



The Innerwork Center

As a Virginia State employee, you receive a 30%
discount on all programs
(excluding residential retreats and special events).

DISCOUNT CODE: Virginia

What is the Innerwork Center?

We are a nonprofit catalyst for well-being through programs that inspire curiosity, cultivate mindfulness, and awaken the spirit.

We envision an individual and collective human experience rich with compassion, authenticity, and meaning.

Website: www.InnerWorkCenter.org

We are located in the Museum District,
213 Roseneath Rd., Richmond VA

Contact: hello@innerworkcenter.org





How to bring AWARENESS to your workday in 7 steps

1. FEEL YOUR CHAIR SUPPORTING YOU

Sit however you feel comfortable. The active awareness of the chair beneath you reminds you that you are here, now.

2. SET A TIMER

Tailor your session to your day. It's okay if you only have five minutes to spare, or if you have an entire hour.

3. LOWER YOUR GAZE

Or close your eyes if that works better for you. You are tuning out external distractions to focus on yourself.

4. CHOOSE AN ANCHOR

Focus your attention. You might enjoy focusing on your breath, the sounds around you, or a guided meditation.*

5. NOTICE

When your mind wanders away from your anchor, gently guide it back. It's natural! You aren't failing -- you're doing it right!

6. STRETCH

When your time is up, gently open your eyes and allow yourself time to stretch any areas of the body that feel tight.

7. OBSERVE

You're done!

Pay attention to how you feel in the mind and body after your practice.
Go ahead and schedule your next session with yourself.

*For guided meditations, visit: innerworkcenter.com/innerworkathome