



Deeply Relaxing Guided Meditations Online

Meditation During Pregnancy

Whether you are at the beginning of your pregnancy or in the latter stages when your body is preparing for birth, meditation has been proven to help. Taking time out to rest your body deeply, calm your mind and connect with your baby can make the world of difference during this special time in your life. 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. These days it's easy to meditate in the convenience and comfort of your own home with the many online meditation websites and apps that are available. Rest & Be offers deeply relaxing guided meditations for pregnancy, as well as many others to support you during this precious time in your life and beyond. They make meditation simple, comfortable and convenient with meditations from 2 to 45 minutes long, pre-selected playlists and new meditations each week. It's an affordable and easy way to take time for self-care and look after your physical, mental, and emotional wellbeing whilst you are pregnant. Your peace of mind is worth it!

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