



Deeply Relaxing Guided Meditations Online

## Understanding Meditation

Have you thought about exploring meditation but don't know where to start? Perhaps you've tried but have questions or find it difficult to practice on your own. Or are you an experienced meditator and would like some support to help deepen and evolve your understanding of meditation?

Rest & Be is an online meditation website and app that can help. Rest & Be offers Meditation Bites, short guided meditations that explore commonly asked questions about meditation in an experiential way. You will also find 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.

There is considerable clinical evidence to prove that meditation and mindfulness are good for your physical, mental and emotional wellbeing. Rest & Be make meditation simple, comfortable and convenient.

Your peace of mind is worth it!

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Discover True Rest in your daily life  
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