



## Mother Om: Connect with Yourself and Your Child in One Mindful Moment a Day (Paperback)

By Leonie Percy

Thorpe-Bowker, Australia, 2014. Paperback. Condition: New. Neal J Thompson (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Being a mother is a journey filled with blissful moments but also times of intense frustration. We are plugged in, overstimulated and we struggle to relax. Children absorb our stress. For us to have content children we must find a way to connect with ourselves, our children and the world around us. Mother Om provides you with the tools to manage the emotional journey of motherhood. Written by yoga teacher, mother and founder of Leonie will guide you along a spiritual path by opening up your conscious mind and teaching you to be present, speak your truth and live with an open heart. Mother Om shows you the benefits of yoga and mindfulness for children and includes practical advice and meditations for you and your children. If you value compassion, connection and commitment, Mother Om will motivate inspire and empower you. Mother Om won an Evergreen silver medal in the Living Now book awards in the USA under the health and wellness category. Written from the heart, Leonie paints a vision of a better way to be in the world;...



**READ ONLINE**  
[ 4.68 MB ]

### Reviews

*This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.*

-- **Lillie Toy**

*It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.*

-- **Miss Marge Jerde**

## Related Kindle Books



### **love you more than anything (snuggle time stories)**

Board book. Book Condition: New. Not Signed; This rhyming read-aloud book assures kids that they're loved more than anything in the world. Follow an adorable chipmunk family for a fun outing at the park, a special homemade cake after dinner and a...



### **Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



### **I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book**

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy reading identities, that foster an attraction to...



### **TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2) (Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...