

Mp3 Tony Depina - Nature's Song

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Sleep and Relaxation CD 12 MP3 Songs EASY LISTENING: Mood Music, NEW AGE: Ambient Details: Nature sounds are believed to lower blood pressure, increase relaxation, and make sleep easy. Sit back, close your eyes, and relax as you listen to environmental sounds of relaxing ocean surf, romantic rain storms, exotic birds, tranquil waterfalls, crickets, sonorous tree frogs, a serene rainforest, and rain sticks accompanied by original instrumental music composed by Tony DePina. Use this CD to induce relaxation before you go to sleep. Climb into bed about 15 minutes before you want to fall asleep, listen to this CD. Soon you'll find yourself falling asleep. The results in helping people to fall asleep have been amazing.

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