

**Take Five Meditation**  
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**Outline**

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**Company Profile**

Take Five Meditation provides an oasis to Washingtonians: a place of deeply grounding meditation and mindfulness, a strong sense of community, and intellectual discovery amidst the intense, busy, networking, and academic ethos of Washington, D.C. life.

**Company History**

Take Five Meditation is the culmination of a great business partnership between two Washingtonians who have both learned the lasting benefits of a regular meditation practice. The co-founders independently came to understand, value, and love meditation through life experiences that required their increased mindfulness to overcome physical and emotional challenges and hardships.

Friends from yoga and Jiu Jitsu, Tara and Eldad bonded through physical fitness and solidified their partnership through their joint desire to enrich their minds as well as their bodies. In 2015, they saw the need for a D.C. studio focused exclusively on meditation; a studio that provides the broadest spectrum of meditation styles possible under one roof with no ties to a set philosophy or religion. Take Five Meditation opened in the spring of 2017 to encompass many styles and traditions with the goal of continually evolving and growing the offered curriculum.

Take Five’s curriculum is structured to give newbies a way to learn and experience meditation for the first time and to develop an ongoing meditation practice, while it is also structured to enable those with an existing practice to grow and expand. The studio will also host workshops, seminars, and events, in addition to guest speakers from around the world. And, Take Five will deliver onsite meditation classes to businesses and organizations, offsite retreats, and training courses (ex: mindful leadership training).

Take Five Meditation is thoroughly rooted in community, as evidenced by 2/3 of the physical space being devoted to a community lounge, kitchen, and complimentary tea service sourced from *Teaism*.

Take Five will invest heavily in the residents and commuters of the surrounding D.C. neighborhoods to truly create an oasis for Washingtonians seeking to learn and deepen their meditation practices.

### **Take Five Co-Founder Biographies**

#### **Eldad Moraru**

Chief Contentment Officer

Eldad is a husband, father, Realtor, Brazilian Jiu Jitsu Black Belt, Harely Davidson rider, published author, world traveler, and all around foodie, pretty much in that order. He was born in Israel, moved to Zimbabwe, then to Queens, college in Boston, and finally to Washington, D.C. where he's lived ever since (if we don't count the year he sailed the Caribbean on a boat named *Take Five* with his best friend and was first introduced to meditation via a teacher on a Bahamian beach). After 27 years here, D.C. has been, is, and always will be Eldad's home.



Eldad's core is his family – his wife Jodi, son Eli (16), and daughter Talia (11). He works out religiously and fanatically, noting, “Take care of your body and your body will take care of you.”

Over the years, he experimented with meditation, but it became a profound source of comfort and strength following the passing of both of his parents within months of each other in 2012. At 43 years old, he started experiencing real anxiety for the first time. He began very deeply pondering his mortality and everything in his life from relationships to career choices to his purpose and on and on. His brain was on overload.

At that time, Eldad rediscovered meditation and began practicing on a daily basis through the self-teaching resources he could find. He found a calmness and a presence of being in the moment that he had never experienced before. The anxiety went away. Meditation was his game changer, and Eldad became determined to share meditation and mindfulness with his community too.

**Tara Huber**  
Chief Happiness Officer



Tara has worked as a personal trainer and yoga teacher in the District of Columbia since 2001. She grew up in Brooklyn, New York in a multi-cultural family with a father who believed that world travel was an important part of education, shaping who she is. While living in the city, she grew up with a passion for the outdoors and worked as a wilderness guide in the Adirondacks during her summers off from college. She spent a lot of her free time cultivating her love of long distance running, cross-country skiing, and discovering the wonders of nature.

Due to their shared love of nature, Tara and her husband Laurent moved to Helena, MT for six years after graduate school. During this time, she found her passion for yoga, trained for marathons, and started to cultivate her meditation practice. Tara discovered the lifelong benefits of meditation when she used yoga and meditation techniques to have a completely natural and drug-free birthing experience with her twin sons.

While living in Montana, Tara launched a program that provided advocacy across the entire state on behalf of children in abuse and neglect cases in the court system. It was then that Tara travelled to DC for work, fell in love with the city, and decided to move her family back east.

Her two sons (Tristan and Loic) who are now sophomores in college went to DCPS schools from kindergarten through high school. During her sons' years at Janney Elementary, Deal Middle, and Wilson High School, Tara was immersed in each community as a member of the PTA and as a fitness provider to a large swathe of her local community.

With an extensive personal background and practice in yoga and meditation, Tara was always interested in finding that place where she could support Washingtonians in moving from working with their bodies to also working with their minds. Through personal experiences, Tara learned that power and healing come through a regular meditation practice.

Tara lives happily in Friendship Heights DC with her husband Laurent, her cat Sai, and her dog Stella.

### **Take Five Classes and Services**

Take Five Meditation provides a daily schedule of meditation classes from 30 to 45 minutes that work for all practitioners. These classes provide a variety of methods, from simple mindfulness practice to sound baths and aromatherapy. The studio has a tea lounge with a loose tea selection sourced by *Teaism* that encourages guests to enjoy a cup of tea while perusing suggested readings, talking with our Guides (the wonderful people who run our classes) and other members of our community.

In conjunction with our regular daily schedule, Take Five also provides specialized workshops for those looking to deepen their journey into a mindful lifestyle, book talks, guest speakers, and other enriching activities that encourage mindful-living and a deep sense of community.

## **Research on Meditation**

A review of 114 studies found, in the context of poor physical health, consistent improvements in mental health and wellbeing, particularly reduced stress, anxiety, and depression where a mindfulness-based intervention was used.

Carlson, L. E. (2012). Mindfulness-Based Interventions for Physical Conditions: A Narrative Review Evaluating Levels of Evidence. *ISRN Psychiatry*, 2012, 1-21.  
doi:10.5402/2012/651583

“Some research suggests that practicing meditation may reduce blood pressure, symptoms of irritable bowel syndrome, anxiety and depression, and insomnia. Evidence about its effectiveness for pain and as a smoking-cessation treatment is uncertain” ([source: National Institute of Health](#)).

This study demonstrated that meditation may help reduce “blood pressure in association with decreased psychological distress, and increased coping in young adults at risk for hypertension” ([source: PubMed.gov](#)).

“Based on the results of this study, an affirmation can be made that meditation can be used as a non-invasive intervention treatment for improving fatigue, anxiety, quality of life, and emotional faculties of women with breast cancer,” ([source: PubMed.gov](#)).

“Training in meditation or exercise may be effective in reducing ARI illness burden” ([source: PubMed.gov](#)).

A [2010 review of peer-reviewed literature](#) found that meditation and other mind-body therapies may help relieve some common menopausal symptoms like hot flashes.

“Research suggests that meditation can be a powerful tool for learning control of attention, regulating emotion, and increasing self-awareness. New scientific data show that during meditation there are a number of measurable biological changes, and the data suggest that meditation has the potential to impact mental and physical health. For example, neuroimaging suggests meditation may have an effect on brain function that persists even when someone is not meditating. Another study showed changes in certain genes related to inflammation and histones” ([source: National Institute of Health](#)).

## **Additional Articles**

“Often touted as the equivalent of going to the gym for the mind, mindfulness is an emergent phenomenon that promises relief for busy professionals—asking them to slow down, stop, sit, relax, breathe, and find a moment to be in the present. Indeed, sitting silently is fast becoming the new hurrying” ([source](#)).

Scientific Benefits of Meditation – 76 things you might be missing out on ([source](#)).