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Shed your worries ... meditate with cows

Workers in need of moo-ditation

By STAFF REPORTER

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STRESSED-OUT businessmen are ditching the rat race — to meditate with a herd of DAIRY COWS.

Busy execs are hitting the hay with the heifers and paying £800-a-go for the privilege.

But the moo-ditation, involving hours spent interacting with the beasts in their stalls, doesn't come without its unpleasant problems as the cows often answer the call of nature without warning.

Dutch farmer Corné de Regt, who runs the cow seminars, said: "It is all part of the meditation experience, even though some people complain about the smell.

Unique

"In the final analysis, all senses are stimulated in the cow-stall through meditation with the animals. There are no laptops, no mobile telephones allowed - the only interruptions are contributed from the cows peacefully cohabiting the same space.

"It is a unique experience. And most of the managers that come here like it."

He dismissed out of hand accusations that he is milking the trend for alternative therapies.

He claimed his cow seminars are "very popular," and he spent "many years" formulating the concept at his farm near Holland's border with Germany.

He added: "My concept for therapy counts upon the fact that the businessmen who come to me have red cheeks before they leave.

"They are 'refuelled' - and not only with fresh country air but also with the unique experiences they have on the farm and in the cow stalls."