

Mp3 Clarionix - Bath Time Meditation



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We all know someone who is too stressed out. It could even be you. And we have also seen what consequences this stress left unattended can have. The Clarionix - Bath Time Meditation has carefully been created to maximize relaxation and mental clarity. 4 MP3 Songs in this album (72:26) ! Related styles: NEW AGE: Relaxation, NEW AGE: Meditation People who are interested in Steven Halpern Deepak Chopra Kelly Howell should consider this download. Details: It all began with a search, a search for a way to bring the obvious enjoyment of a bath and benefits of meditation. We had recently been getting into listening to guided meditation CDs and really enjoying them. We wanted to find one that spoke to us in plain English and would be good to listen to and help to enrich the bath experience. We could not immediately find something to fill our desire that was focused on meditating just for the bath. All we found were just too complicated, hard to understand, or downright cheesy. And of course, being told to recline fully is a bit challenging in a tub! So we decided to make a recording that captures and fulfills our need for an experience to bring together the best of two worlds. Something that brings the benefits of meditation into an already soothing and relaxing place, our sanctuary, the bath. Something both relaxing and helps the listener gain clarity. In an effort to give the maximum value to the listener we put together guided meditations with both male and female speakers and an instrumental meditation as well. The whole project lasts just over 72 minutes. The recording is broken into 3 different meditations, each the ideal length for meditation and being in the bath. These recordings have helped us as busy parents and we are very excited to have the opportunity to help others relax as well.

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