



Meditation for the 21st century

The Meditainment range of self-help audio titles are created out of a desire to deliver the benefits of meditation in an easily accessible way that is relevant to a 21st century lifestyle.

The Meditainment programmes deliver a fresh approach to relaxation and mental wellness that is critically acclaimed, appears in countless press articles and enjoys an ever growing number of users across the globe.

What is Meditainment?

The Meditainment format blends easy-to-follow meditation techniques, voice, story, sound effects and music into a popular and accessible form of guided meditation. A team of professional artists, performers, writers and composers create Meditainment's high quality non-religious audio programmes.

Over 200,000
CDs sold

Over 1 Million
Downloads served

For the best Meditainment experience:

- Close your eyes
- Use headphones or good quality speakers
- Be sitting comfortably
- Turn off any bright lights
- Be confident you won't be disturbed
- Be able to give your undivided attention

Unlock the beautiful power of the calm mind

What are the benefits?

The practice of meditation can have a number of psychological benefits including increased calm & happiness and reduced stress & anxiety. Physical benefits can include reduced blood pressure and an enhanced immune system.

Why do I need to close my eyes?

It's extremely difficult to relax fully and visualize a story with your eyes open. Once in a meditative state, you might experience something similar to lucid dreaming, where you are totally in control and can create a world within your imagination.

Is there a spiritual dimension?

All Meditainment content is secular. It is not aligned with any religious, atheist or spiritual movement. Meditainment is often used for personal development and exploration of the mind. Users do this on their own terms.

Where else is Meditainment used?

The Meditainment.com self-help revolution is growing fast:

Airlines

The audio programmes are used on the in-flight entertainment systems of some of the worlds leading airlines, including Virgin Atlantic, Air Canada, US Airways and Qantas.

Hotels

The rest and natural sleep programmes are available in over 1 million hotel rooms worldwide.

Healthcare

A selection of programmes are available on the wards of healthcare centres in the UK and USA to aide patient recovery, relaxation and wellness.

Cinemas

The 'Total Relaxation' movie is currently doing the rounds of UK independent cinemas.

Corporate

A group format is proving extremely popular as a 'recharge' module for internal conferences at corporates including AOL, Vodafone and Disney. The programmes are also being delivered via the intranets of multinationals including SONY.

Retail

The CD titles are available in over 2,000 retail outlets across the UK, USA, Canada, and Australia.

The Meditainment range of Audio CDs include:

