



SATORIO MEDITATION

After traveling the world, meditating in monasteries and other locations including Thailand, India, Sri Lanka, Laos, Indonesia, America, Vietnam, Australia and the UK, David de Souza and Jon Cleary realized the power of meditating in a group setting. In an attempt to bring a fun and informal group meditation session to anyone in the world, Satorio.org was born.

OUR MISSION

Meditate with Satorio.org and help end world hunger using our free meditation timer. We record every registered user's meditation sessions, and for each minute of meditation logged on the site, we donate 10 grains of rice to Oxfam.



Meditation can have ripple effects on the world. Just as a butterfly flapping its wings can cause a hurricane, meditation can cause a cyclone of compassion on the other side of the world.

At Satorio we want to help to show this ripple effect in a tangible way. In countries where rice is a staple part of the diet, World Food Programme provides about 400 grams of rice per person, per day. There are about 48 grains in a gram of rice and \$20 will buy a 25 kilo bag of rice through Oxfam which is approximately...

- $25,000 \times 48 = 1,200,000$ grains of rice
- $400 \times 48 = 19,200$ grains of rice
- 19,200 grains of rice = **1,920 minutes of meditations or 32 hours will feed a person for a day**

AS SEEN ON

lifehacker

[Satorio Is a Free Online Meditation Time That Donates Food for Every Minute You Meditate](#)

By Melanie Pinola *December 12, 2015*

COMPANY FACTS

Satorio.org was founded in 2014.

We have three locations:
UK, Norfolk
Spain, Barcelona
Durham, NC, USA

WHERE TO FIND US



Website

<https://satorio.org/#>



Facebook

[@satoriomeditation](#)



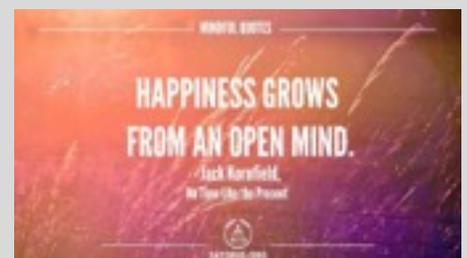
Twitter

[@SatoriodotOrg](#)

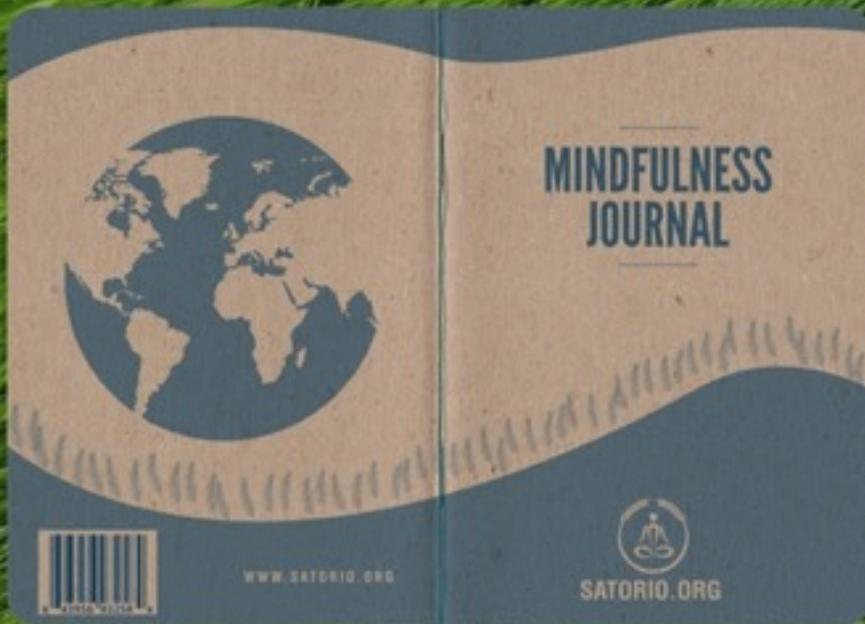


Instagram

[@satoriomeditation](#)



MINDFULNESS JOURNAL



30 DAYS TO A HAPPIER LIFE

Our pocket-sized journal helps people become happier and more mindful in just 30 days. Some of the benefits that can be manifest through the practice of mindfulness include:

- Increased focus and motivation
- Healthier body
- Happier outlook
- More compassion
- Stronger ability to cope with adversity
- Reduced stress and anxiety
- Deeper connection to the world
- Stronger and more meaningful relationships

5 DAILY TASKS

Each journal helps build the practice of mindfulness through five quick and specific daily tasks:

1. Meditation
2. Tracking Emotions
3. Practicing Gratitude
4. Recording Daily Exercise
5. Expanding Practice Through Challenges and Tips

WHAT OTHERS ARE SAYING

The Washington Post

[Resilience isn't just being tough; it's a skill you can develop. Here's how I did it.](#)

By Steven Petrow *August 30, 2017*

JOURNAL STATS

- Each journal is 32 pages, perfect for a 30-day challenge to become more mindful.
- Made of 100% recycled paper.
- Assembled with distinctive silver staples.
- Includes two blank pages to brainstorm and make lists.
- Its compact size (3.5" x 5") makes it easy to carry in a pocket or purse.
- Created in the US – designed in North Carolina and manufactured in Oregon.



GUIDED MEDITATIONS & MEDITATION MUSIC



GUIDED MEDITATIONS FOR BEGINNERS

Our guided meditations are perfect for beginners to help gently form the habit of meditation. The practice of meditation can help in several ways, including:

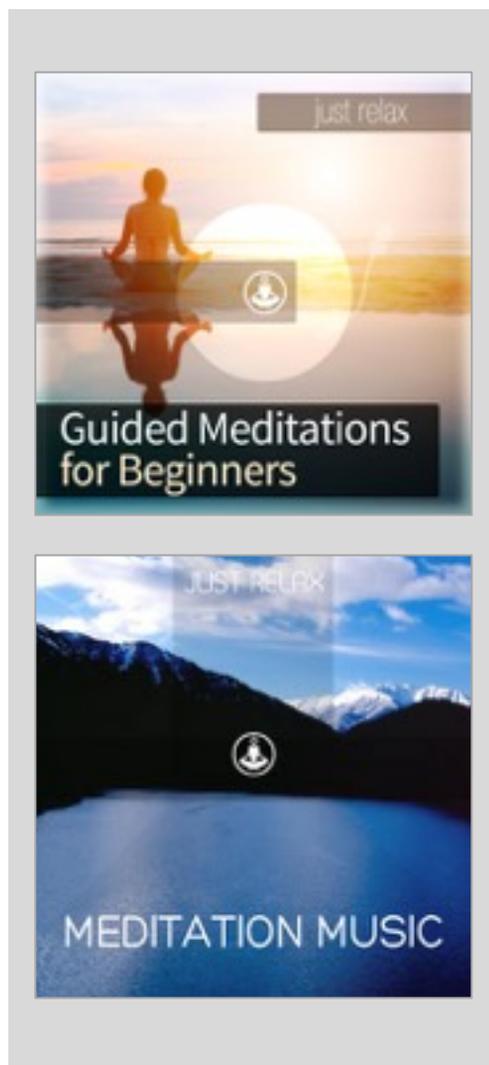
- Better concentration and focus
- Increased happiness
- Improved immune system
- Decreased stress and anxiety

MEDITATION MUSIC

Satorio offers a full range of music downloads that are perfect companions to a meditation practice. They can also be used to aid in other practices, such as:

- Tai Chi
- Reiki
- Yoga
- Sleep
- Relaxation

Our guided meditations and meditation music are available on iTunes and Amazon, and we've had **more than 2,000,000 downloads to date.**



CO-FOUNDERS

DAVID DE SOUZA & JON CLEARY



DAVID DE SOUZA, CO-FOUNDER

David is an adventurer and social entrepreneur. He lives in North Carolina, but is from the UK and has lived in Thailand, Indonesia, Australia and Canada. He has worked with USCRI to help refugees and immigrants coming to the US, which gave him the idea to create REseed, a microfinance fund for refugees and immigrants who want to start a business but don't have the credit history to obtain a regular loan.



SELECT ARTICLES & PUBLICATIONS:

Forbes

[10 Ways to Improve Your Google Rank](#)



[Why Meditation Feels Impossible + 3 Simple Ways to Change That](#)

theguardian

[How-to guide: social enterprises and managing motivation](#)



[Don't Break the Chain: A Method for Meditating Every Day](#)

JON CLEARY, CO-FOUNDER

Jon is



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