

Mindfulness and Meditation



SERVICES AVAILABLE

- **IBOGAINE TREATMENT**
Safe, monitored and compassionate ibogaine treatments
- **PRE AND POST CARE**
We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards
- **HOLISTIC THERAPIES**
Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food
- **ON/OFF SITE COUNSELLING**
Our expert counsellors will hold space and guide you through your processes
- **NAIKAN THERAPY**
Naikan introspection therapy is a wonderful way to get back in touch with yourself
- **IRM**
FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community
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“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”

~Thích Nhất Hạnh

Turning 'can't do' into 'will do' may seem an impossible challenge to most recovering addicts – to their practitioners too. Mindfulness therapy is an effective tool in challenging negative mind frames and dealing positively with cravings. An awareness of ourselves and the world around us helps redefine how we can live our lives. For thousands of years Buddhists have practiced mindfulness meditation. By focusing on this present moment in time, all energies are pinpointed toward the now. An extreme sense of awareness results. The individual becomes highly attuned to the nuances of their physical and emotional symptoms. When in this state of mind, the recovering addict can gauge cravings to a fine degree, focus on them and force them to subside without recourse to outside assistance. Mindfulness therapy can reconfigure the brain, remoulding problematic temperaments that were believed to be unchangeable. Neural networks are rewired,

with fresh connections helping the brain adapt to new behaviour. Alternative coping mechanisms develop. Mindfulness meditation and yoga reduce levels of cortisol, a stress related hormone. This is also improved with massage, another element of Tabula Rasa Retreat's holistic aftercare approach. Our mindfulness therapy can also increase energy reserves while simultaneously boosting the immune system. In essence, the therapy improves the body and mind in many ways, from ridding it of toxins to bringing a happier state of being. As advocates of mindfulness meditation in addiction therapy, our instructors are highly trained and well practiced having studied and worked alongside leading meditation practitioners and Yoga gurus. Creating daily regimes tailored to the individual, we strive to bring a sense of contentment where there was recently turmoil, a bright present and even brighter future where there was once darkness.

