Mindluster Platform

About the course ASMR sleep meditation for relaxation

Course Presenter : Yoga With Bird

ASMR sleep meditation, in this course, combines the calming effects of ASMR (Autonomous Sensory Meridian Response) with guided meditation to help you achieve deep, restful sleep. You will experience soothing sounds, soft whispers, and relaxing ambient triggers paired with mindfulness techniques designed to quiet the mind and release tension. Through guided sessions, youâ€™ll learn breathing exercises and visualization practices that promote relaxation and reduce stress, creating the perfect environment for a peaceful night's sleep. Whether you're struggling with insomnia or simply looking for a way to unwind before bed, this course offers a unique and effective approach to enhance your sleep quality. Suitable for all levels, it helps you embrace calmness, let go of daily stress, and wake up feeling refreshed and rejuvenated. Join us to discover the transformative power of ASMR sleep meditation. Yoga With Bird

Medical Category's Courses

Course Lesson(18)

Lesson 1 :
Black Screen Guided Meditation for Relaxation Overthinking Whimsical Garden Visualization

Lesson 2 : **5 Minute Guided Meditation For Relaxation Calming Work Break Meditation**

Lesson 3 : **Dark Screen Guided Meditation For Deep Sleep**

Lesson 4 :
Guided Meditation for Manifestation Black Screen Meditation to Manifest Your Every Desire

Lesson 5 : **10 Minute Guided Meditation For Sleep And Relaxation**

Lesson 6 : **ASMR Sleep Guided Meditation For Relaxation**

Lesson 7 : **Black Screen ASMR Guided Meditation with Whispering Tapping Tingles**

Lesson 8 : **10 Minute Guided Meditation For Relaxation**

Lesson 9 : **10 Minute Guided Meditation for Relaxation Savasana Body Scan**

Lesson 10 : **20 Minute Guided Meditation Body Scan Relaxation Anxiety Stress Insomnia Sleep**

Lesson 11 : **Morning Gratitude Affirmations Guided Meditation to Manifest Attract Abundance**

Lesson 12 : **Self Love Affirmations Guided Meditation for Confidence Self Love**

Lesson 13 : **Self Forgiveness Affirmations Guided Meditation for Forgiveness**

Lesson 14 :
POWERFUL Guided Affirmation Meditation for Self Forgiveness Self Love Peace Overthinking

Lesson 15 : **I AM Affirmations for Self Worth and Filling Your Cup Positive Daily Affirmations**

Lesson 16 :
1 Hour Rain Sounds on Window Gentle Rain Sound for Sleep Stress Relaxation Meditation

Lesson 17 : **1 Hour Relaxing Bird Sounds Nature Sounds to Sleep Relax Study**

Lesson 18 : **1 Hour Relaxing Thunder and Rain Sounds Rainstorm Sounds for Sleeping**

Related courses

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