



Electric Boat Management Association (EBMA)

Introduction to Mindfulness Meditation

Facilitated by Tyler Haling

Workshop Summary:

Mindfulness meditation has been practiced by human beings for thousands of years. It is simple but not easy. This workshop offers a systematic introduction to meditation. It will introduce formal meditation practices and emphasize mindfulness application to daily life. Everyone is welcome regardless of experience.

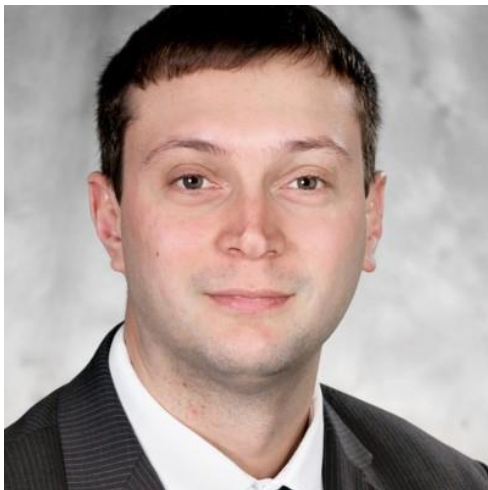
Benefits of Meditation:

- Stress reduction and resilience
- Better concentration and sleep
- Reduction of symptoms for pain, headaches, depression, anxiety
- Improved self-compassion, self-knowledge and goodwill towards others
- **It may reintroduce you to yourself**

In this workshop, the following topics will be covered:

- Non-judgmental awareness techniques for anchoring attention in the present moment and for working with sensations (physical and emotional)
 - a. Breath Meditation
 - b. Body Scan Meditation
- Mindfulness of thoughts and emotions
 - a. Emotional Intelligence
 - b. Intentional Orientation Towards Goodwill

Facilitator Information:



Tyler Haling is a senior data analyst at Electric Boat with 10+ years of Mindfulness Meditation practice. He has spent a cumulative 90 days on silent intensive retreat at the Insight Meditation Society in Barre, MA, and is an active member of the Cambridge Insight Meditation Center in Cambridge, MA. He has maintained a daily meditation practice for over a decade and is a CPD/IMMA-certified Mindfulness Meditation teacher.

Tyler is a native of Mystic, CT. He is a graduate of the University of Connecticut and earned his Master of Science in Health Informatics at Northeastern University. Tyler is a certified lean six sigma green belt and has various database certifications.