

Mp3 Pocketnap - Smile



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Do not listen to SMILE high quality spoken word relaxation mp3 unless you enjoy feeling exceptionally good from head to toe. It's especially designed for you to recharge whenever you need an extra jhoosht of energy in under 20 minutes. 2 MP3 Songs in this album (20:57) ! Related styles: NEW AGE: Relaxation, NEW AGE: Meditation Details: Pocketnap 'Smile' is an eyes closed experience that you can do sitting or lying down and works by using gentle imagery and specific language patterns to guide you into your own unique state of relaxation and renewal. And because its so relaxing, you must never listen while driving or operating machinery. It's specially designed to be short enough to fit in to the busiest of schedules and skimpiest of lunch breaks. You can pocketnap to get going first thing in the morning, to avoid brain drain or for switching off at the end of a busy day at work. Any time youre running out of steam and need an extra boost. Youve probably already noticed that when you give your mind and body a complete rest, your system naturally re-energizes and you feel much better. Like recharging your phone or laptop. We hope you enjoy Pocketnap Smile today.

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