



Deeply Relaxing Guided Meditations Online

Mandy Penalver Bio

British born Mandy Penalver took her first meditation class at the Sivananda Yoga Vedanta centre in London in 1993 and has been teaching since 1999. Mandy's first teacher training was with FRYOG, followed by a Sivananda qualification in 2001.

Over the years she has practiced many different styles of meditation including Yoga Nidra, Vipassana, mantra meditation, and mindfulness meditation and has attended numerous silent meditation retreats. So many teachers have influenced her style of teaching, particularly Jean Klein. However, her greatest teacher has been life itself.

True Rest meditation has evolved from her direct experience, based on what she has discovered throughout the ups and downs of her life. This process is ever deepening and alive, rooted in a deep and sincere commitment to truth and a passion for sharing what she has learnt with others. She is a co-founder of Rest & Be, a website and app offering guided meditations online.

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