



Music Assisted Relaxation CD series

Research has shown that there are many benefits to achieving a relaxed state of mind through relaxation and imagery techniques with music. Benefits may include positive changes in heart and respiration rates, immune system increases, the release of endorphins and other natural brain chemicals that result in decreased feelings of pain, decreased feelings of anxiety or depression, and a general feeling of wholeness and well-being. These CD's contain music and narration specifically designed by board certified music therapists to facilitate a deeply relaxed state in listeners.

Lake Of Mercy: Music Assisted Relaxation

Becky Pansch MT-BC

This is a beautiful setting of the song written by Minnesota composer Bret Hesla, combined with a relaxation exercise. Immerse yourself in beautiful music, nature sounds, and the power of suggestion found in the Lake of Mercy Music-Assisted Relaxation. Music therapist Becky Pansch soothes you with her warm singing voice and calming narration, as she utilizes rhythms that are designed to relax you through the natural phenomenon of rhythmic entrainment. Christian Nielsen also plays a soothing Native American Flute in the distance. Research suggests that shifting our state of mind and relaxing our bodies can have healthful benefits. Whether you want to relieve stress, use imagery to encourage healing in your body, or just enjoy a gentle state of relaxation, Lake of Mercy can be wonderful tool for achieving your goals.

- 45 minute compact disc with shipping: \$16 [BP-1]

Tranquility: Music Assisted Relaxation

Christian Nielsen MT-BC

This exercise combines breathing and autogenic relaxation* techniques, as well as basic imagery. Synthesizers, rainsticks, and windchimes, along with soothing narration create a peaceful atmosphere for relaxation. This recording is designed according to music therapy research, as well as Christian's own experience. Recording contains one guided exercise and the music only version.

- 45 minute compact disc with shipping: \$16 [CN-16]

Tranquil Sleep: Music Assisted Relaxation

Becky Pansch MT-BC, Christian Nielsen MT-BC

Through suggestion of spoken word and entrainment with musical vibrations that are suggestive of our natural sleep patterns, Tranquil Sleep is designed to lull the mind and body to a state of deep relaxation and sleep. Created by music therapists Becky Pansch and Christian Nielsen, this recording utilizes deep pedal tones (approximately 40hz) embedded in soothing synthesized music, and narration that will comfort and relax you. The tempo of the music used in this recording decreases, gradually calming you through the natural phenomenon of rhythmic entrainment. Tranquil Sleep may be used as a sleep aid for situational insomnia, chronic insomnia, or occasional stress-related sleep difficulties.

- 80 minute compact disc with shipping: \$16 [BP-2]

Healing Blue Sky: Music Assisted Relaxation

Sandra Holten MT-BC; Dawn Miller MME, MT-BC; Christian Nielsen MT-BC

Created entirely by music therapists, this recording is sure to give the listener the best possible relaxation experience. Both music and narration are designed according to music therapy research and the extensive clinical experience of its creators. CD contains two guided exercises and one extended instrumental piece. Musical score by Christian Nielsen. 40% of all proceeds benefit Park Nicollet Music Therapy Programs.

- 68 minute compact disc with shipping: \$16 [CN-10]

These recordings were not created to replace the diagnosis and treatment of any medical or psychological condition. Please do not drive while listening to these recordings.



We also offer many instrumental recordings for relaxation and meditation. Please contact us for more information on any of our recordings.

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