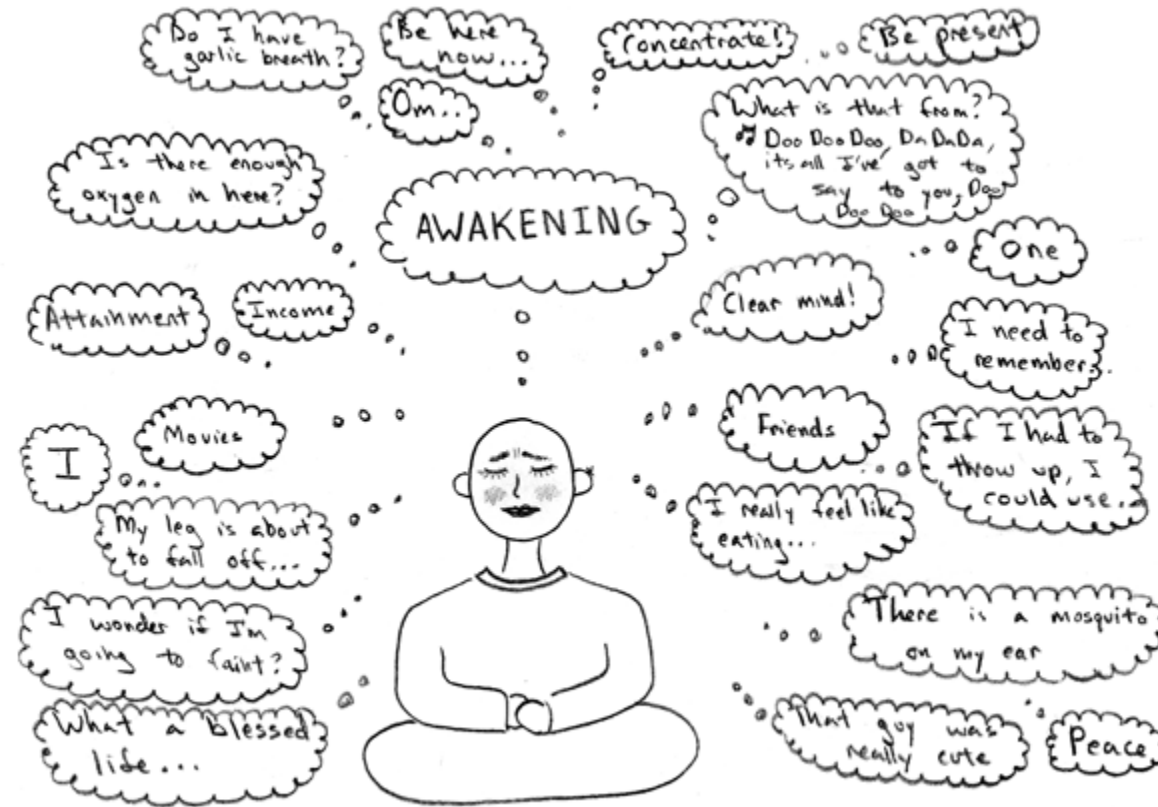
Benefits of Meditation/Guided Relaxation

- Lowers blood pressure or slows down the cardiovascular system
- Restores balanced function to the digestive system, aiding absorption of nutrients
- Relaxes the nervous system
- Relieves tension
- Diminishes intensity of headaches/migraines
- Relieves Insomnia

Benefits of Meditation/Guided Relaxation

- Frees the mind from self doubt and internal chatter
- Relieves fear
- Reduces anxiety
- Reduces symptoms of depression
- Generates optimism, self-esteem, confidence and motivation

Forcing the mind just doesn't work!



from Sit Illustrated: the meditation cartoon book



Cathy Thorne @ www.everydaypeoplecartoons.com

I'D RATHER BE WATCHING TELEVISION.



Workshops by IAHV

(www.iahv.org)

SKY Meditation (For civilians)

- 16 hour dynamic workshop with practical take-home tools and ongoing support
- **Course Sessions** – SKY Meditation workshop is taught over 4 consecutive days, in 4 hour sessions.
- **For details** – Contact Kirti Carter at kirti@iahv.org or call 210-816-1906

Power Breath Meditation (For veterans and Active Duty Military)

- 15 to 16 hour program with practical take-home tools and ongoing support
- **Course Sessions** - The Power Breath Meditation Workshop is taught over 5 consecutive days, in 3-4 hour sessions.
- **For details** – Visit www.pwht.org

SKY & Power Breath Meditation

- **Take Home Tools** – Learn a set of daily breathing practices that take about 20 minutes to complete. Some of the practices can be used as needed, day or night to reduce sudden anxiety, stress or insomnia.
- **Ongoing Support** - Participants are also supported through facilitated follow ups with their trainers, arranged either in-person or via teleconference (i.e. Skype).