

# MEDITATION TRAIL

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environnement  
.brussels

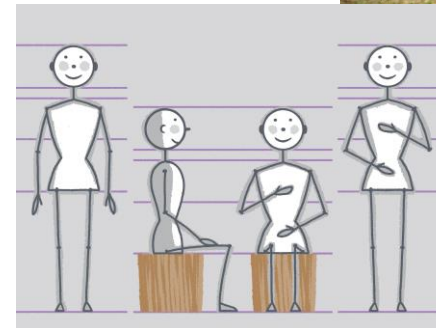
# Meditation practices and mental health

- Psycho-corporal practices (body-mind practices)
- Stress management, emotional regulation, well-being and personal development
- Meditative practices:
  - Relaxation
  - sophrology
  - hypnosis
  - mindfulness meditation
- Nature



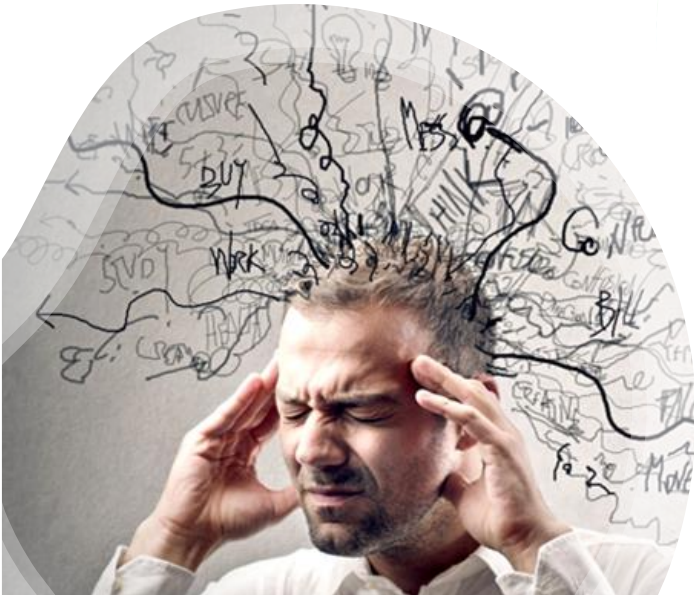
# History of the project

- 2014: Call for project by Brussels Environnement
- Proposal for the creation of the Meditation Trail
- 2019: inauguration



# Why this project

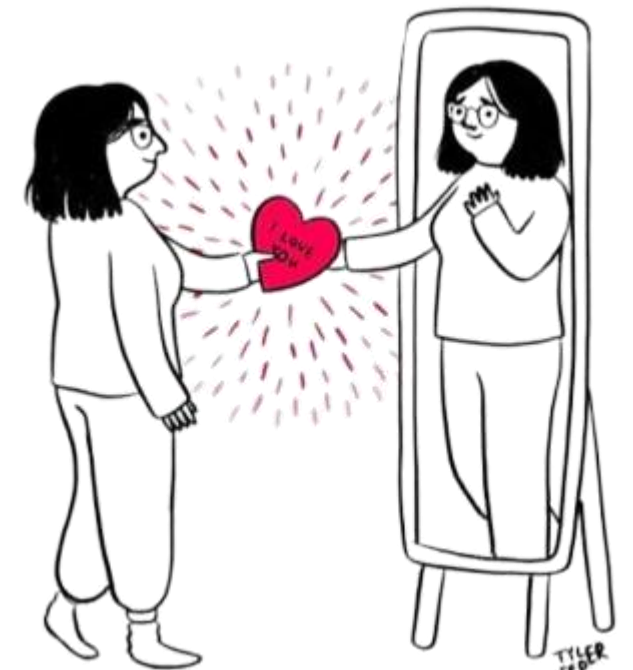
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- Make these practices accessible to everyone
- And spread and share

# Better relationship with yourself

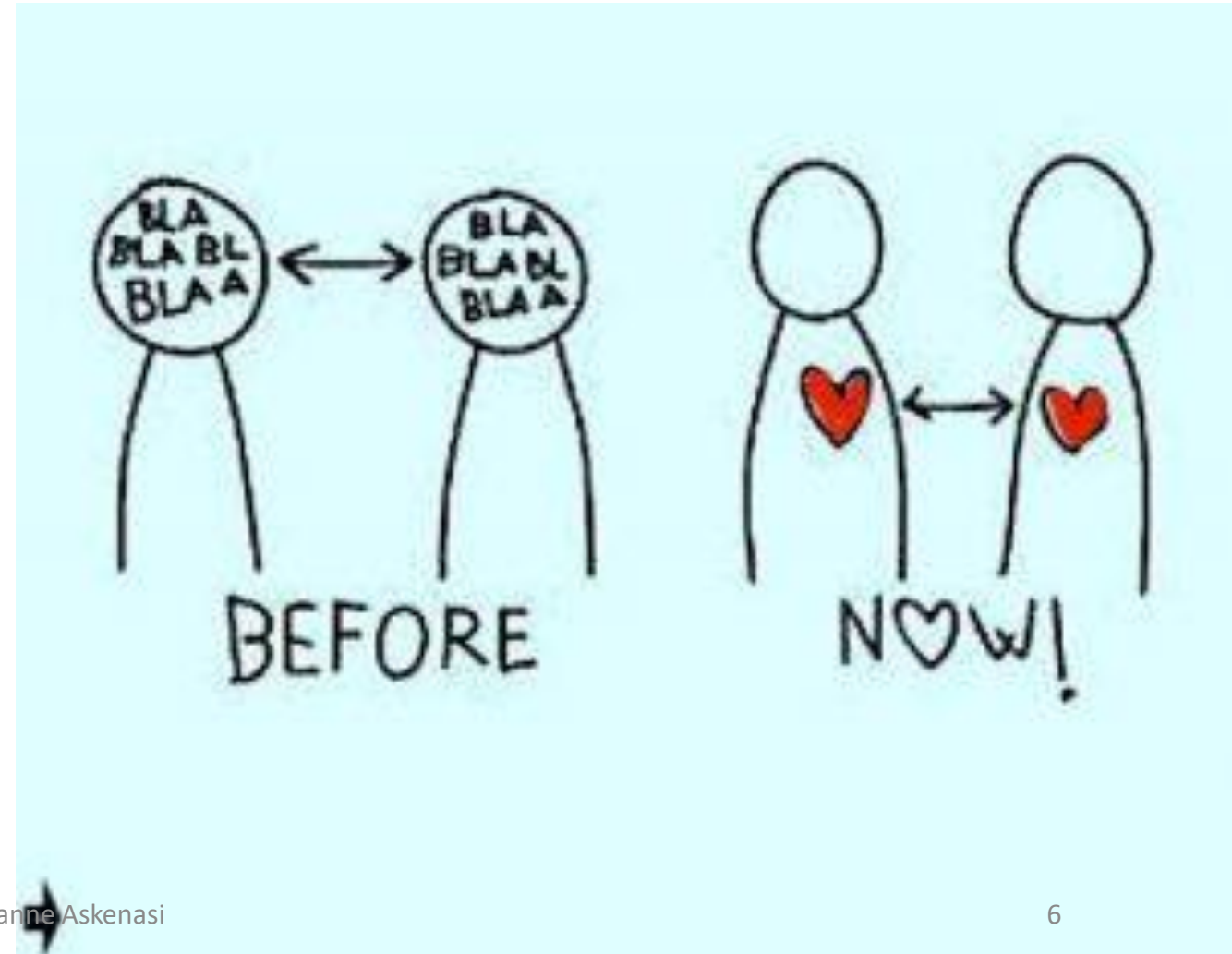
- Body introspective approach
- Better self-knowledge :resources, needs, limits, strengths and sensitivities



# Better relationship with others

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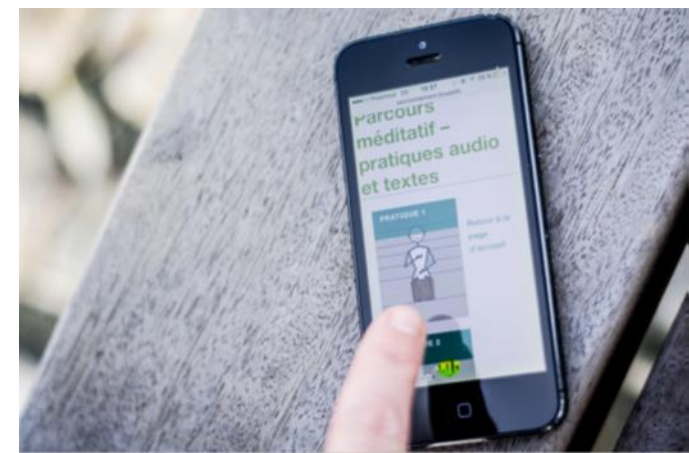
# Better relationship with its environment

- Quality of presence and awakening
- Be satisfied with less
- savoring the present moment
- Find meaning



# Concretely, how does it work?

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User kit: Audios NDL FR or texts and didactic drawings on a search engine: Meditation Trail Brussels Environment  
or




<https://environnement.brussels/content/parcours-meditatif-pratiques-audio-et-textes>



# 8 progressive practices : intro 5' +practice 20'

## Parcours méditatif – pratiques audio et textes

PRATIQUE 1



Being fully in the present moment

PRATIQUE 2




Welcome the positive, eliminate the negative

PRATIQUE 3



Activate vital energy and calming abilities

PRATIQUE 4



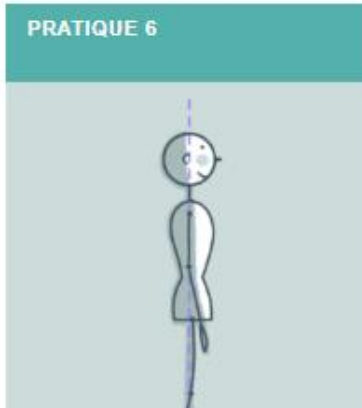
Posture, an attitude in life

PRATIQUE 5



Develop the 5 senses

PRATIQUE 6



To stand consciously

PRATIQUE 7



Self-awareness in the environment

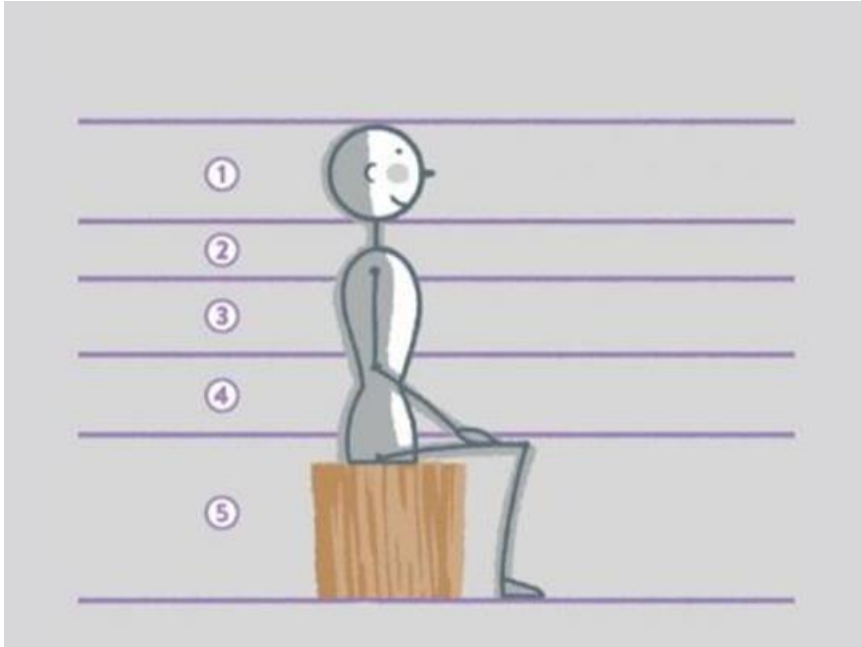
PRATIQUE 8



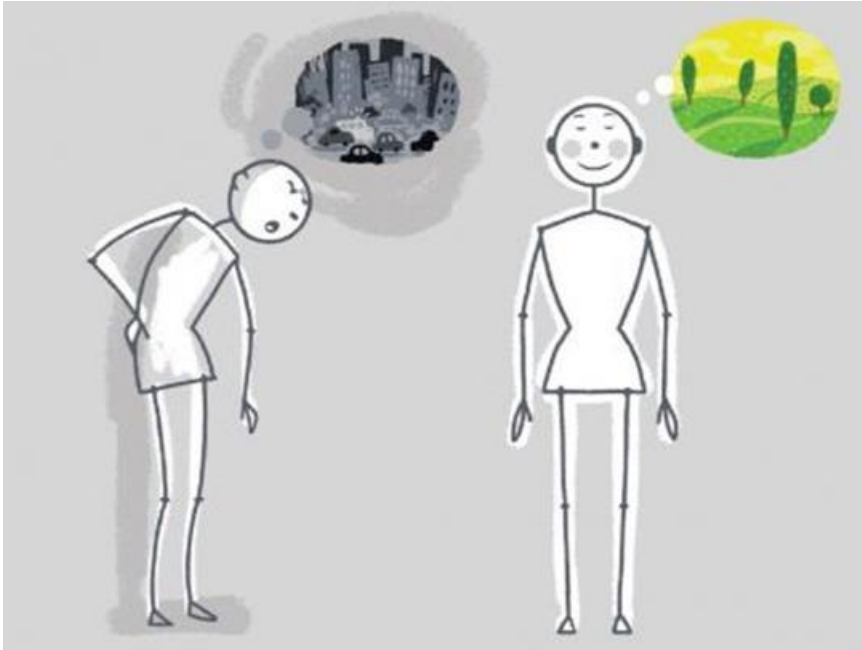
Values: giving meaning to life

# Evolution learning

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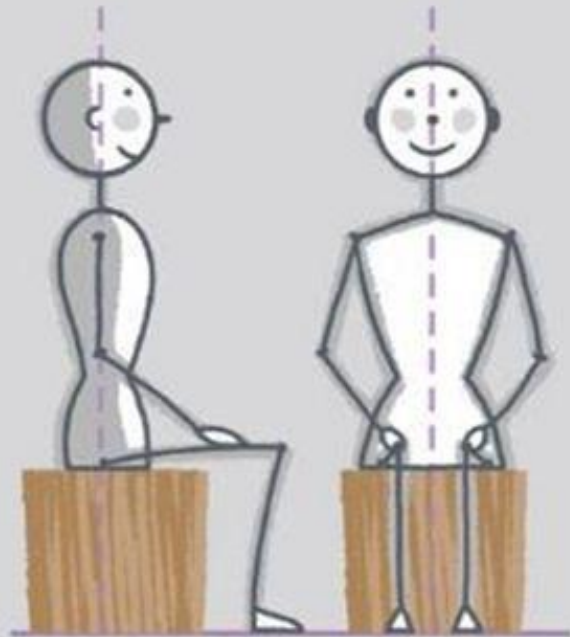
Being fully in the present moment



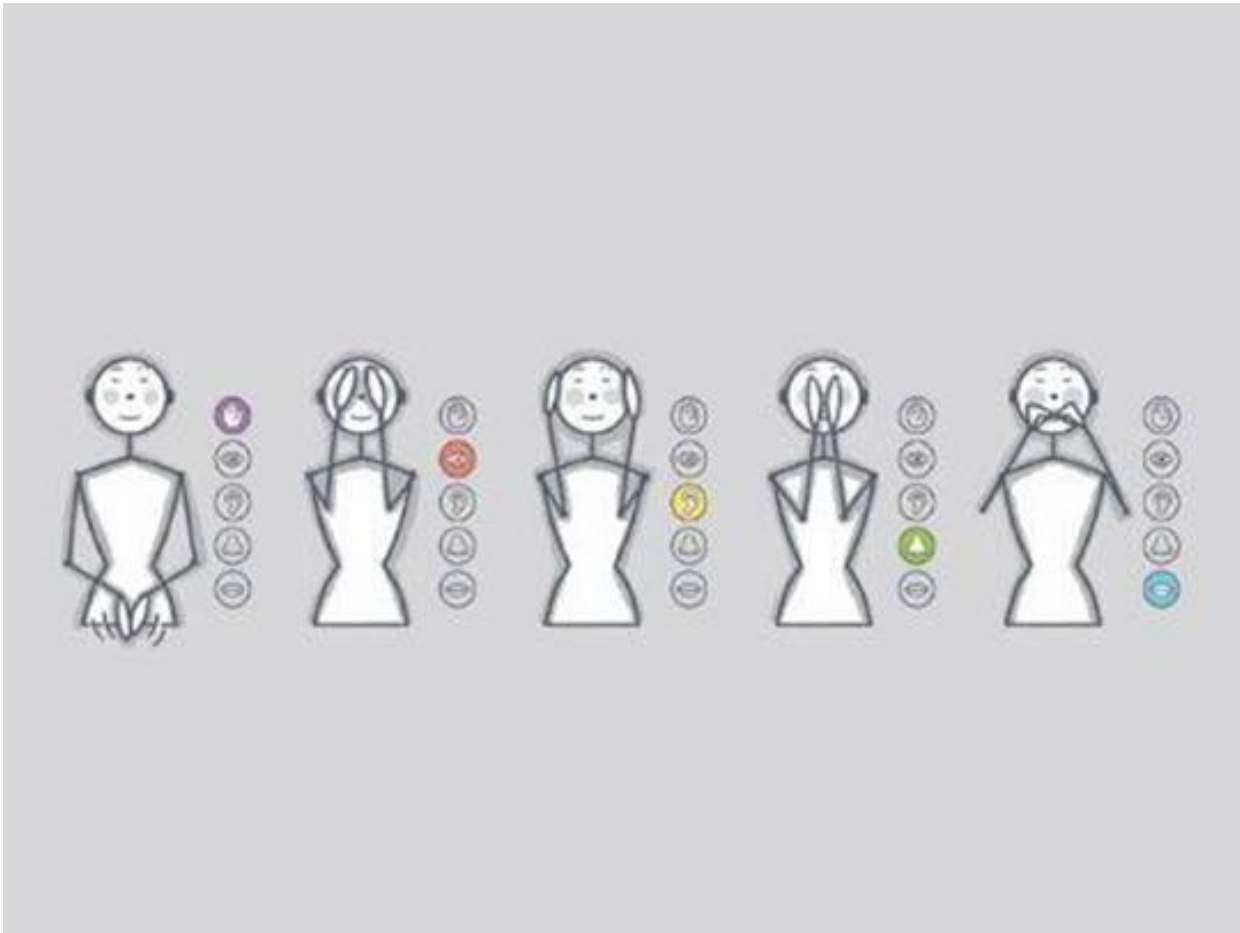
Welcome appeasement, eliminate ruminations



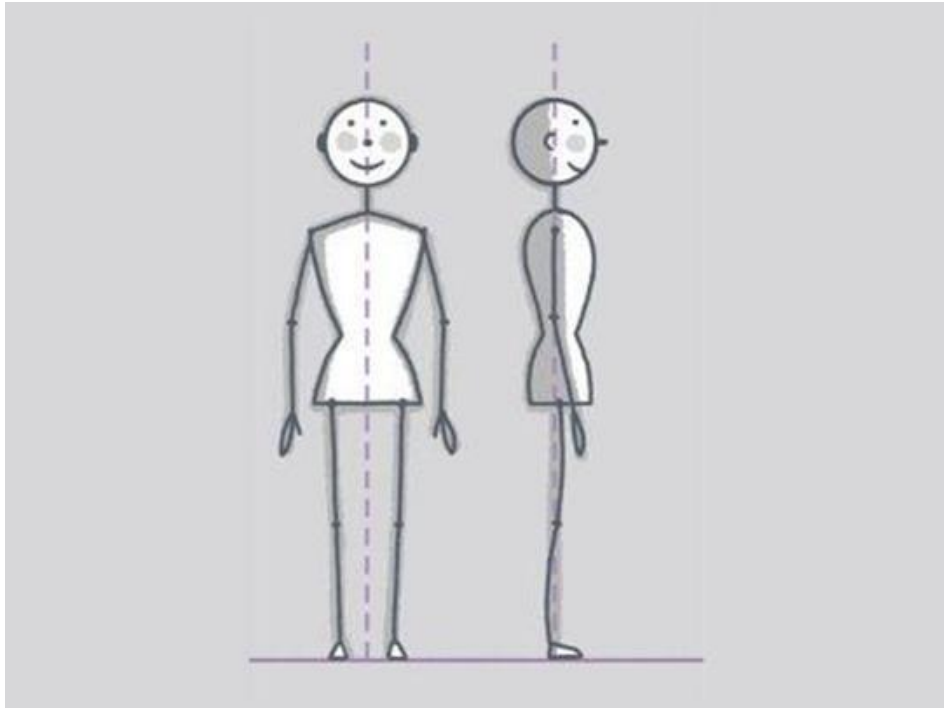
Activate vital energy and calming abilities



Posture, an attitude in life



Develop the 5 senses



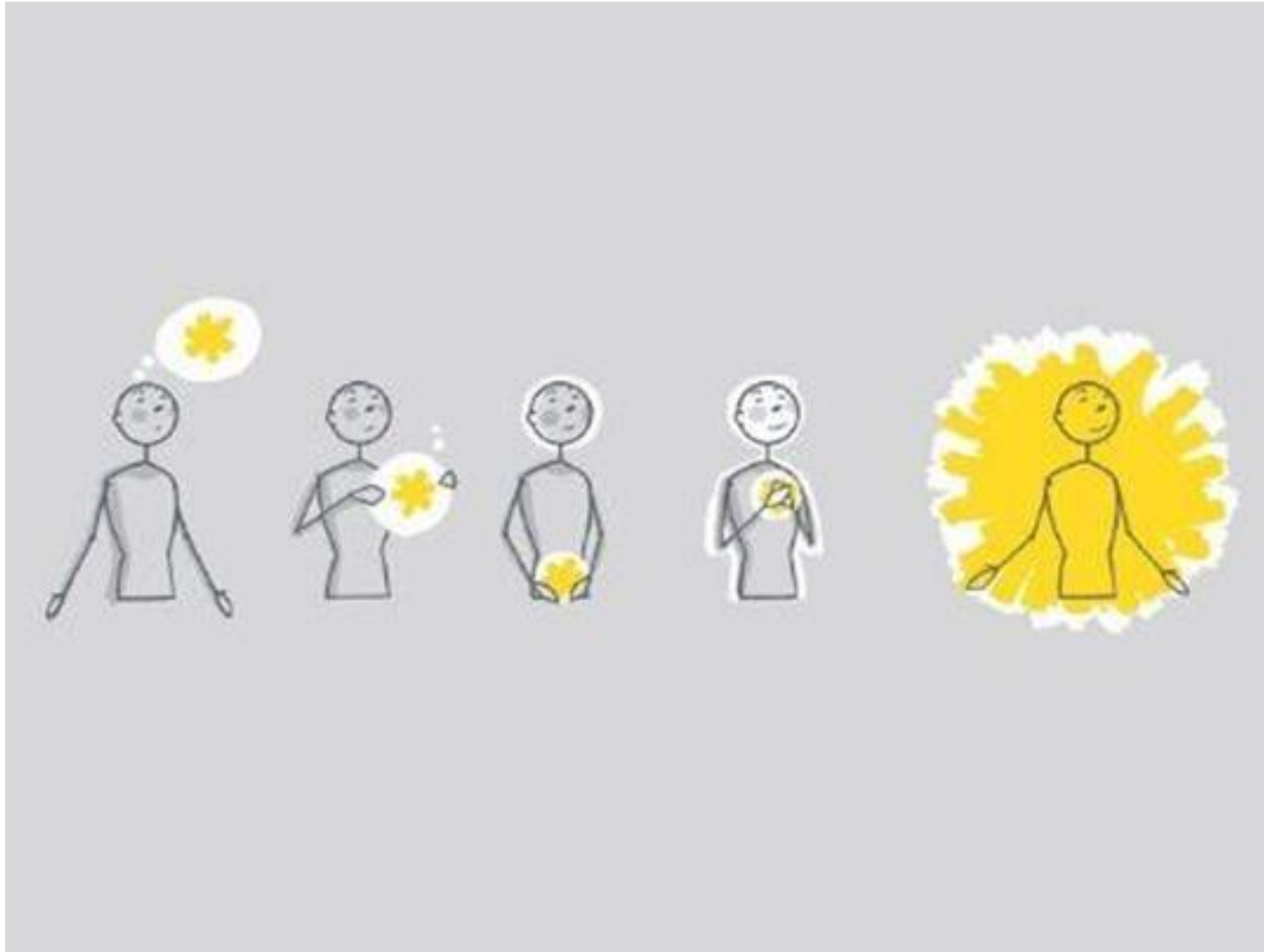
Well being in standing position

## Self-awareness in the environment





## Values: giving meaning to life



# Where?

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## Vogelzang Park in Brussels

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# Where? How?

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everywhere: bedroom, office, natural places ...



# Use of the tool

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- General public
- Healthworkers
- Students,
- Patients, visitors, families
- Therapeutic groups
- Continuity of care (at home)
- Well being at work
- Spread: CRCC Red Cross Rehabilitation Center Colpach (Grand Duché of Luxembourg)



**croix-rouge**   
luxembourgeoise  
*Menschen helfen*



**CENTRE DE  
RÉHABILITATION**  
château de colpach



Rehabilitation Center Colpach

Suzanne Askenasi



# CENTRE DE RÉHABILITATION

## château de colpach



Suzanne Askenasi

# Projects: Spread

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- Project Brussels Environment region of Neerpede Catherine Fierens :training of ambassadors of the Meditation Trail
- Multiplication of the Meditation Trail : Hospitals, asbl, Municipalities, schools, business parks...

# thank you for your attention



<https://environnement.brussels/content/parcours-meditatif-pratiques-audio-et-textes>