



Meditation with Peggy Gaines RN
Find Calm in a Hectic World

Meditation with Peggy Gaines, RN
1390 S Dixie Highway
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Program Overview

The program, **From Frenzied to Focused: Bringing Calm to Corporate Environments** has been designed by Peggy Gaines, RN, BSN, a board certified Meditation Specialist. Peggy has been meditating over 20 years and received her training from Susan Taylor, PhD of the Center for Meditation Science. The aim of this program is to assist corporations with wellness solutions that help enhance the lives of employees while at the same time improving employee productivity and decreasing absenteeism.

Program Purpose

To offer new possibilities for promoting and improving mental and physical health through practical strategies of relaxation and stress reduction mindfulness practices. Participants will learn mindful techniques that can be used at their desks and at home. These mindful skills will help reduce work related stress and improve interactions at work and at home.

Past Clients

- Tiffany & Co.
- Office Depot Foundation
- Bank United
- Bayview Asset Management
- University of Miami
- Biltmore Hotel
- Leon Medical Centers
- Carevive Systems

Peggy is available to speak at your corporate event or provide onsite classes. As a professional speaker, Peggy has spoken to groups from 35 to 300 people.

Packages for onsite classes are tailored to meet the needs and focus of your business. Classes can be set up as a one-time "Lunch and Learn" or as a package of weekly 30 minute sessions held in the boardroom or a conference room. Each participant will receive handouts to reinforce information given during the presentation.