



Buddhist meditation

The short sessions: **Samatha**

www.morten-ryberg.com

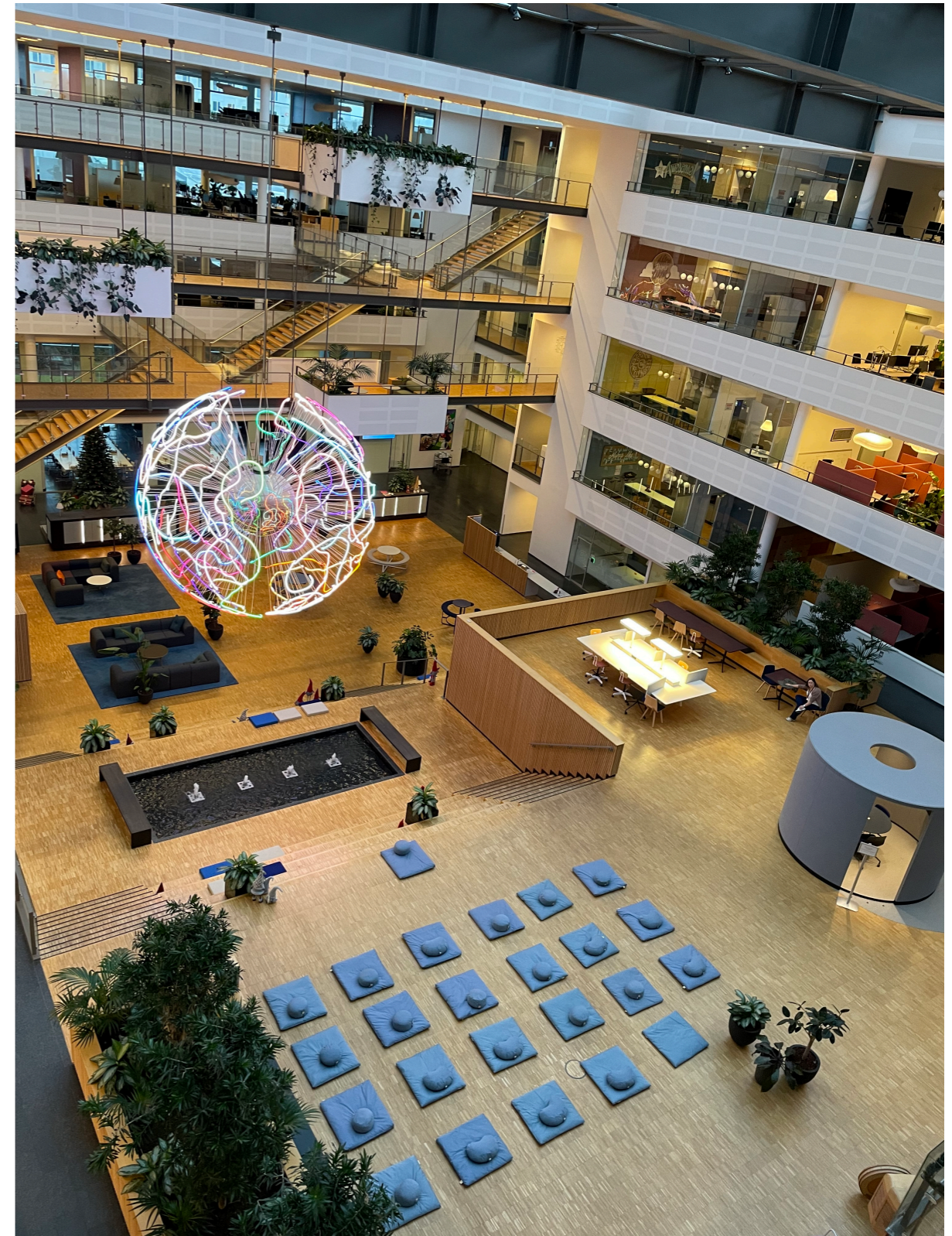
01 | Tranquility of the mind

About the session

This session is designed to ignite inspiration within your team by harnessing the mental super power of Samatha meditation the Buddhist principle of controlling the mind through **awareness, attention and concentration**.

Key Features:

- **Guidance and Inspiration:** The session offers guidance and inspiration for taking charge of the ever wandering mind and how to access the hidden super power of conscious present awareness (mindfulness).
- **Experience Your Mind:** Gain profound insights into the workings of your mind, realizing its power to control thoughts and emotions, rather than being controlled by them.
- **Resilience and Empowerment:** Learn practical techniques to cultivate resilience and empower yourself and your team. Embrace the liberating practice of letting go of past anxieties and future worries, focusing on the richness of the present moment.
- **Find Tranquility:** Experience profound equanimity as you harness the power to decide what commands your full attention. Take control of your mind rather than being controlled by it, discovering the true tranquility that comes from within.



02 Tranquility of the mind

The session

Duration: 60 minuttet

Audience: Beginners

Content:

- Introduction to meditation
- Guided meditation
- Q & A

Price:

< 12 people: dkr. 6.000,-

> 12 people: dkr. 10.500,-

> 25 people: contact for offer

All prices exclude VAT.

- Meditation cushions & mattresses for <25 people are provided.
- Free instructions and Mp3 guided meditation download.

"Meditation at work could sound like luxury but it is actually a fantastic way to get grounded and focused.

Afterwards, you are basically a better version of yourself.

With Morten as your teacher, it is a wonderful experience."

- **Lene Hylling Axelsson**
Senior Vice President
Novo Nordisk A/S



03 The teacher

Morten Ryberg is a leading Buddhist teacher renowned for his expertise in integrating meditation and mindfulness practices into the business world.

With a background in both leadership roles within national and international companies and extensive authentic Buddhist meditation and mindfulness training, Morten offers a **unique perspective** on personal and professional development.

Morten's teachings are grounded in **practicality** and **relevance**, providing leaders with accessible tools and training to harness the **power of the mind** for positive **behavioral changes**. From enhancing decision-making skills to cultivating proactive stress management techniques, Morten's approach addresses key challenges faced by leaders today.

Morten's offerings range from individual training programs to team training sessions and intensive retreats, catering to the diverse needs of organizations seeking to **empower** their teams and **foster** a culture of **mindfulness well-being** and **high performance**. With Morten's guidance, leaders can unlock their full mental potential and lead their teams with clarity, compassion, and purpose.

Client engagement:

Novo Nordisk, Vestas, Danske Bank, Novozymes, Grundfos, B&O, FLSmidth, Maersk Oil, ISS, TDC...

For more information please visit:

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