

## Explore meditation styles from around the world with new SBS podcast

SBS is encouraging all Australians to rest and reset with the launch of a new guided meditation podcast. Titled *Great Minds*, the podcast features 15-minute episodes exploring different meditation styles from around the world.

The series follows actor and meditation enthusiast Leah Vandenberg as she enlists the help of experts to explore and experience six different meditation styles. Over the course of 18 episodes, audiences will be taken around the world, hearing from expert teachers of Japanese Shinrin Yoku, Chinese Qigong, Hawaiian Ho'oponopono, Filipino Hilot, Indian Yoga Nidra and a wellness practice grounded in First Nations' connection to Country called Wayapa Wuurrk developed by Gunai Kurnai man Jamie Marloo Thomas.

Audiences are encouraged to take a short break and join Vandenberg as she is led by the experts of each meditation style for a guided session to better understand the practice and the cultural origins of the various meditation styles.

The first three episodes are now available at [sbs.com.au/greatminds](https://sbs.com.au/greatminds), on [Spotify](#), [Apple Podcasts](#), [Google Podcasts](#), and via the [SBS Radio app](#).

**Three new episodes of *Great Minds* will drop every Thursday.**

**For further information and interview requests please contact:**

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