



Guided meditation for Families: Designed to relax and calm

Now sold internationally on iTunes

Guided Meditation for children, parents and families created and spoken by Lauren Ostrowski Fenton (BA Hons).

"My guided meditations are image based -descriptive meditations designed to relax and calm.

As mother of four young children I tailor my meditations towards family wellness. Our meditations are user friendly and highly effective." Lauren Ostrowski Fenton (BA Hons- Anthropology)

Do you - or your children

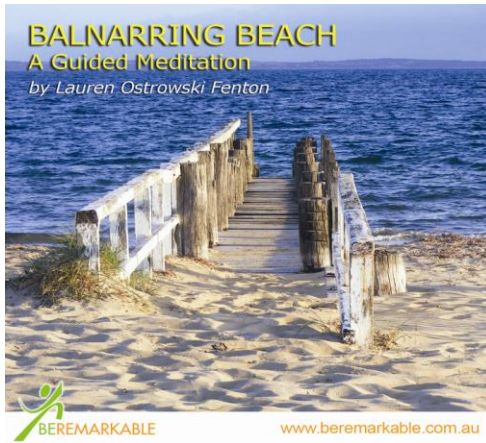
- Have trouble sleeping or relaxing?

Album: Balnarring Beach meditation

Set on idyllic Balnarring beach on the beautiful mornington peninsula this guided meditation will take you on a journey during which you will feel the warm sun on your face, taste the salty air and smell the sea grass...as you fall to sleep.

Inspired initially by my daughter's challenges falling asleep - I wrote and read: Balnarring Beach: A guided meditation.

Album: Relaxing and feeling acceptance – guided mediation for parents



What buyers are saying...

"Best sleep eva by Neety

I can't believe it- I've just had the best sleep I've had for a long time. This is a must for the entire family. Remarkable! What a difference it has made to our whole household after only a couple of days. What a lifesaver- I will be recommending this to all my friends"

"A must have for the whole family - by sleeping well

This is a must have for a family. With young children who are restless sleepers we gave this a go now the entire family sleep well at night time. Children who sleep well are happy kids make us parents happier. Thanks you for a good night's sleep"

"Brilliant!(dawnS)

Yes it works. My boys have always had issues with getting sleep, and so have I. After a few nights of listening to this app they are asleep like logs. The good thing is, if they happen to wake during the night they can pop it back on without waking me up!!! I'm so happy cause now I can sleep without worrying about them"

" It sends my husband to sleep in the chair"