GREATER CONSCIOUSNESS AND INCREASED AWARENESS THROUGH STRESS RELEASE

Consciousness is an abstract term. Growth of consciousness or awareness is the natural result of the release of accumulated stress from the nervous system. Only the purposeful use of a deep relaxation technique will dissolve the deeper stress accumulated from everyday life. Dissolving this strain releases the greatest energy, creativity and intelligence of the individual.

The DASA Technique was developed and founded in 1975 by Adesha Rein.

DASA Founder, Adesha

STRESS MANAGEMENT MADE EASY

The DASA Meditation method is based on the centuries old practice of a silent mantra used by cultures throughout the world. The DASA method is a Western adaptation free of dogma and religious affiliation.

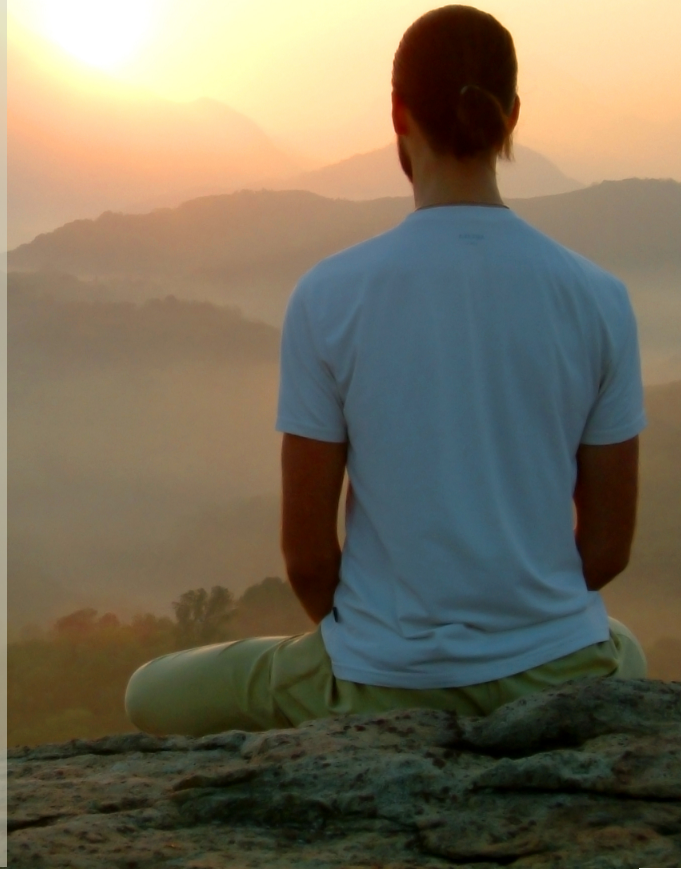
NATURAL TO THE MIND AND BODY

The method involves both concentration and release, using a simple four-part procedure which focuses the mind then releases stress by deeply relaxing both the mind and body.

EASY TO LEARN

Instruction of one hour will bring you benefits for a lifetime.

The Art of Quieting the Mind



DASA Meditation

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www.dasameditation.org

DASA

MEDITATION

Simple and Effective

The purpose of this technique is to equip each person with the most effective method for releasing stress and promoting growth in consciousness.

Founded in 1975, the DASA (Developing Awareness through Self-Actualization) Technique is used throughout the U.S. and in Canada. Thousands have taken instruction with rewarding and often dramatic results.

Founded 1975

Learn to meditate in just two sessions.

- The DASA Meditation technique is simple and easy to learn.
- Designed to improve health and well-being.
- Most see results in just five days.
- Minimum time involvement, just 20 minutes twice a day.
- Designed for individuals or groups such as small business staff or executives.
- For more information on setting up an introductory lecture for your group or office staff please use the contact below:

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