



Deeply Relaxing Guided Meditations Online

How Rest & Be started

Friends Theresa Timmes and Mandy Penalver share a love of meditation. They met at one of Mandy's True Rest Meditation classes and their friendship grew. After having received numerous requests for a recording of True Rest, they decided to start a meditation business online with the aim of offering these meditations to as many people who could benefit as possible. Their first step was to get really clear about 'why' they wanted to create the business. The 'what' and the 'how' have proven to be an interesting, wonderful, and at times challenging journey! Rest & Be launched in October 2016 and continues to evolve organically. This is a work of passion and dedication. Every decision we make and every meditation we offer stems from our founding belief that a life of true peace, love, and happiness is possible for all.

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Discover True Rest in your daily life
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