



## The Living Point

### Acupuncture and Oriental Medicine

Drs. Conor and Zena Logan DACM, Dipl OM (NCCAOM), L.Ac.

Call / Voicemail / Text to 323-213-9220

Email: [health@thelivingpoint.com](mailto:health@thelivingpoint.com) | Website: [www.thelivingpoint.com](http://www.thelivingpoint.com)

We are Doctors Conor and Zena Logan, DACM, Dipl. OM (NCCAOM), L.Ac, and we share an acupuncture and wellness practice in Newbury Park. We help local businesses and their employees learn and practice the tools and techniques for wellness and stress relief, allowing employees to be more happy and productive in their jobs.

According to a March 2019 Colonial Life study, *“Employees are bringing stress and worry into the office... and it’s costing U.S. employers billions of dollars each week. More than 20 percent of workers spend more than five hours on the clock each week thinking about their stressors and worries, according to the survey. An additional 50 percent of employees said they lose between one and five hours of work to stress each week.”*

Source: Business Wire, March 14, 2019 <https://www.businesswire.com/news/home/20190314005804/en/Colonial-Life-study-Stressed-workers-costing-employers>

Starting in 2012, Dr. Conor Logan began leading guided meditation sessions several times a week at Creative Artists’ Agency in Beverly Hills. The sessions focused on mindfulness and stress reduction. Over time, the program spread to other companies, including Legendary Pictures, the Los Angeles and Thousand Oaks public libraries, and ZS in Newbury Park, among others. We offer a full menu of services to choose from, including Tai Chi movement classes, community acupuncture sessions, and symposiums and lunch-and-learns on a variety of wellness-related topics to companies and their employees.

We specialize in wellness overall – for people and for companies. When your employees have high morale and are feeling empowered in their work and their lives, companies are able to function at an optimal level. If you are interested in a workplace wellness program with us, we’d love to discuss and understand your company’s goals and current wellness initiatives with you.



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### Corporate Health Options

The Living Point tailors options for your employees' needs to best suit your corporate wellness goals. We work with you to mix and match or create something unique for your company.

**Guided meditation:** Our mindfulness meditation programs are different from others because we approach the whole person, rather than just the subconscious mind. We engage different areas of the brain using binaural entrainment, custom composed music, and we offer our meditations in conjunction with individual or community-style acupuncture, if desired. Meditation sessions vary from 10-60 minutes. For individual patients, we offer custom-created meditation sessions tailored to specific health goals and issues.

**Acupuncture:** If facilities exist in your office or office complex, we are able to offer individual treatments in private rooms. For these sessions we can bill the individual's own health insurance plan and there is no cost to the company. We bring our own equipment and supplies and only require space that allows patients their privacy in compliance with HIPAA laws.

**Community-style acupuncture:** This form of acupuncture involves general healing, wellness maintenance, and immune system boosting. Patients remain clothed and sit together in reclining chairs in a large room. Needles are placed below the elbows, below the knees, and in the face/head only. Individual health concerns are addressed only in a limited sense as the focus is on treating large groups for overall health in a shorter period of time. This modality can be done on its own, but pairs well with our guided mediation sessions.

**Weight Loss/Nutrition and Lifestyle guidance (group or solo):** We've developed a comprehensive weight loss program combining the philosophies of Eastern and Western medicine as well as counseling on nutrition. Our mission is enduring lifestyle change. The program is gentle, supportive, and works with the individual's own health status. For this reason, it's accessible to people of all ages and fitness levels. This modality works best alongside individual acupuncture treatments to support the guidance, but can be utilized effectively on its own, particularly in a group setting. This is generally offered as a one-off or series of lunch-and-learn sessions and is most popular at the start of the year when people are starting their New Years resolutions.

**Lunch and learns:** Over lunch, we offer health tips and guidance on topics including ways to exercise at your desk effectively, weight loss within time constraints, stress relief, how to meditate in 5 minutes, and much more.

Pricing is based on your company's needs, goals, and the time involved. In some cases, individuals' insurance can be billed for some of our services.

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HEALTHY LIVING

# How Meditation Benefits The Working Brain

By **Gwen Schlefer, Contributor**

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Retrieved from: [https://www.huffpost.com/entry/how-meditation-benefits-the-working-brain\\_b\\_57d15638e4b0273330ac36da](https://www.huffpost.com/entry/how-meditation-benefits-the-working-brain_b_57d15638e4b0273330ac36da)

The workplace is more stressful than ever. With modern technology, employees rarely have a time in their day when they are completely removed from work responsibilities. A competitive job market encourages employees to work harder and longer, take on larger workloads than ever before. These added workplace pressures lead to stress and anxiety that affect how individuals make decisions and perform tasks both in and out of the office.

Many companies, both large and small, have been working hard to implement in-office programs that help employees to deal with stress, anxiety and workplace pressures. In addition to cultivating positive work environments, many employers have experience huge workplace improvements thanks to meditation programs. Some offices offer meditation spaces while others offer guided sessions that help introduce mindful practices into employees lives during the workday. The most common practice in the workplace is Mindfulness Meditation, which is a practice that brings the mind's focus to the body and the breathing in order to help improve concentration and promote open awareness of thoughts and feelings. But the effects extend beyond the moment of practice and into all decisions made throughout the day from what to eat, how to perform tasks at work and how to spend free time.

So how exactly does Mindfulness Meditation affect the working brain and workplace performance? When we take time during the workday to stop working and focus on the present, it helps to create a stronger control of the mind's function and productivity. By controlling senses and breathing, it's easier to let go of thoughts and feelings of the past and future and train the brain to focus on what is happening in the present moment. By giving the brain a single-task workout, we learn how to stay focused on one task at a time instead of multi-tasking and attempting to complete 10 assignments at once. Training the mind to focus is undoubtedly

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beneficial to productivity when studies show that the average attention span is now 8 seconds thanks to the fast moving, technology obsessed society we live in. So not only does employee performance improve, but [studies have shown](#) that a regular meditation practice reduces stress and anxiety in the brain.

Aside from reduced stress and improved productivity, there are many other benefits that come from a corporate meditation program. A regular meditation practice helps to open creative doorways in the brain. With increased focus, problem-solving skills get more creative and new ideas enter the mind more freely. Many people believe that [Steve Jobs](#) was so successful in coming up with new and innovative ideas for Apple thanks to a regular meditation practice. As someone who maintained a regular meditation practice and was one of the first corporate leaders to implement in-office mindfulness programs, it's no doubt that some of Apple's success is due to his disciplined mental focus and control.

Meditation benefits have also been proven to help resolve workplace conflicts. Mindfulness practices equip employees with better [conflict management and interpersonal skills](#) that make resolving issues easier for employees and managers alike. How does this work? Brain scans of meditators versus non-meditators shows that mindfulness meditation helps to trigger the relaxation response, the opposite of fight or flight. The relaxation response can be accessed during times of conflict or stress in order to solve rationally instead of reacting emotionally with the fight or flight response. Employees with meditation practices are aware of their immediate reactions and can more easily step away from a situation in order to make the best decision about how to solve an issue. By improving emotional intelligence and promoting the importance of listening to co-workers and peers, a mindfulness meditation practice can decrease the number of conflicts that arise in the workplace.

Lastly, one of the greatest benefits of a workplace meditation program is the improved overall happiness of employees. With "employee happiness" being one of the biggest buzz works of 2016, it's important to explore different ways to promote happiness that aren't related to office kegerators or the mysterious unlimited vacation day policy. A regular meditation practice helps to improve overall happiness, self-awareness and patience. ***Big corporations like AOL and McKinsey & Co. have experienced increased sales performance, proving that what's good for the mind and spirit is good for the company's bottom line.*** In addition



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to sales departments benefitting from meditation programs, employees in customer-facing roles who meditate are more inclined to [take a timeout](#) when dealing with a difficult or frustrating situation. This is the relaxation versus fight or flight response in action!

With proven success in the workplace and studies that show how meditation changes how the brain processes information to better manage stress and anxiety, it's no wonder that more and more companies are jumping on the workplace meditation trend. Whether that's a space for mindful activities or guided meditation sessions, companies that offer these programs in-office experience improved productivity, higher attendance and increased employee happiness. It's no surprise that workplaces looking to reduce stress and improve the lives of their employees are including mindfulness meditation to their wellness offerings. **After all, a happy and calm employee is your best employee!**

*This blog originally appeared on the Work From Om [company blog](#). Interested in setting up a guided Mindfulness Meditation session in your office? [Work From Om](#) offers in-office meditation and yoga sessions for workplaces in New York City.*



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# Corporate Meditation: How and Why Big Businesses Are Promoting Meditation

By Tamara Lechner

Retrieved from: <https://chopra.com/articles/corporate-meditation-how-and-why-big-businesses-are-promoting-meditation>

Big businesses are smart. They've read the studies. They understand that time spent meditating means balanced workers who get things done. And they get that putting the mental health of their workers first increases both creativity and focus.

## The Benefits of Mindfulness in the Workplace

There are loads of benefits of mindfulness backed by scientific research. Corporate meditation coach Golbie Kamarei, whose career involves both teaching mindfulness at work and studying the effects, led a survey to gather data at her corporate firm, in an attempt to prove the concept of meditation in the workplace.

Here is some of the research she reported on related to the impact of mindfulness in the workplace, as told to *Berkeley Greater Good*:

- 91% reported it positively impacted the culture
- 88% would recommend it to a coworker
- 66% said they felt less stress or had improved stress-management capabilities
- 63% are better able manage themselves at work
- 60% reported increased focus and better decision-making skills
- 52% are able to better manage work relationships
- 46% reported increased innovation and creativity

It seems like all the innovative CEOs are joining the mindful movement. Whether these companies introduced corporate meditation as a productivity hack or as a genuine way to enhance lives, here's whose meditating and what these meditating corporations have to say.

### 1. Apple

Steve Jobs took a practice that worked for him and shared it with Apple's corporate culture. He was considered a pioneer of "mind technology" when he introduced Zen mindfulness meditation to the corporate structure at Apple. Workers have access to a meditation room, 30-minute daily meditation breaks, and on-site yoga and meditation classes, which were all part of



a process that Steve used to reduce his own stress, gain more clarity, and enhance his creativity.

## **2. Google**

Google was lucky enough to have one of their original software developers spearhead a program at Google that began in 2007 called, “Search Inside Yourself.” Google offers an on-site meditation space and meditation courses, believing that meditation can help improve not only employee mental health and well-being, but the company’s bottom line as well.

## **3. Yahoo**

Yahoo offers meditation rooms and free meditation classes for employees to benefit from and reduce stress while at work. It seems that tech companies like Yahoo are the early adopters of the mindful meditation at work culture with magazines like Fast Company touting meditation as a “must-do” to get hired.

## **4. Proctor & Gamble (P&G)**

When other companies were installing gyms, P&G CEO A.G. Lafley was starting a meditation instruction program and installing meditation spaces in P&G’s corporate buildings. He’s quoted as saying, “You cannot out-work a problem, you have to out-meditation it.”

## **5. Nike**

Nike employs a mindfulness and meditation coach who recently led a workshop for a team of Nike employees. This team consisted of about 13 innovators who perform and execute significant duties for Nike—most of them are focused on leading the global brand in new directions. Mindful leadership events like this have become a benefit of working for the large sports brand.

## **6. HBO**

HBO has a new hit show Enlightened and it looks like some of that enlightenment has rubbed off on their headquarters. The company boasts a gym, yoga classes, and weekly meditations. They may produce television, but they don’t encourage a culture of couch potatoes.

The approach these big companies are taking isn’t hard to implement. Whether you own a small business or work for a corporate giant, it’s the ideal time to introduce this age-old practice as part of the new way of balancing work and life.

Do you work for a company that promotes meditation? We’d love to know where you work and how they bring mindfulness to your workplace. Leave a comment with your company name below.