

Celebrate Valentine's Day While Strengthening Your Relationship

Why celebrate Valentine's Day with the traditional flowers and chocolates when you can give your loved one a unique and unpredictable experience that is sure to strengthen the bond you share? Author, meditation guru and local Houstonian, Ali Katz, welcomes couples meditation as the perfect Valentine's Day surprise and offers four reasons why this practice can transform your relationship for the better.

1. Meditation and mindfulness helps turn off stress: Meditation may not reduce the number of errands you have to run or number of calls you have to make at work, but it will help the reaction your brain and body has to stress. With the help of meditation, the chemical response to stressors is less intense, stress does not tend to linger and it takes less time to recover from stress.

2. Meditation helps in times of escalated emotions: The mutual focus on calming and mental stability that couples meditation provides, can transfer over to high-tension situations where emotions such as anger, sadness or fear are elevated. Not only does the breathing during meditation teach you to take a few moments before you act, but it also helps unlock empathy and critical thinking.

3. Meditation heightens self-awareness: Meditation is a time to gain awareness of your internal state, allowing you to become more aware and present within the moment. This allows you to be more attune and empathetic towards yourself, which transfers over to your partner. Instead of acting on "autopilot", meditation and mindfulness can help you get in tune with your present emotions and thoughts.

4. Meditation can serve as a spiritual bond: It is not a secret that for some people there is a spiritual element to meditation. Prayers, chants or mantras during your meditation time are favored by some, but are not required. Engaging in this practice together as a couple has been proven to translate into a sense of oneness, allowing you to feel closer to your partner than ever before through the bond you have created.

Make this Valentine's Day an unforgettable one by giving your loved one a gift that lasts longer than material goods - passion and presence. Choose your favorite outdoor Houston landmark or choose a more intimate experience and visit Ali for a guided meditation at her in-home studio A to Zen Meditation. Paired with sensual oils, Ali's guided couple meditation will be an effortless and serene experience.

For more information, visit stylemagazine.com