

Brainwave Therapy - Guided Relaxation

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When you're feeling overwhelmed, frustrated, or completely worn out, Guided Relaxation is one of the easiest ways to restore balance. Alpha waves, associated with relaxation, creativity and states of well-being, are harmonically layered in soothing music. You are guided through gentle relaxation techniques to relieve tension. In a state of calm reverie, you enter an inner sanctuary, a magical garden that you can return to again and again to restore your sense of self. You'll learn how to generate powerful states of being that will contribute to an ever increasing sense of well-being in your life. At the end of 30 minutes, you re-emerge into the world cleansed, revitalized and ready to tackle any challenges with a fresh attitude. Track one is a guided meditation. Track Two delivers music and Alpha waves and relaxation music allowing you to unwind at your own pace.

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