



Deeply Relaxing Guided Meditations Online

### **What is Rest & Be?**

Rest & Be is a website and app offering deeply relaxing, highly restorative guided meditations online. Rest & Be makes meditation simple, comfortable, and convenient, so that all can benefit from meditation's proven physical, mental and emotional benefits. Rest & Be offers a unique style of meditation called True Rest®, based on tried and tested techniques. At Rest & Be there are meditations from 2 to 45 minutes, pre-selected playlists and new meditations each week to support the user through all the challenges that a busy modern life presents. Themes include restful sleep, stress relief, emotional support, help for students, pregnancy and many others. Rest & Be Anywhere is an app that enables members to enjoy True Rest® meditations who don't have or want to use the internet or Wi-Fi. It's ideal for traveling on a plane or train. Friends Theresa Timmes and Mandy Penalver founded Rest & Be on their belief that a life of true peace, love, & happiness is possible for all.

[www.restandbe.com](http://www.restandbe.com)  
[connect@restandbe.com](mailto:connect@restandbe.com)

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