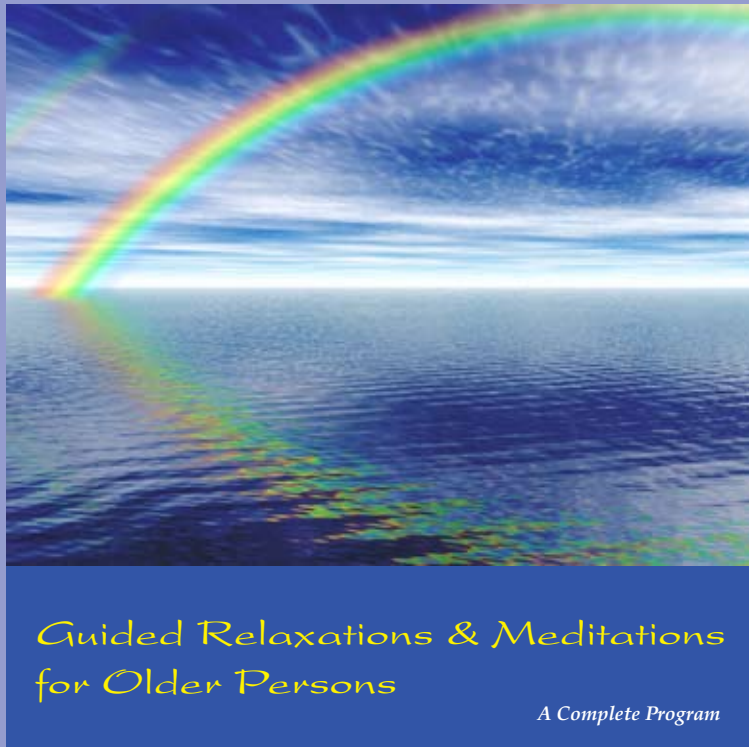


# Guided Relaxations and Meditations for Older Persons

*A Complete Program*



## Tell me about the Guided Relaxations for Older Persons CD!

This beautiful CD contains several guided progressive muscle relaxations and meditations and draws on years of experience teaching relaxation in Aged Care Facilities, hospitals and the wider community. It has been designed with older people in mind, but can be used by anybody.

### What is a Progressive Muscle Relaxation?

A progressive muscle relaxation is therapeutic in nature. It is very simple and easy to learn, and works by tensing certain muscles in the body and then releasing them. It has been proven to be beneficial in lowering blood pressure and reducing stress, anxiety and insomnia. It can also assist with pain management and boost energy levels and the immune system.

### How is this CD meant to be used?

This CD is designed to be used by Diversional Therapists, Occupational Therapists and Lifestyle and Leisure Staff. It can be used in a group or 1:1 with individual clients. If used in a group, full guidelines, including the best time, type of room and other considerations for a successful relaxation program, are provided with the CD.

### Is this CD just relaxing music?

Definitely not! There are five tracks on this CD. Two of them provide completely guided progressive muscle relaxations of varying lengths (12 and 20 minutes respectively) and there is also a short guided breathing meditation (5 minutes). There is also a dedicated relaxing music track on this CD, however the emphasis is on the guided presentations.

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