

Meditation with Nina at Hengist Field Care Home



We held our first meditation experience - 'Meditation with Nina' – here at Hengist Field Care Home last week.

Meditation was **requested by some of our residents** who wanted to give it a try and we were very happy to oblige.

Nina firstly explained what meditation is and how it helps us. She then explained how we should breath from our stomachs and not from our chests and how it can help with stress and anxiety.

She then went through some **breathing exercises** with us, which really seemed to **relax** everyone – *so calming that one person fell fast asleep!*

Nina will be returning for another session soon, which we'll all look forward to. *Thank you Nina!*