

TESTIMONIALS

THE MEDITATION LAB



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"Wrestling is such a mental sport. I have been doing it since middle school. I always thought yoga and meditation was kind of weird. I never thought it would help me much. When my coach suggested that all of the kids on my team had to go through The Meditation Lab, I really was skeptical it would make any difference at all. I was definitely surprised how much it helped my mental game. I used to psych myself out before a match thinking I was never gonna win. Now I'm able to quiet some of those negative thoughts. It really has helped my confidence more than I ever thought."

- Joey, age 16

"Jen has inspired me to learn and grow in meditation. She has helped me, and many others, understand the importance of meditation. Meditation helps me each and every day. Whether I am stressed about something coming up, or just need to clear my head, I always turn to Jen's meditation techniques to help!"

- Jennifer, age 18

"I have always been an anxious person, and before the Meditation Lab I had not found a quick and effective way to manage my stress. The Meditation Lab classes introduced me to many really easy ways to destress that I can use in my day to day life!"

- Elizabeth, age 18

"I definitely was able to get into the flow of the game when I meditated before it started. I've been playing volleyball since eighth grade. Now as a graduating senior, I only wish I had the chance to go through the Meditation Lab with Jen sooner. I never thought learning how to breathe would make such a difference in my game - especially in my serve. I will definitely take some of the techniques with me when I go to college and hopefully play volleyball there."

- Juliana, age 18

"Meditation Lab is something that has helped me refocus and recenter when I feel uneasy. Whether it was during gym or after school on a Tuesday or Thursday - Meditation Lab provided that experience and space that will forever help me! From Jen, I have learned so many methods that help me stay calm and relaxed! I use her strategies while taking tests, studying and sometimes just for a self-reflection. Without Jen and her Meditation Lab, I would have never learned any of these ways to peacefully change my way of thinking and feeling!"

- Natalie, age 15

"Meditation Lab has really taught me how to settle my thoughts and mind. Now, in stressful moments, I have the ability to take a step back and make level-headed decisions."

- Samantha, age 16

"I had the opportunity to experience Meditation Lab when I was training preseason for basketball. Jen taught me how to center myself using specific breathing techniques. It really helped me before games when I so nervous. Her suggestion to use the techniques before a free-throw shot or during a timeout helped me ground myself. I truly believe I was able to perform at my house level."

- Grace, age 15

