



Nitana, s. r. o.

Meditation Workshop

General Proposal



Ing. et Ing. Martin Zikmund

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1 CONTENT OF THE WORKSHOP

1.1 INTRODUCTION

Mindfulness or in fact meditation provides its practitioners with a vast number of benefits (see chapter 1.8). Many of these benefits can be advantageous however also for the employers. Less stress translates into **less sick leaves** (Bruno, WHO; 1999), better emotional intelligence **increases psychological safety** (Edmondson, 1999), **positively influences team cooperation** and better well-being of employees expressed by increased happiness supports creativity (Isen, 1999), **decreases mistake count** and **improves analytical skills** (Gallagher, 2009) and **decreases overall personal costs** (Gallup, 2008). From these reasons teaching employees how to meditate can translate to increased income, decreased costs, decrease in employee fluctuation, which is an important outcome especially in many countries in CEE region and overall **support of stability and sustainable productivity** of employees as well as the company itself.

In the United States, some large corporations like Ford, Google or Target already benefit for few past years from teaching their employees how to meditate (The Atlantic, 2015). Since CEE countries, and especially the Czech Republic, have a certain distance from any official religion despite being in reality very spiritual, meditation or mindfulness hasn't gained larger public awareness yet.

However, official medical institutions we cooperate with starting with The National Institute of Public Health or Czech Medical Chamber are opened to meditation techniques and overall accept them, as well as some medical and social facilities like Lázně Aurora – medical facility treating people with orthopedic disorders – or Domov Barbora Kutná Hora – social facility with retirement house and housing for mentally disabled people.

1.2 CONCEPT

The proposed 3.5-hour workshop combines theoretical knowledge of basic biochemical processes in human body providing participants with understanding mechanisms of how mindfulness or meditation affects physiological responses of human body and why it is possible from 'western science' point of view that it really works and can provide practitioners with some noticeable and moreover measurable benefits.

Since especially Czechs are skeptical about 'eastern' practices, it additionally supports the benefits by science-based and evidence-based facts quoting particular scientific studies and moreover employing primarily those mindfulness techniques, which have been developed and researched on renowned, mainly American, universities (please see 1.7).

After brief theoretical part, participants will be introduced to the experiential mindfulness and meditation part where they'll be able to try on their own various forms of meditation techniques based on breath, compassion (loving-kindness), body awareness, mantra, intense focus and imagination. After each practice they'll be given space to share their personal experience with colleagues. They'll be also encouraged to discover technique(s) which suit them the most to choose the practice they'd like to keep practicing on their own on regular basis. They will be also given consecutive support during first weeks of practice. Participation in each technique will be purely voluntary as any sharing. The instructor, as an experienced and trained counsellor, will also ensure psychologically safe environment for the whole course.

1.3 OBJECTIVES

The target of this workshop is to **introduce its participants to various mindfulness techniques** and with scientifically validated positive outcomes with evidence from controlled studies as well as introduce them to various original Buddhist, Stoic and Christian meditation techniques. They will be provided with tools to decrease their stress and anxiety, improve their focus, support creativity and improve their social skills and the willingness to cooperate with each other.

Current data from other customers like e. g. The National Institute of Public Health, Domov Barbora Kutná Hora or Lázně Aurora show that overall acceptance of mindfulness (or meditation) techniques in the Czech Republic is surprisingly positive. From those who were introduced to and experienced these meditation techniques around **90 % declared their willingness to keep practicing what they have learned.**

Rational expectation from this workshop would be that around **30 to 40 % of participants would employ at least some of these presented techniques to their daily lives** from time to time and **around 10 % of participants would start to practice regularly**, which is essential to be able to get most of the scientifically proved outcomes (please see chapter 1.8).

1.4 STUDY MATERIALS

All participants will be provided with guided meditation records in English and Czech languages for presented meditation techniques. These recordings will be recorded by the voice of their instructor and the company will receive permanent permission for internal use for all attendants of the workshop.

1.5 FOLLOW-UP SUPPORT

Directly after all workshops for first 4 weeks there will be personal consultancy for 2 hours (in a row) a week provided directly in the office opened to all participants to address any questions or concerns about the practice they do. If necessary, this follow-up support can be prolonged either in form of in-house consultancy services or in the form of telephone/e-mail support.

1.6 ADVANCED TECHNIQUES WORKSHOP

For those estimated 10 % of regular practitioners a half-day or one-day additional advanced workshop will be prepared after 6 months from the initial workshop suitable either for in-house or off-site presentation and participation. This workshop will help its participants to address some issues their facing, deepen their practice and further explore advanced meditation techniques in those forms of meditation practice they use.

It's expectable that after first six months these regular practitioners will begin to act like ambassadors for meditation for other participants of the initial workshop as according to most scientific findings (please see chapter 2) as well as personal experience of MBSR (Mindfulness Based Stress Reduction) courses and meditation retreats participants the positive changes become visible to other people, which might eventually motivate them to try to reestablish their own regular practice.

1.7 WORKSHOP AGENDA

-
- 00:00 – 00:20 **Introduction to Basic Neuroanatomy**
- What causes us stress
 - Emotional Processing of Fear
 - Stress as a Decision
 - Basic introduction to psychosomatics ([HPA axis](#) and [ANS](#))
- 00:20 – 00:28 **Psychosomatic Effects of Meditation**
- Introduction to scientific evidence of positive effects of meditation on HPA axis, oxytocin production, pain relief, decrease in depressive disorders, increase in emotional intelligence and well-being.
- 00:28 – 00:35 **Spiritual Origins of Meditation**
- Brief introduction to Buddhism and samma-sati (right mindfulness)
 - Brief introduction Wu-Wei in Taoism and watchfulness in Stoicism
 - Brief introduction Christian Meditation
- 00:35 – 00:40 **Potential Risks of Meditation**
- Instructions about how to safely meditate
 - Unjudgmental process of trying to practice
- 00:40 – 01:20 **Breath Based Meditation (Pranayama based) – practice and sharing**
- Basic Ajurvedic Pranayama
 - 4-7-8 Breathing (prof. Andrew Weil, University of Arizona, College of Medicine)
 - Expansive Breathing (Catherine Spann, Ph. D., University of Texas, Arlington)
 - Coherent Breathing (assistant prof. Patricia L. Gerbarg, New York Medical College)
 - Breath meditation (prof. Jon Kabat-Zinn, University of Massachusetts Medical School)
 - Buddhist Breath meditation
- 01:20 – 01:40 **Loving-Kindness Meditation (metta/Maitre) – practice and sharing**
- Self-Compassion Break (Dr. Kristin Neff, University of California, Los Angeles)
 - Loving-Kindness Meditation (prof. Willem Kuyken, University of Oxford)
- 01:40 – 01:55 *Break*
- 01:55 – 02:25 **Body Awareness Based Meditation (Vipassana based) – practice and sharing**
- Grounding/Satipatthana Vipassana (prof. Mirko Frýba, Universität Bern)
 - Body Scan sitting meditation (UCLA Mindful Awareness Research Center)
 - Walking meditation
 - Introduction to Yoga Nidra lying meditation
- 02:25 – 02:40 **Mantra Based Meditation (Japa based) – practice and sharing**
- Om Meditation
 - Christian Meditation (Vladimír Volráb, The World Community for Christian Meditation)

- 02:40 – 03:00 **Focus based (Zen Buddhism) Meditation – practice and sharing**
- Focusing
 - Koan resolution-based meditation
- 03:00 – 03:15 **Imagination Based Meditation (Tibetan) – practice and sharing**
- God meditation (14th Dalai Lama)
- 03:15 – 03:30 **How to employ meditation to your daily life successfully**
- Introduction to C. O. R. E. motivation model (prof. Steve Peters, University of Sheffield)

Note: This agenda can be easily spread to 7 or 8 hours workshop giving each respective area twice as much time and employing some other practices.

This workshop can be provided in English, Czech or Slovakian language. German can be available for slightly increased price.

Brief description of all employed meditation techniques is described in the following subchapter.

1.8 BASIC DESCRIPTION OF MEDITATION METHODS

Meditation in general builds on two basic pillars – **concentration on the present moment** and **practice of the non-judgemental approach to our thoughts** and eventually less judgmental approach to ourselves, which results in better self-love (please see chapter 2.6).

As (not only) Buddhist believe our suffering usually stems from the past (mainly guilt) or the future (mainly fear) whereas in the present moment in 99.99 % of our time nothing wrong or threatening is happening to us. However, we usually mind wander (thanks to the [default mode network](#) in the brain) or focus on our thoughts which prevents us from fully experiencing the present moment or even takes our eye away from something currently important, especially at work. Focusing on past and upcoming events might also easily bring negative emotions.

This consecutive negative mindset, however, inevitably influences our judgements about things we are experiencing right now and about how we actually feel. As the human brain wants to confirm currently experienced emotion even in as many new experiences as possible (Ekman, 2004) it becomes hard to change our perception of reality from negative to positive one, while vice versa, thanks to the mechanism of hedonic adaptation, we quite quickly adapt to positive feelings and need more intense positive experiences to keep the opposite – positive – bias of our brain (Lyubomirsky, 2010).

Therefore, the regular practice of non-judgemental approach helps us to avoid negative bias of our brain by teaching us not to judge our thoughts nor experiences, especially when they seem to be the negative ones at the first sight. As a result, meditation practitioners gain better self-regulation and other emotional benefits (please see chapter 2.2).

There are several completely different approaches to achieving these benefits stemming from meditation. The main difference is in the ‘anchor’ keeping us in the present moment during the practice, to which we return after realizing that instead of keeping our focus at the anchor we started

to mind wander. Since every human being is different, different forms of meditation are suitable and most effective for different people.

1.8.1 BREATH BASED MEDITATION

In this practice the anchor is our breath. Breath meditation is physiologically special as it interacts with nervous vagus and the parasympathetic system affecting the [HPA axis](#) responsible for overall stress hormone production. In this case the effect of meditation practice applies directly on hypothalamus enabling not only to calm down the HPA axis, but also directly influencing our somatic reactions (muscle tension, digestive reactions, etc.) through the effects of hypothalamus on [Autonomic Nervous System](#).

1.8.2 LOVING-KINDNESS MEDITATION

Metta, Maitre or Loving-Kindness meditation uses as the anchor the emotion of compassion, which is accompanied by large production of oxytocin which interacts with pituitary gland preventing it from ACTH (the main stress hormone) production (Gibbs DM, 1986) thus preventing adrenal glands from producing adrenalin and cortisol stress hormones consecutively causing most of stress induced diseases.

1.8.3 BODY AWARENESS BASED MEDITATION

Body Awareness meditation techniques are using awareness of various parts of our body as the anchor. During the meditation the awareness rotates around the body or the body moves, so keeping the focus is sufficiently challenging holding the practitioner in the present moment and at the same time preventing [default mode network](#) in the brain from activation and therefore avoiding uprise of thoughts or their judgements.

1.8.4 MANTRA BASED MEDITATION

Mantra uses everlasting repetition of several word combinations or sometimes sentences as the anchor. Resulting in comparable outcomes as body awareness based meditation.

1.8.5 FOCUS BASED MEDITATION

Meditation techniques working with focus are using usually some external objects or solution of an insolvable problem (koan) as the anchor catching our full attention. Thanks to these techniques usually employing different parts of the brain at once our concentration improves over time.

1.8.6 IMAGINATION BASED MEDITATION

Imaginative techniques are working with slightly altered state of mind (at alpha and beta waves on EEG) when we have better access to our unconscious mind and can experience full emotions as everything happening during the meditation was an actual reality for us. Since the 'meditative reality' can be fully controlled and carefully constructed, it's the fastest way to experience strong positive emotions and distract the negative bias of the brain. As it still needs a lot of focus to keep the 'imaginative reality' image clear, it has comparable effects as the focus-based therapy. This technique is also widely used in Jungian, Daseinsanalytical and Gestalt psychotherapy to discover, understand and change unconscious programs and presets from our past.

2 SCIENTIFIC BACKGROUND FOR THE WORKSHOP

Meditation has been subject of intense 'western' research since 1979 when Jon Kabat-Zinn introduced the **Mindfulness-Based Stress Reduction** approach in the United States. After discovery and further development of **fMRI** (functional Magnetic Resonance Imaging) the research and its evidence-based outputs have intensified. Since 1991 **Mindfulness-Based Cognitive Therapy** has been successfully introduced and used for treating depressive and anxiety disorders. Here's the list of current scientific findings of benefits resulting from regular practice. Most studies took in consideration 10 minutes of practice a day performed during 6 months.

2.1 HEALTH BENEFITS^{1,2}

2.1.1 DECREASES MIGRAINES

A recent study by Tonelli et al (2014) demonstrated the immediate effects of a brief Loving Kindness Meditation intervention in reducing migraine pain and alleviating emotional tension associated with chronic migraines.

2.1.2 DECREASES CHRONIC PAIN

A pilot study of patients with chronic low back pain randomized to Loving Kindness Meditation or standard care, Loving Kindness Meditation was associated with greater decreases in pain, anger, and psychological distress than the control group (Carson et al., 2005).

Regular practice of standard breath based meditation also provided 65 % with chronic pain with significant or even total pain relief (Kabat-Zinn, 1979).

2.1.3 DECREASES PTSD

A study by Kearney et al (2013) found that a 12 week Loving Kindness Meditation course significantly reduced depression and PTSD symptoms among veterans diagnosed with PTSD.

2.1.4 DECREASES SCHIZOPHRENIA-SPECTRUM DISORDERS

Also, a pilot study by Johnson et al. (2011) examined the effects of Loving Kindness Meditation with individuals with schizophrenia-spectrum disorders. Findings indicated that Loving Kindness Meditation was associated with decreased negative symptoms and increased positive emotions and psychological recovery.

2.1.5 DECREASES ANXIETY AND DEPRESSION

Hofmann, Sawyer, Witt & Oh (2010) and Holzel et al. (2013) proved that regular mindfulness practice helps to decrease occurrence of feelings of anxiety or depression.

2.2 EMOTIONAL INTELLIGENCE BENEFITS^{1,2}

2.2.1 ACTIVATES EMPATHY & EMOTIONAL PROCESSING IN THE BRAIN

We showed this link in our research (Hutcherson, Seppala & Gross, 2014) and so have our colleagues (Hoffmann, Grossman & Hinton, 2011).

¹ 18 Science-Based Reasons to Try Loving-Kindness Meditation Today. *Emma Seppälä: The Science of Happiness, Health&Success*[online]. 28.10.2014 [cit. 2018-03-14]. Dostupné z: <https://emmaseppala.com/18-science-based-reasons-try-loving-kindness-meditation-today/>

² Science and Practice of Yoga, University of Texas, Arlington

2.2.2 INCREASES GRAY MATTER VOLUME

in areas of the brain related to emotion regulation: Leung et al (2013); Lutz et al (2008); Lee et al (2012).

2.2.3 BRINGS STRONGER ABILITY TO SELF-REGULATE

Mindfulness practices provide practitioners with better self-regulation: Tang et al. (2007).

2.3 PRODUCTIVITY BENEFITS²

Several scientific studies have proven that regular practice of mindfulness-based techniques provide practitioners with better attention skills: Jha, Krompiger, Baime (2007); Sedlmeier et al. (2012); Becerra, Dandrade, Harms (2016).

2.4 STRESS MANAGEMENT BENEFITS^{1,2}

2.4.1 INCREASES RESPIRATORY SINUS ARRHYTHMIA (RSA)

Just 10 minutes of loving-kindness meditation has an immediate relaxing effect as evidenced by increased respiratory sinus arrhythmia (RSA), an index of parasympathetic cardiac control (i.e. your ability to enter a relaxing and restorative state), and slowed (i.e. more relaxed) respiration rate (Law, 2011 reference)

2.4.2 SLOWS AGING

We know that stress decreases telomere length (telomeres are tiny bits of your genetic materials – chromosomes – that are a biological marker of aging). However, Hoge et al (2013) found that women with experience in Loving Kindness Meditation had relatively longer telomere length compared to age-matched controls.

2.4.3 LOWER STRESS

Mindfulness techniques in general were proved to lower stress: Baer (2003); Creswell et al. (2016).

2.5 SOCIAL BENEFITS^{1,2}

2.5.1 RICHER AND MORE POSITIVE RELATIONSHIPS

Regular practice of mindfulness provides the practitioners with richer and more positive relationships: Carson, Carson, Gil, Baucom (2004); Coatsworth, Duncan, Greenber, Nix (2010)

2.5.2 MAKES YOU A MORE HELPFUL PERSON

Loving Kindness Meditation appears to enhance positive interpersonal attitudes as well as emotions. For instance, Leiberg, Klimecki and Singer (2011) conducted a study that examined the effects of Loving Kindness Meditation on pro-social behavior, and found that compared to a memory control group, the Loving Kindness Meditation group showed increased helping behavior in a game context.

2.5.3 INCREASES COMPASSION

A recent review of mindfulness-based interventions (MBIs) concludes that Loving Kindness Meditation may be the most effective practice for increasing compassion (Boellinghaus, Jones & Hutton, 2012)

2.5.4 INCREASES EMPATHY

Similarly, Klimecki, Leiberg, Lamm and Singer (2013) found that Loving Kindness Meditation training increased participants' empathic responses to the distress of others, but also increased positive affective experiences, even in response to witnessing others in distress.

2.5.5 DECREASES YOUR BIAS TOWARDS OTHERS

A recent study (Kang, Gray & Dovidio, 2014) found that compared to a closely matched active control condition, 6 weeks of Loving Kindness Meditation training decreased implicit bias against minorities.

2.5.6 INCREASES SOCIAL CONNECTION

A study by Kok et al (2013) found that those participants in Loving Kindness Meditation interventions who report experiencing more positive emotions also reported more gains in perception of social connection as well.

2.6 SELF-LOVE BENEFITS^{1,2}

2.6.1 CURBS SELF-CRITICISM:

A study by Shahar et al (2014) found that Loving Kindness Meditation was effective for self-critical individuals in reducing self-criticism and depressive symptoms, and improving self-compassion and positive emotions. These changes were maintained 3 months post-intervention.

2.7 WELL-BEING BENEFITS¹³

2.7.1 INCREASES POSITIVE EMOTIONS & DECREASES NEGATIVE EMOTIONS

In a landmark study, Barbara Frederickson and her colleagues (Fredrickson, Cohn, Coffey, Pek, & Finkel, 2008) found that practicing 7 weeks of loving-kindness meditation increased love, joy, contentment, gratitude, pride, hope, interest, amusement, and awe. These positive emotions then produced increases in a wide range of personal resources (e.g., increased mindfulness, purpose in life, social support, decreased illness symptoms), which, in turn, predicted increased life satisfaction and reduced depressive symptoms.

2.7.2 INCREASES VAGAL TONE WHICH INCREASES POSITIVE EMOTIONS & FEELINGS OF SOCIAL CONNECTION

A study by Kok et al (2013) found that individuals in a Loving Kindness Meditation intervention, compared to a control group, had increases in positive emotions, an effect moderated by baseline vagal tone – a physiological marker of well-being.

2.7.3 BRINGS LESS NEGATIVE EMOTIONS

Participants who completed a 15-minute focused breathing exercise (similar to the mindful breathing exercise described above) reported less negative emotion in response to a series of slides that displayed negative images, compared with people who didn't complete the exercise. These results suggest that the focused breathing exercise helps to improve participants' ability to regulate their emotions. Arch, J. J., & Craske, M. G. (2006).

2.7.4 INCREASE IN WELL-BEING AS SUCH

Participants who attended eight weekly sessions of the Mindfulness-Based Stress Reduction (MSBR) program showed increases in mindfulness and well-being at the end of the eight weeks, and decreases in stress and mental illness symptoms. Time spent engaging in home practice of the body scan in particular was associated with greater levels of two components of mindfulness (observing and non-reacting) and with increased psychological well-being. Carmody, J. & Baer, R. A. (2008).

³ Science of Happiness, University of California, Berkeley.

2.8 IMMEDIATE AND LONG-TERM IMPACT¹

2.8.1 MEDITATION IS EFFECTIVE EVEN IN SMALL DOSES

Hutcherson, Seppala and Gross (2008) found an effect of a small dose of Loving Kindness Meditation (practiced in a single short session lasting less than 10 minutes). Compared with a closely matched control task, even just a few minutes of loving-kindness meditation increased feelings of social connection and positivity toward strangers.

2.8.2 MEDITATION HAS LONG-TERM IMPACT

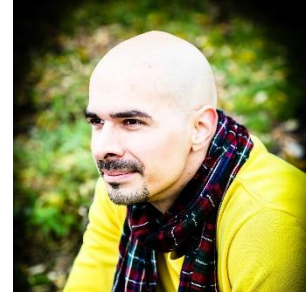
A study by Cohn et al (2011) found that 35 % of participants of a Loving Kindness Meditation intervention who continued to meditate and experience enhanced positive emotions 15 months after the intervention. Positive emotions correlated positively with the number of minutes spent meditating daily.

3 INSTRUCTOR

3.1 MARTIN ZIKMUND

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Martin Zikmund graduated from Telecommunication Engineering at Faculty of Electrical Engineering (FEE) at the Czech Technical University (CTU) and from Business and Management in Industry at Masaryk Institute of Advanced Studies at CTU. During his Ph. D. studies at FEE CTU he focused on bionanomedical research. He was the leader of Nanotechnology research group in Sitronics Research Center, junior researcher at Department of Material Engineering at FEE CTU with focus on medical applications and secretary of Nanotech CTU – the cross-faculty research group for nanotechnology at the Czech Technical University.



For 16 years he worked for large multinationals from ICT, finance and FMCG industries in area of marketing communication and for 8 years he worked also for Czech SMEs in area of strategy management. He suffered from stress and at the age of 25 underwent heart surgery.

For past 5 years he focuses on studying psychology, psychotherapy, neuroscience and religion. In 2014 he's been initiated to Kryia Yoga meditation technique in Mahavatar Babaji tradition and introduced to Yoga Nidra practice. He's now finishing self-experience training in Person-Centered Approach (Rogerian Psychotherapy) and is in last year of studies at Prague Psychotherapeutic College. He's successfully completed following online courses connected to meditation practices:

- **De-Mystifying Mindfulness** (Mindfulness Based Stress Reduction), 35 hours, Universiteit Leiden, Prof. Dr. Chris Goto-Jones (2018)
- **Science of Happiness**, 47 hours, UC Berkeley, Dacher Keltner, Ph. D., Emiliana Simon-Thomas, Ph. D. (2017)
- **Science and Practice of Yoga**, 27 hours, University of Texas, Arlington, Stacy Dockins, Catherine Spann, Ph. D., prof. George Siemens, Ph. D. (2017)
- **Positive Psychology**, 12 hours, University of North Carolina at Chapel Hill, Barbara L. Fredrickson, Ph. D. (2017)
- **Buddhism and Modern Psychology**, 18 hours, Princeton University, Robert Wright (2017)

For further details about his education please see <http://www.nekouc.cz/en/#education>.

Since 2015 he publishes his Czech written blog www.jecasnazmenu.cz and since 2017 his articles are regularly published in Czech edition of Marianne magazine.

In 2017 Martin cooperated with the Center of Occupational Hygiene and Occupational Medicine of the National Institute of Public Health on the project of Ministry of Health of the Czech Republic on project on Psychosocial Risks in the Healthcare and Social Services on including mindfulness (relaxation) techniques as recommended measures of prevention.

You can find more information about him at www.nekouc.cz/en/.

4 PRICE CALCULATION

Price for 3.5 hours workshop (EN/CZ&SK) 13,000 CZK excl. VAT

Price for 7 hours workshop (EN/CZ&SK) 26,000 CZK excl. VAT

Follow-up direct personal support at workplace 2 hours (EN/CZ&SK) 3,000 CZK excl. VAT

For each two 3.5 hours meditation workshops or one 7 hours meditation workshop ordered one 2 hour follow-up direct personal support at workplace will be provided for free.

These prices apply to workshop taking place in Prague (CZ) for 20 participants at maximum. For workshops in different locations additional costs will apply.

5 REFERENCES

Below you can find chosen references from customers, who have kindly agreed with their public use. These customers had workshops on stress management including 1.5 hours block of relaxation and meditation techniques.

5.1 THE NATIONAL INSTITUTE OF PUBLIC HEALTH

"Martin Zikmund (Nitana s.r.o.) cooperated with the Center of Occupational Hygiene and Occupational Medicine of the National Institute of Public Health to provide a specialized workshop on the project of the Ministry of Health of the Czech Republic "Psychosocial Risks in the Healthcare and Social Services" (project number 10714). According to the participants, the workshop contributed to raising their professional level (relaxation techniques, self-knowledge techniques, practical exercises)."



Mgr. Kateřina Janořová,

Center for Occupational Hygiene and Occupational Medicine, The National Institute of Public Health

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5.2 O2 CZECH REPUBLIC

"Workshop on stress relief has provided me and my team with numerous valuable information about how our brain works and how we sometimes contribute to our stress. I appreciated that there were number of practical exercises, relaxation techniques training and interesting tips on how to cope with stress as part of the workshop. Me and my team were also pleased by Martin's, who has led the workshop, pleasant and interesting discourse."



David Duroň

O2 TV Director, O2 Czech Republic a.s.

www.o2.cz

david.duron@o2.cz

5.3 LÁZNĚ AURORA

Lázně Aurora is a medical facility for long-term treatment and rehabilitation of orthopedic patients. Based on request from the medical team in this organization, we've organized workshops on psychosomatic aspects of stress and on basic mindfulness practices bringing pain relief. Direct feedback from some members of the medical team has proved that patients who started to practice also started to feel better.



5.4 DOMOV BARBORA KUTNÁ HORA

Domov Barbora Kutná Hora is Central Bohemia Region's owned organization providing social services for seniors and mentally disabled people. With 196 clients living in the facility and 120 employees it's



DOMOV BARBORA KUTNÁ HORA,
poskytovatel sociálních služeb

one of the largest social services organizations in the region. The management team wanted to improve cooperation of various departments and to help the top and middle management team members to better cope with stress. Therefore the one day training contained also the meditation techniques block after which 17 out of 19 participants answered that they will start to practice regularly one of the experienced techniques (most of them were attracted to breath based techniques).

5.5 ADDITIONAL REFERENCES

NOKIA



Atlas Copco

Honeywell
Aerospace

ExxonMobil



IPMA®
Young Crew
Czech Republic



CAFIN | ČESKÁ ASOCIACE
PRO FINANČNÍ ŘÍZENÍ



ELITE
BLOGGERS
CZECH REPUBLIC



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