



Deeply Relaxing Guided Meditations Online

Students, are you feeling overwhelmed, under pressure or nervous about exams?

Research has shown that meditation can improve learning ability, memory, focus, and academic performance. Maybe you've thought about trying meditation but don't know where to start. Perhaps 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 and convenient with their deeply relaxing, highly restorative guided meditations online.

At Rest & Be you will find Student's Life, a collection of meditations to support you through your studies and beyond. There are meditations from 2 to 45 minutes long, pre-selected playlists and new meditations each week to support you during times of stress and anxiety.

Give yourself the edge, try Rest & Be today, your peace of mind is worth it!

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rest+be

Discover True Rest in your daily life

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