

WELLOO NEWS

Information and tips to boost wellbeing

Physical Activity Programs For Young People Improve Wellbeing

Berger et al (2024) found that trauma informed physical activity programs implemented in a range of settings result in positive social, emotional, behavioural, and academic outcomes for children and adolescents

Effects of Trataka (Yogic Visual Concentration)

A study by Swathi et al (2021) found that *Trataka* improves working memory, spatial memory, and spatial attention.

Attachment is that which Follows Identification with Pleasurable Experiences (Patanjali)

Attachment arises when we cling to experiences that bring us pleasure. This attachment causes suffering when those experiences inevitably fade. Recognising and releasing attachment is essential to finding inner peace.



TURN TOWARDS THE DARKNESS

Vipassana Meditation

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According to Eastern spiritual teachings, attachment to the ephemeral - driven by craving and aversion - lies at the root of suffering. They also outline a path to liberation from misery and the attainment of ultimate peace. Understanding our true nature, the causes of suffering, and the way to transcend misery and realise that which is beyond mind and matter, are fundamental aspects of Vipassana meditation, as taught in the tradition of S.N. Goenka

“Cultivating wholesome qualities, developing mastery over the mind and developing insight are fundamental to achieving lasting peace”

To learn more about Vipassana visit: wellqo.co/vipassana-meditation

