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Bedtime Meditations for Kids

By Christiane Kerr

DIVINITI PUBLISHING, United Kingdom, 2005. CD-Audio. Condition: New. Language: English . Brand New. This is a superb high quality children s bedtime 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 52 minute CD comprising of 3 bedtime meditations is specifically designed to help kids sleep more soundly. There are also a number of suggestions to help children 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 and a deeply relaxing bedtime treat. 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. The...



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This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually writer in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**

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