

BLEIB ENTSPANNT! DER MEDITATIONS-PODCAST - MAGISCHE MOMENTE FÜR KINDER & ELTERN

"Bleib entspannt! Der Meditations-Podcast" is the podcast for your daily relaxation! True to the motto: "Meditation should be an experience and not a lecture!" you will find beautiful, lovingly and very elaborately produced meditations and dream journeys for both children and adults! Breathe deeply and draw new strength for your everyday life! But above all: stay relaxed!



Keyfacts

Frequency	weekly, on Sunday
Ø length	30 minutes
Host	Katharina Kuttig
Target group	Women, 20 - 49 years
Theme cluster	Kids & Family
Reading	Host-Read, Co-Host-Read

