

# Mindfulness and Relaxation

Click on the pictures below for a range of relaxing mindfulness stories read aloud for you. Make sure that you have a comfortable, calm and quiet space to lie down - and that you are warm.



*'Secret Treehouse' mindfulness  
(15 minutes)*



*'Balloon Ride' mindfulness  
(16 minutes)*



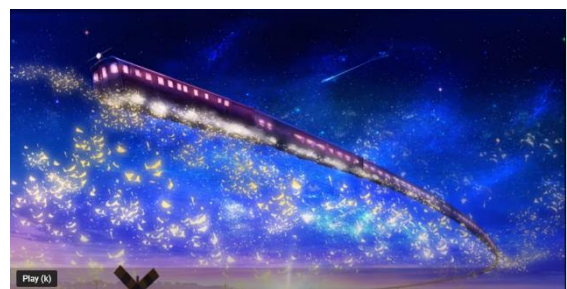
*'The Magic Book' mindfulness  
(20 minutes)*



*'The Magic Unicorn' mindfulness  
(25 minutes)*



*Mixed mindfulness stories  
read out loud*



*'The Sleep Train' mindfulness  
(30 minutes)*