

Meditation House Rebrands as INSCAPE, Marking a New Chapter in Corporate Mindfulness

Meditation House, a corporate mindfulness provider since 2015, has rebranded as INSCAPE and continues its workplace mindfulness programs nationwide.

NEW YORK, NY, UNITED STATES, August 24, 2026 /EINPresswire.com/ -- Meditation House, a provider of [corporate mindfulness](#) and meditation programs since 2015, has completed its transition to INSCAPE, a new company name and brand identity reflecting the evolution of its services and the changing needs of today's workplace.



The transition from Meditation House to INSCAPE includes a new company name and a new primary website, [Inscape.life](#), while maintaining the company's longstanding focus on providing practical mindfulness programs to businesses, organizations and their employees.

“

Meditation House is now INSCAPE. Our name has changed, but our mission remains the same: helping people use mindfulness to manage stress, improve focus and navigate the challenges of modern work.”

*Dan Globus, Founder of
INSCAPE*

Over the past decade, Meditation House has provided mindfulness meditation sessions and programs to organizations including Microsoft, Google, Facebook, eBay, Target, HBO, The New York Times, GE Healthcare, Wounded Warrior Project, Dick's Sporting Goods, Zillow, Rolex, Nikon, Toyota and Salesforce, among others.

“Changing the name was a significant decision because

Meditation House has been part of my life for more than a decade,” said founder Dan Globus. “But the workplace has changed dramatically since we started in 2015. The challenges

employees face have changed as well. INSCAPE better represents who we are today and where we want to take this work in the future."

Meditation House is now INSCAPE.

The company founded by Dan Globus in 2015 as Meditation House has rebranded as INSCAPE and transitioned its primary website from MeditationHouse.com to Inscape.life.



INSCAPE, A New Name, The Same Commitment to Employee Well-Being

INSCAPE is the continuation of Meditation House under a new name and brand identity. The company's founder, history, experience and commitment to providing mindfulness programs for organizations remain unchanged. The services previously offered under the Meditation House name are now offered under the INSCAPE brand.

For more than a decade, Meditation House built its reputation by providing corporate mindfulness programs to businesses and organizations. As INSCAPE, the company will continue that work while expanding its programs to address the evolving needs of today's employees and workplaces.

"The simplest way to explain the transition is that Meditation House is now INSCAPE," Globus said. "This isn't a new company replacing Meditation House. INSCAPE represents the next stage of the company we started in 2015, with the same commitment to helping people use mindfulness to better manage stress, improve focus and navigate the challenges of work and everyday life."

The transition brings more than a decade of Meditation House's experience, client relationships and corporate mindfulness work under the INSCAPE name.

From New York Offices to Virtual Mindfulness

Meditation House was founded in 2015 with a straightforward mission: to bring practical, accessible mindfulness meditation into organizations.

Before the COVID-19 pandemic, much of the company's work took place in person, with Globus leading mindfulness sessions and programs for employees at workplaces throughout New York City.

That model changed dramatically in 2020.

As offices closed and millions of employees began working remotely, Meditation House transitioned its programs from conference rooms and corporate offices to virtual sessions delivered primarily through Zoom and other online meeting platforms.

The transition demonstrated that mindfulness did not require employees to be together in the same physical location to create a meaningful shared experience.

Virtual sessions allowed organizations to make mindfulness available to employees working from home and across different geographic locations. What had once primarily been an in-office service evolved into a virtual [workplace meditation](#) model capable of reaching employees wherever they worked.

The need for those programs also increased.

During the pandemic, employees were dealing with uncertainty, isolation, anxiety, disrupted routines and elevated levels of stress. Employers were searching for ways to support their people when traditional workplace wellness programs were difficult or impossible to deliver in person.

Meditation House's virtual programs gave employees an opportunity to temporarily step away from those pressures, reconnect with themselves and learn practical mindfulness techniques they could use throughout their workday and personal lives.

The Pandemic Ended. Workplace Stress Did Not.

Although the acute phase of the COVID-19 pandemic has passed, many of the workplace challenges that emerged during that period have not disappeared.

Remote and hybrid work have become permanent features of the employment landscape. Some employees now have fewer face-to-face interactions with colleagues, while businesses are simultaneously navigating rapid technological change, restructuring, downsizing and growing expectations surrounding productivity and performance.

Employees may be physically removed from a traditional office while feeling increasingly connected to work through email, messaging platforms, video meetings and mobile devices.

"The pandemic created an extraordinary amount of stress, but what became clear afterward was that the need for mindfulness wasn't going away when people returned to the office," Globus said. "The sources of stress simply changed."

"Employees today may be dealing with uncertainty about their jobs, pressure to accomplish more, constant digital communication, rapid technological change and, for many remote

workers, less personal interaction with colleagues. Mindfulness gives people practical tools for responding to those pressures with greater awareness, clarity and composure."

Those changes in the workplace ultimately contributed to the decision to transform Meditation House into INSCAPE.

Why Change the Meditation House Name?

The decision to retire the Meditation House name was not a move away from meditation. Mindfulness meditation remains central to INSCAPE's programs.

Instead, the rebrand addresses a challenge the company encountered repeatedly while working with organizations: the word "meditation" can sometimes create misconceptions in a corporate environment.

Some business leaders continue to associate meditation primarily with spirituality or religion. Others may view it as something separate from professional development, employee well-being or workplace performance.

The programs offered by Meditation House, however, have always been designed to make mindfulness practical and accessible within a workplace setting.

"We learned over the years that sometimes the word 'meditation' itself created a barrier before we had an opportunity to explain what we actually do," Globus said. "Some HR professionals and business leaders still associate meditation with religion or assume it doesn't belong in a corporate environment. That is very different from the mindfulness programs we have been delivering to organizations since 2015."

"The goal isn't to ask employees to adopt a belief system. It is to teach practical skills that can help people recognize stress, regulate their reactions, improve their ability to focus and respond more thoughtfully to difficult situations."

The INSCAPE name allows the company to have a broader conversation with organizations about mindfulness, stress management, focus, emotional regulation and employee well-being without allowing preconceived ideas about meditation to define that conversation.

The Story Behind the INSCAPE Name

The INSCAPE name had resonated with Globus for years.

Before the pandemic, a company operating under the INSCAPE name created an immersive meditation studio in New York City. Globus visited the space, meditated there and was struck by both the environment and the name.

"I remember visiting INSCAPE and thinking it was a fascinating concept," Globus recalled. "There was a remarkable domed meditation room, but what stayed with me long afterward was the name itself. INSCAPE suggested turning attention inward without defining the experience as religious, spiritual or even necessarily as meditation. I never forgot the name."

After the business later closed and the name became available, Globus saw an opportunity to give Meditation House a new identity for its next chapter.

He invested in the INSCAPE name and domain with the possibility of eventually transitioning Meditation House to the new brand.

That transition formally began in January 2026 and has now been completed with the move from MeditationHouse.com to Inscape.life.

What INSCAPE Means

The idea behind INSCAPE closely aligns with the mindfulness principles Globus has taught for more than a decade.

Modern working life continually pulls people's attention outward toward emails, meetings, deadlines, notifications, performance goals and the needs of other people.

Mindfulness creates an opportunity to direct some of that attention inward: to notice thoughts, emotions, physical sensations and habitual reactions before automatically responding to them.

That moment of awareness can influence how a person responds to stress, a difficult conversation, an overwhelming workload or an unexpected challenge.

"INSCAPE is about developing greater awareness of what's happening within us," Globus said. "We cannot control everything that happens around us, but we can become much more aware of how we respond to it. That is one of the most valuable things mindfulness can teach us."

Bringing Mindfulness Into the Modern Workplace

Although INSCAPE is a new brand, the company begins its next chapter with more than a decade of experience accumulated under the Meditation House name.

INSCAPE will continue providing live virtual mindfulness meditation classes, corporate programs, introductory mindfulness sessions, corporate event programs and customized mindfulness solutions for organizations.

For companies introducing employees to mindfulness for the first time, INSCAPE also offers a

live virtual [meditation workshop](#) that introduces participants to mindfulness, breathing techniques, meditation and methods they can use to establish an ongoing practice.

The virtual format that became essential during the pandemic remains an important part of the company's approach because it enables organizations to reach employees regardless of whether they work in an office, at home or across multiple locations.

INSCAPE is also expanding opportunities for organizations and individuals to participate in mindfulness more consistently, moving beyond mindfulness as an occasional corporate wellness event toward making it an ongoing practice.

"One mindfulness session can introduce someone to an entirely different way of responding to stress," Globus said. "But the greatest benefits come from practice. Our vision for INSCAPE is to make mindfulness something people can return to consistently, not simply something a company offers once or twice a year."

For Globus, the transition from Meditation House to INSCAPE represents both continuity and change.

"The name Meditation House will always be an important part of our history," he said. "It represents the company we built, the relationships we developed and the work that allowed us to introduce mindfulness to people at organizations across the country."

"INSCAPE is the next chapter. The world of work has changed enormously since 2015, but our fundamental purpose hasn't. We want to help people become calmer, more focused and more capable of navigating the pressures they encounter every day. We believe mindfulness belongs in the modern workplace, and INSCAPE gives us a stronger platform for bringing it there."

About INSCAPE

INSCAPE, formerly known as Meditation House, is a corporate mindfulness company founded by Dan Globus in 2015. Meditation House rebranded as INSCAPE in 2026, transitioning its primary website from MeditationHouse.com to Inscape.life.

INSCAPE provides live virtual mindfulness meditation classes and programs for businesses, organizations and individuals. Since 2015, the company has worked with organizations including Microsoft, Google, Facebook, eBay, Target, HBO, The New York Times, GE Healthcare, Wounded Warrior Project, Dick's Sporting Goods, Zillow, Rolex, Nikon, Toyota and Salesforce.

INSCAPE's programs are designed to make mindfulness practical, accessible and relevant to modern life, helping participants develop skills for managing stress, improving focus, regulating difficult emotions and responding more thoughtfully to everyday challenges.

For more information, visit [Inscape.life](https://inscape.life).

Dan Globus

INSCAPE

+1 888-377-7761

marketing@inscape.life

This press release can be viewed online at: <https://www.einpresswire.com/article/936482897>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.