



PASSAGE
NAUTICAL
ENTERPRISES



MEDITATION + SAILING RETREATS

MINDFULNESS *THE 10 POWERS*

Improved Mental Health:

- Reduces stress by lowering our cortisol levels
- Lessens symptoms of anxiety and depression by fostering a non-judgmental awareness

Enhanced Emotional Regulation:

- Gain emotional balance by recognizing and understanding emotions before overwhelm
- Reduces reactivity by promoting thoughtful responses over impulsive reactions

Better Cognitive Functioning:

- Increases focus by enhancing attention and concentration
- Improves memory and cognitive flexibility
- Supports the brain to form new neural pathways (neuroplasticity)

Physical Health Benefits:

- Lowers Blood Pressure
- Helps in pain management by changing the way we perceive and relate to it

Improved Relationships:

- Better communication by being present and fully engaged
- Fosters greater empathy and compassion improving interpersonal relationships.

Increased Self-Awareness:

- Promotes a deeper understanding of one's thoughts, feelings, and behaviors that can better inform our actions
- This self-awareness can lead to greater resilience and regulate our reactions

Enhanced Well-being and Happiness:

- Encourages the development of positive emotions like joy and gratitude

Mind-Body Connection:

- Enhances awareness of emotions, bodily sensations, and thoughts and respond more thoughtfully
- Become more attuned to stress triggers and adopt better coping strategies

Decision-making:

- Become more aware of our biases, motivations and preferences
- Reduced impulsivity
- Improved focus and concentration allows for more careful attention to details

Spiritual growth:

- Deepen a sense of purpose and meaning
- Lead to profound insights and personal transformation