

FOR IMMEDIATE RELEASE

Meditate Mate Unveils Innovative Bedtime Solution: The Meditate Monkey, A Plush Toy Infused with Mindful Meditation



# Meditate Mate

## Ease your Monkey Mind

Central Coast NSW 17.11.2023– Meditate Mate, a trailblazer in the wellness industry, is revolutionizing bedtime routines for Australian families with the introduction of the Meditate Monkey, a charming plush toy designed to incorporate the benefits of meditation into the nightly ritual. This groundbreaking initiative is set to transform bedtime into a tranquil and

soothing experience for thousands of Aussie families.

#### Key Features of the Meditate Monkey:

**Mindfulness Integrated Design:** The Meditate Monkey is not just a plush toy; it's a mindfulness tool. Carefully crafted with a guided meditation spoken by a child, the monkey helps kids settle and avoid separation anxiety, helping families introduce the practice of meditation in a playful and engaging way.

**Guided Meditation for Kids:** The Meditate Monkey comes with a bedtime-inspired age-appropriate guided meditation. The meditation is designed to help young minds relax, unwind, and transition into a peaceful sleep.

**Soft and Cuddly Companion:** The plush toy is made from premium, huggable materials, making the Meditate Monkey an ideal bedtime companion. Its lovable design and soothing touch create a positive association with bedtime, turning it into a comforting and enjoyable routine.

**Parental Involvement:** Meditate Mate recognizes the importance of family bonding. The Meditate Monkey encourages parents to participate in the bedtime routine, fostering shared moments of relaxation and connection within the family.

Commenting on this innovative product, Co-creators at Meditate Mate, Monique and Kristy Pastor agreed with excitement, saying, "The Meditate Monkey is a unique blend of mindfulness and cuddly comfort. We believe that introducing meditation in a form that children can connect with, such as a plush toy, will have a profound impact on their well-being and the overall family dynamic during bedtime."

The Meditate Monkey has already received positive feedback from thousands of customers, with parents reporting that their children look forward to bedtime with the delightful companion.

For media inquiries, please contact:

Monique Pastor 0404 738 846

Kristy Pastor 0432 118 054

info@meditatemate.com.au

#### About Meditate Mate:

Meditate Mate is a leading children's meditation brand dedicated to promoting mental and emotional well-being through innovative solutions. The Meditate Monkey is the flagship product to their expanding range of products, designed to make meditation accessible and enjoyable for families.

Meditate Mate is excited to offer their newest product Oscar the Whale designed for all ages, it plays a beautiful whale soundtrack with melodic piano, perfect for relaxation, meditation and creating a peaceful environment.

Website: [www.meditatemate.com.au](http://www.meditatemate.com.au)





