



Deeply Relaxing Guided Meditations Online

## **Feeling stressed? Anxious? Can't sleep?**

Meditation has been proven to help! Maybe you've thought about trying meditation but don't know where to start. Perhaps you've tried but find it uncomfortable or just too difficult on your own. You know it would do you good, but you simply don't have the time to get to a class. Rest & Be make meditation simple, comfortable & convenient with their deeply relaxing, highly restorative guided meditations online. At Rest & Be you will find meditations from 2 to 45 minutes, pre-selected playlists and new meditations each week for complete beginners as well as experienced meditators. There are mindful meditations for restful sleep, emotional support, stress release, and many other themes to support you through all the challenges we face in our busy modern lives. Rest & Be is an affordable and easy way to take time for self-care and look after your physical, mental, and emotional wellbeing.

Your peace of mind is worth it!

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Discover True Rest in your daily life  
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