



Deeply Relaxing Online Guided Meditations

“Relaxed and uplifted are the only words I can use to describe it. Today, True Rest meditation was just what I needed.”

Daniel, London

“I loved True Rest meditation this morning, have been feeling peaceful and recharged ever since.”

Charlotte, Kingston

“Thank you for opening my eyes and broadening my horizons to meditation. True Rest has honestly stuck with me.”

Erik, Guildford

“I'm thoroughly enjoying your website, Rest & Be, which I'm using every day and during those nights when I wake up. A complete lifesaver and I'm recommending it to everyone!!”

Kristin, Copenhagen

“After the meditation, I could sleep perfectly. I was so happy.”

Susan, Vancouver

“Mandy's voice is so relaxing, love her accent, and felt like she was in the room with me, meditating with me.”

Sherrie, Tampa

“Wonderful Restful Sleep meditation, beautiful voice and music... helped settle my busy mind and relaxed me off to a restful night of sleep.”

Lisa, Portland

rest+be

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