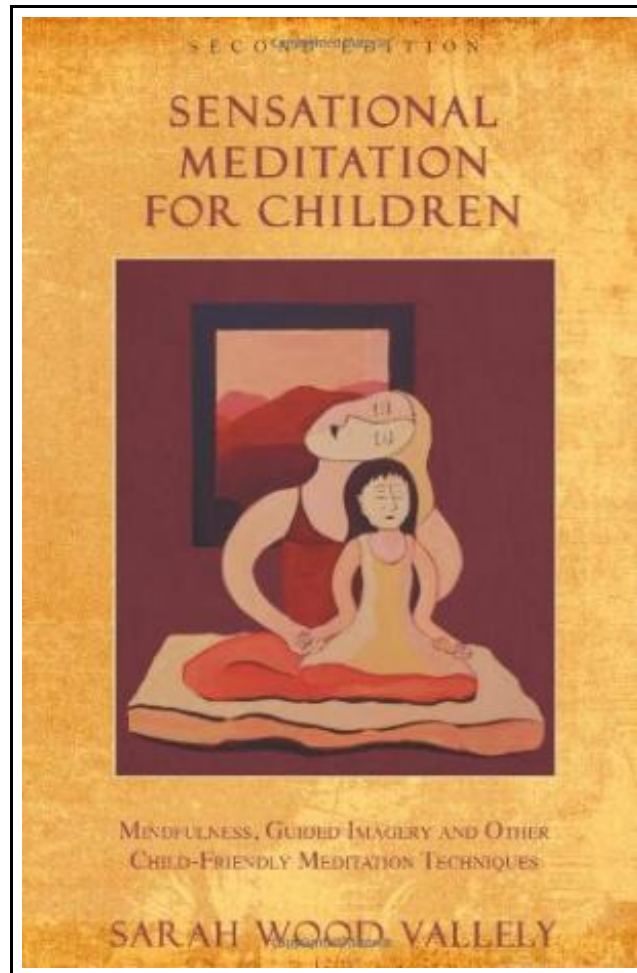


## Sensational Meditation for Children: Mindfulness, Guided Imagery and Other Child-Friendly Meditation Techniques



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### ***Reviews***

*An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.*  
**(Prof. Maya Hand)**

## **SENSATIONAL MEDITATION FOR CHILDREN: MINDFULNESS, GUIDED IMAGERY AND OTHER CHILD-FRIENDLY MEDITATION TECHNIQUES**



Satya International, Inc. Paperback. Book Condition: New. Paperback. 171 pages. Dimensions: 8.4in. x 5.4in. x 0.6in. Higher self esteem, improved focus, better reading skills, closer family relationships and better health - these are just a few of the outcomes parents, therapists and teachers who've used Sensational Meditation for Children are raving about. Considered the bible for teaching meditation to children, this book provides a step-by-step roadmap for introducing, inspiring, and supporting children to meditate. Rich with philosophy, supporting science and practical examples, this book clearly explains the benefits of meditation for today's young generation. Included are 14 meditations and a variety of fun-filled exercises to help you get started right away. A meditation movement for children is quietly emerging across the United States and throughout the world. Children are learning meditation techniques at home, in school, in after-school clubs, and in churches, yoga studios, YMCAs, and other community centers. Parents, teachers, and therapists are finding that meditation helps children in as many ways as there are children learning its techniques. Teachers who incorporate meditation techniques into their lesson plans report that their classroom environments are more peaceful. They attribute this to their students' ability to express care and compassion for one another. Teachers also say their students' academic skills and confidence have risen. Therapists who work with children say meditation reduces test anxiety, builds positive peer relationships, and enhances anger management skills. Scientists find meditation decreases blood pressure and helps other physical functions, which may be adding to these positive shifts in children. Parents are also beginning to grasp moments of serenity and bliss after teaching meditation techniques to their children. Parents say meditation helps their family members be more respectful of one another; thus relationships grow closer and more fulfilling. Some parents say meditation helps raise their children's self-esteem. Additionally,...



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