

Relaxation



St Oswald's
Hospice

Explanation:

We have put together some links to some relaxing music and images connected to the Elements. Some of the pieces last for several hours, so if you are having difficulty sleeping or winding down, just playing these in the background can have a remarkable effect (as I experienced whilst listening to them and nearly fell asleep at my desk!). Also watching the beautiful images of nature and the waves on the sea can be quite hypnotic and relaxing.

If you would like copies of Relaxation CD's please contact caroletaylor@stoswaldsuk.org

[Click here to view a perfect Sunset](#)

[Click here to watch a relaxing video of sea on a Tropical beach](#)

[Click here to watch some amazing nature scenery](#)

[Click here to view some beautiful Landscapes](#)

