



Deeply Relaxing Online Guided Meditations

Theresa Timmes Bio

Theresa started her career path by studying law, both in the United Kingdom and United States. After slipping a disc in her spine, she needed help with movement and to manage the pain.

She started practicing yoga and meditation and found the relief she sought. She also found something she loved. From that point on, she has taken numerous classes, workshops, courses and retreats. The more she learnt and practiced, the more she received and realised the benefits.

Discovering True Rest meditation was part of this path. Bringing together many skills from her professional, educational and life itself, to found Rest & Be with Mandy Penalver is a work of passion. She is dedicated and excited to offer the benefits of True Rest meditation to the widest possible audience through www.restandbe.com and Rest & Be Anywhere App.

rest+be

Discover True Rest in your daily life
www.restandbe.com