



Deeply Relaxing Guided Meditations Online

The Importance of Self Care

Does your physical, mental and emotional wellbeing matter to you? You may not of thought of it, but meditation is an effective form of self-care. When we invest in our inner wellbeing, the outer takes care itself. Taking time for self-care benefits all the people in our lives as well as ourselves.

Rest & Be offer deeply relaxing, highly restorative guided meditations online to nurture and nourish yourself every day. At Rest & Be you will find meditations from 2 to 45 minutes, pre-selected playlists and new meditations each week 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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