



THE BURNT CHEF
PROJECT

WORLD MEDITATION DAY

21st May

WHY WE LOVE WORLD MEDITATION DAY



PROVIDES RELAXATION

It is always a good idea to take a break from life's hustle and bustle. Meditation helps us do just that by helping us free our minds of worry and focus on the positives.



HELPS ELIMINATE STRESS

Meditation is well-known for preventing and eliminating stress. When we're calm and tranquil, we're also better equipped to deal with stress in our daily lives and environments.



PROMOTES A PEACEFUL WORLD

Imagine if everyone took a little time out of their day to meditate and cleanse their minds of negative thoughts. Don't you agree that the world would be a much more peaceful and united place?

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