

Body Balance

Meditation is a pathway to health and wellbeing. It allows the mind and body to relax and restore a natural state of balance.

Simply follow the instructions and enjoy this powerful, deeply relaxing and healing body scan. As you become more and more relaxed... benefitting from the power of positive suggestion.

You may notice, may you not, stress levels decreasing, even disappearing... in return for balance, health and happiness... even when the going gets tough.

Recorded at Lucketti Recording Studio
Recording, music and artwork by Chris Carter (Thank You)
Photography by Ellen Trachillis (Thank You)



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Caution: This CD features hypnosis and visualisation which makes it inappropriate for use while driving, cycling, operating machinery or bathing.

