

RETURN TO CENTER

Info & Instructions

Welcome to Return to Center,

Sometimes, life can feel like a whirlwind of worries and tension. And in today's hectic world, it's especially important to take some time - even if only a few precious minutes - to stop, breathe, and recenter ourselves. After all, a little self-care goes a long way!

Return to Center is a simple and pleasurable way to take that self-care time to just sit back and relax. It's the easiest way to give yourself the luxury of unwinding, letting go of daily stress, and nurturing your well-being from within.

As you listen to the soothing music and follow along with the audible guidance, you'll find yourself transported to a place of clarity and calm. Worries and tension fall away, and in only a few minutes, you'll find yourself in a state of deep relaxation and presence.

And you won't have to worry about forcing yourself to relax because this unique listening experience features an embedded brainwave entrainment sequence using Holosync to gently draw your brain waves down to a very deep theta state - ideal for stress-reduction, calming an overactive mind, and smoothing out mental and physical tension.

It's time to return to your center, a center of peace, balance, and clarity.

Listening Instructions

Simply cue up **Return to Center**, pop in some earbuds or put on your headphones, sit back, close your eyes, and relax!

- 12 Minutes
- Listen any time of day, as often as you wish
- Listen with stereo earbuds or headphones
- Listen seated or reclining, eyes closed
- Simply follow the audible guidance

As always, our **Support & Coaching Team** is available if you have any questions or need some help!

You can reach them by calling **503-672-7117**
Monday through Friday from
9am to 4:30pm Pacific.

Or you can email them at **support@centerpointe.com**