

# Scientifically proven results when meditation is practiced at least 10-15 minutes daily:



**Improved cognitive function and retention**



**Sparks creativity and innovation**



**Reduces stress and anxiety**



**Supports a healthier immune system**



**Increased feelings of resilience and self-esteem**



**Improves focus and concentration**



**Increases self-awareness**



**Improves Relationships - enhanced empathy, collaboration, and communication**



**Helps improve emotional and physical well-being (self-care)**