

SOUND SLEEP ALCHEMY TEASER BY CANDICE WU

Thank you for downloading my "Sound Sleep Alchemy Teaser". I hope you enjoy the "Digesting the Day" meditation and find value in it.

If you are interested in more meditations centered around better sleep, I'd like to invite you to have a look at the full "Sound Sleep Alchemy Album". It's a beautiful collection of Guided Audio Meditations and three Resource Guides about Doshas, Acupressure, and Restorative Yoga Poses.

The full Album is available on my website:

candicewu.com/shop/sound-sleep-alchemy-album

With much love and appreciation,

Candice Wu

- Website: CandiceWu.com
- Email: embody@candicewu.com
- [instagram.com/Embodyournature](https://www.instagram.com/Embodyournature)
- [facebook.com/Embodyournature](https://www.facebook.com/Embodyournature)
- twitter.com/Embodyournature