



current[®]
MEDITATION

Empower your
employees to
be at their best

**LEVERAGE THE PROVEN
BENEFITS OF MEDITATION
FOR A HAPPIER, HEALTHIER,
MORE ENGAGED, AND MORE
PRODUCTIVE WORKFORCE**

MODERN MEDITATION FOR THE WORKPLACE

For companies seeking to keep pace with constant change, competition and turnover, achieving employee happiness and excellence is more challenging than ever. That's where we come in. Current Meditation can help you maximize employee performance, boost morale and improve retention. It's a true win-win!

A MIND FOR BUSINESS

When you partner with Current Meditation, you'll see rapid improvements in your culture and your bottom line. Studies show that meditation results in happier employees, improved morale and loyalty, increased creativity, better decision making, stronger communication skills, increased clarity and attention span, and less workplace conflict.

We can integrate our offering into your existing human resources and corporate wellness programs to bring these same benefits to your company.

Our unique offering combines proven meditation practices, years of research, and scientific innovation to transform your employees for the better in just a few 45-minute classes.

FIVE WAYS WE WILL BRING OUT THE BEST IN YOUR EMPLOYEES AND YOUR COMPANY

1. Sharper Focus

Improve your employees' ability to concentrate, lock in mentally and get more done in less time.

2. Improved Relationships

More empathy and mindfulness mean less conflict, better communication and increased collaboration.

3. Better Problem-Solving

Overcome work challenges by elevating creativity and improving decision-making abilities.

4. Reduced Stress

Help bring stress under control in order to create a calmer, more enjoyable work experience.

5. Stronger Immune System

A healthy immune system means fewer sick days and a more productive work environment for everyone.

A TRUE WIN-WIN

When a company provides a Current Meditation membership to its employees as a benefit, it makes the employer more attractive and demonstrates that the company is invested in the health and well-being of its people. With competition for top talent continually rising, this people-first mentality could be a real difference maker for your organization.

HOW IT WORKS

We can work with your HR team to become an accredited vertical in your wellness program. Or you can take advantage of our discounted, pre-purchased memberships for your employees. Either way, we'll identify the best solution for you to ensure that your employees get the most out of our program, and that you receive a maximum return on your investment. Employee participation can even be encouraged further by offering wellness program rewards or other incentives for consistently attending classes.

TRY IT FOR FREE

To grasp the full value of our program and the positive impact it will have on your organization, we're offering a free, one-month membership to a designated company representative as a part of our HR Executive Influencer Program.

We have brought tremendous success to companies everywhere. Every day, our members talk about being physically healthier, cognitively stronger, emotionally happier, and much more fulfilled at their jobs and in their lives as a result of a consistent meditation practice at Current Meditation. We hope to have the opportunity to bring this same success to you.

**TO LEARN MORE ABOUT HOW WE CAN HELP
YOUR EMPLOYEES REACH THEIR FULL POTENTIAL,
CONTACT US AT CONTACT@BECURRENT.COM**



WHAT OUR GUESTS HAVE TO SAY ABOUT THE BENEFITS

Current Meditation will help anybody in business because it lets them make decisions from a more clear point of view. It sounds counterintuitive to take a break and go meditate at lunch, but when you come back you're so much more clear that you can get three times as much done in the next hour.

— Shawn, Sales Manager

I run an equity stock hedge fund and a construction company, so I'm pretty busy and have lots of stress in my life. But Current Meditation really takes the edge off to not get overwhelmed if I have 100 things to do and to be able to knock them each out one at a time. I even feel like it made me better at stock selection.

— Nathan, Multi-Business Owner

You'll find us close to Downtown, Greenway Plaza, Houston Medical Center and more. Lock in exclusive early bird rates today.

currentmeditation.com

