

Mp3 Joni Zweig - A Journey Into Deep Relaxation

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Beautiful soothing harmonies of music and voice to quiet your body and mind, leading to deep states of relaxation and sleep. 2 MP3 Songs in this album (47:03) ! Related styles: NEW AGE: Meditation, NEW AGE: Relaxation Details: A Journey into Deep Relaxation features soothing harmonies of music and voice to quiet your body and mind. Joni's compassionate and reassuring voice guides you to let go of tension and stress and experience a deep sense of relaxation. Helping You Relax is committed to offering the best tools to assist you in becoming stress-free and able to establish a state of relaxation in your life. The founder, Joni Zweig, has been studying and teaching relaxation techniques for the past 38 years. A certified meditation and relaxation teacher, she offers individual and group relaxation sessions throughout North America and Europe.

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