

Headspace Press Release

Headspace is meditation, but not as you know it. For a start, there's no chanting, no sitting cross-legged, no incense and definitely no gurus - just simple, practical tools to help you find a bit more calm and clarity in your everyday life. It's a practical, accessible approach to meditation, designed especially for modern day living - which is why you'll find all our bespoke tools and support available online - and even on your mobile.

Aside from the greater sense of calm and clarity you'll experience, there are lots of scientifically proven benefits to practicing meditation (or 'mindfulness' as it's sometimes known). So, if you or anyone close to you has ever struggled with feelings of anxiety, depression, compulsion, emotional instability, muscle tension, fatigue or insomnia (to name but just a few of the symptoms studied), then you'll be relieved to know that meditation has been shown to be an extremely effective intervention for them all.

Headspace was set up by **Andy Puddicombe** and **Rich Pierson**. Andy is a former Buddhist monk and a registered Clinical Mindfulness Consultant. With a wealth of personal and professional experience, he presents meditation in a unique, humorous and easy-to-learn way. Rich had a successful career in brand marketing before experiencing the benefits of meditation. But once he'd seen the potential there was no going back. He now uses the same passion and creative flair of his former career to help Andy demystify meditation.

An integral part of Headspace is the Headspace Foundation, which ensures that the project is about more than just profit. In fact, running costs aside, all of our profits go to support charitable projects carefully selected by the foundation. And it doesn't stop there.



We also work more closely with these projects, allocating free seats at our events and running tailor-made sessions for their employees and beneficiaries.

Good to know

- Headspace has the first of three books coming out on the 26th May, 2011. Entitled '**Get Some Headspace**' and published by **Hodder & Staughton**, the book is an absolute 'must have' for anyone with a busy mind.
- Headspace is also an official partner of Channel 4 and has a TV show launching later this year. Filming starts on the 6th April, 2011.
- Headspace launches its first event in the US on the 5th May, 2011. Hosted at an iconic venue in downtown New York, the strictly invite-only event will bring together an audience of some of the most interesting and influential figures from NY and beyond.

For more information about Headspace please visit www.getsomeheadspace.com



HEADspace

For more information on upcoming events, please contact Maria Schonfeld on 07738 176983, or by email at: maria@getsomeheadspace.com

