



Enchanted Meditations for Kids

By Christiane Kerr

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...



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Reviews

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-- Prof. Kip Spinka IV

Undoubtedly, this is actually the greatest job by any author. This can be for those who statte there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever.

-- Perry Reinger