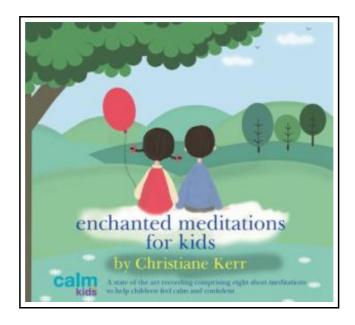
### **Enchanted Meditations for Kids**



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#### Reviews

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

(Meagan Roob)

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DIVINITI PUBLISHING, United Kingdom, 2005. CD-Audio. Book Condition: New. 142 x 124 mm. Language: English . Brand New. This is a superb high quality children s meditation CD by leading yoga teacher, and Montessori teacher Christiane Kerr. A mother of two, Christiane runs relaxation and yoga courses for children. Her work has been featured in the national press and on TV and is now available through a new range of state of the art CDs published by Diviniti Publishing. This 1-hour CD comprising of 8 short meditations is designed to help kids sleep more soundly and feel more confident and secure in their home and school life. Drawing upon her vast experience of working with children Christiane skilfully guides children to the creative part of their mind through a number of carefully scripted story meditations. Each meditation story has an underlay of subtle sound effects and gentle music, which combined with Christiane's calming voice, make them irresistible to children. Suitable at home or as a teaching resource. The meditations are preceded by a relaxation exercise, which can be used separately, or they can be run together as one track. This empowering CD is completely safe and very effective way to help your kids drift away into a peaceful sleep and to help build their self-confidence and self-esteem. Suitable for all children up to the age of 12.



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#### Other Books



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