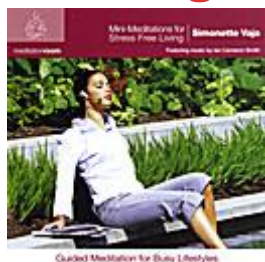


# Mp3 Simonette Vaja - Mini Meditations For Stress-free Living



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Easy and fast 10 minute meditations - 7 to choose from: Australian psychologist Simonette Vaja has a soothing hypnotic voice 7 MP3 Songs in this album (59:42) ! Related styles: NEW AGE: Meditation, SPIRITUAL: Inspirational Details: Testimonial about 7 mini meditations Re 7 mini meditations. Ann-Marie Spurrier Rated: 5 mini meditation for stress free living I loved this cd it was excellent it helped me feel less stressed and helped me sleep. At the moment i am moving house and i have a 2 year old daughter both are stressing me but this cd took me on a journey and when i woke i felt refreshed. Anonymous Rated: 5 excellent i have looking for a series of shorter meditations for a long time. i liked the mix between the introductory relaxation exercise and the guided meditation. i also liked the variety of visualisations provided, and found simonette's voice very relaxing and soothing About Simonette Vaja M.A.Ps. M.A.(psych.)E.M.D.R(advanced practitioner) Clinical Hypnosis. Simonette connects with you at a deep level of emotional understanding and insight. With 16 years of experience working with individuals groups from a wide range of backgrounds presenting issues Simonette encourages you to immerse yourself in your own wisdom and guides you to create a truly inspiring and fulfilled life. Simonette is continually inspired by Nature and the wonderful metaphors that we can all use for personal guidance. Visualisations and mind-body-emotional connections are easy to learn by listening to her guided meditations. Simply choose from a wide selection of topics and interests. Easy to listen to with beautiful background music and Simonette's soothing Australian voice. A registered psychologist and clinical hypnotherapist, a member of the Australian psychological society the founder director of Loving life strategies, she has developed specific therapeutic visualisations for general use at home, for a wide range of psychological issues. For further information on Simonette's courses check in on her website

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