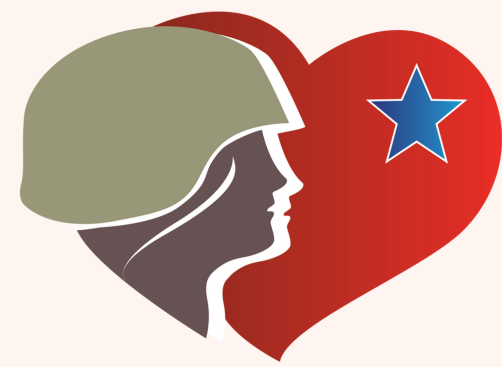


# Music and Meditation



Benefits of soothing music:

**Quiets the Nervous System**

**Reduces Stress and Anxiety**

**Lowers Heart Rate**

**Slows Breathing**

**Releases Sleep Hormones like Serotonin and Oxytocin**

**Eases Muscle Tension**



Soft and classical music can have a powerful impact on your health.