Kūpuna Meditation in the HSPLS

Benefits of introducing mindful relaxation programs for senior citizens

Why meditation for kūpuna?
- Open to all backgrounds
- Emphasis on Native Hawaiian elders
- Promotes unity and wellness

Why the HSPLS?
- Trusted institution
- Community space

How to implement
- Simple program
- Guided meditation audio and facilitator

General Instructions for Meditation
- Wear comfortable clothes
- Sit straight in chair with hands on thighs or knees
- Practice slow even breathing through the nose
- Practice at the same time each day

(SOURCE: Lindberg, Deborah A.)

Meditation Benefits for Senior Citizens
- Mental and physical health improvement
- Techniques are easy to learn and maintain
- Empowerment
- Individualized practice
- Group support

Selected Works Cited


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