

## **Forest Birds**

### **60min**

### **Introduction**

The use of nature soundscapes fills us with energy and vitality, it balances our emotions and improves our capacity of communication, concentration and self-awareness.

### **Description**

This sound has the capacity of creating a special atmosphere, guiding your mind to a meditative state of peace. It's the perfect complement for meditating, studying or working.

### **How to use it**

This sound can be used at any time you consider necessary. For it to have a better effect, you must be comfortable and focused only on the sound, in a place where you feel comfortable.

When the therapy starts, close your eyes and relax, let your mind flow with the sound.

Turn the volume to a comfortable level.

We also recommend to drink a glass of water before each session.