

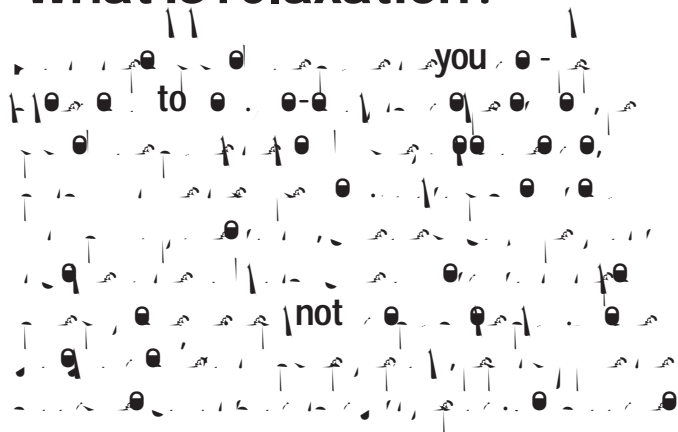


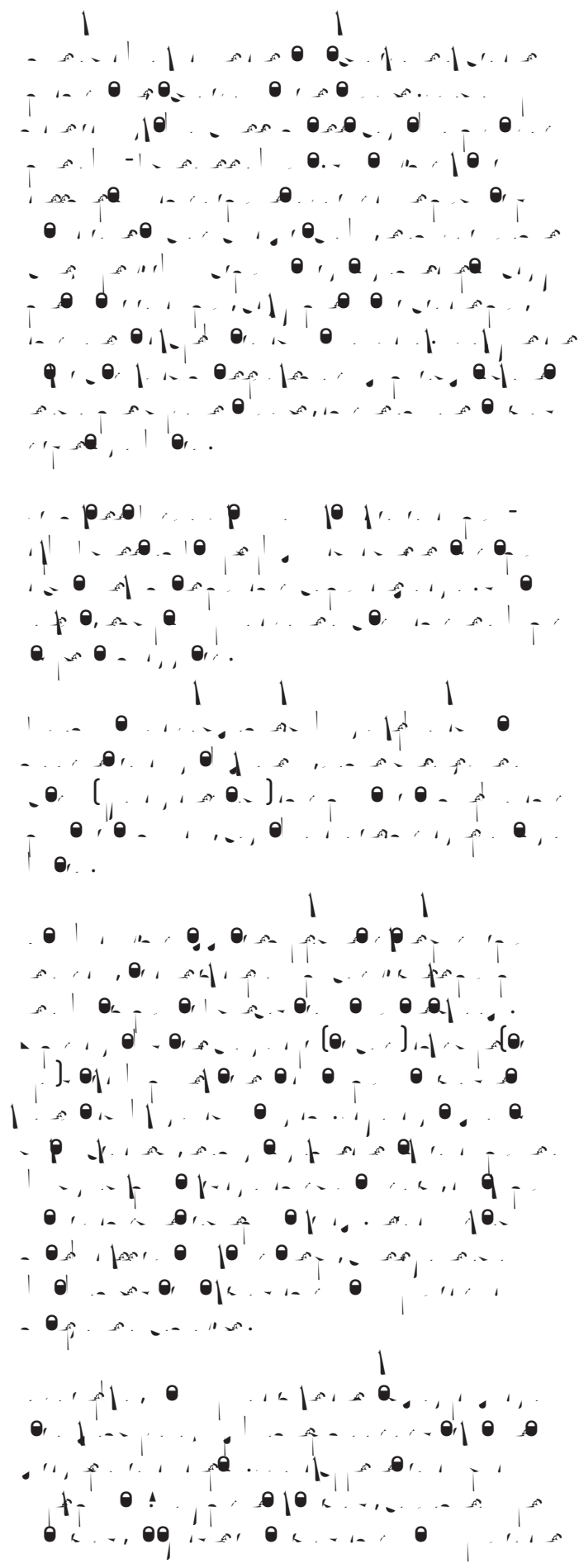
RELAXATION

Eileen Hewitson
Birmingham and District Tinnitus Support Group



What is relaxation?





Resources

Deep Relaxation: A Journey
Sound of the Sea on Deal Beach, Upland Sounds, Spring Garden, Wind in Aspen Leaves, Heavy Rain and Song Thrush.

References



Alternative formats

