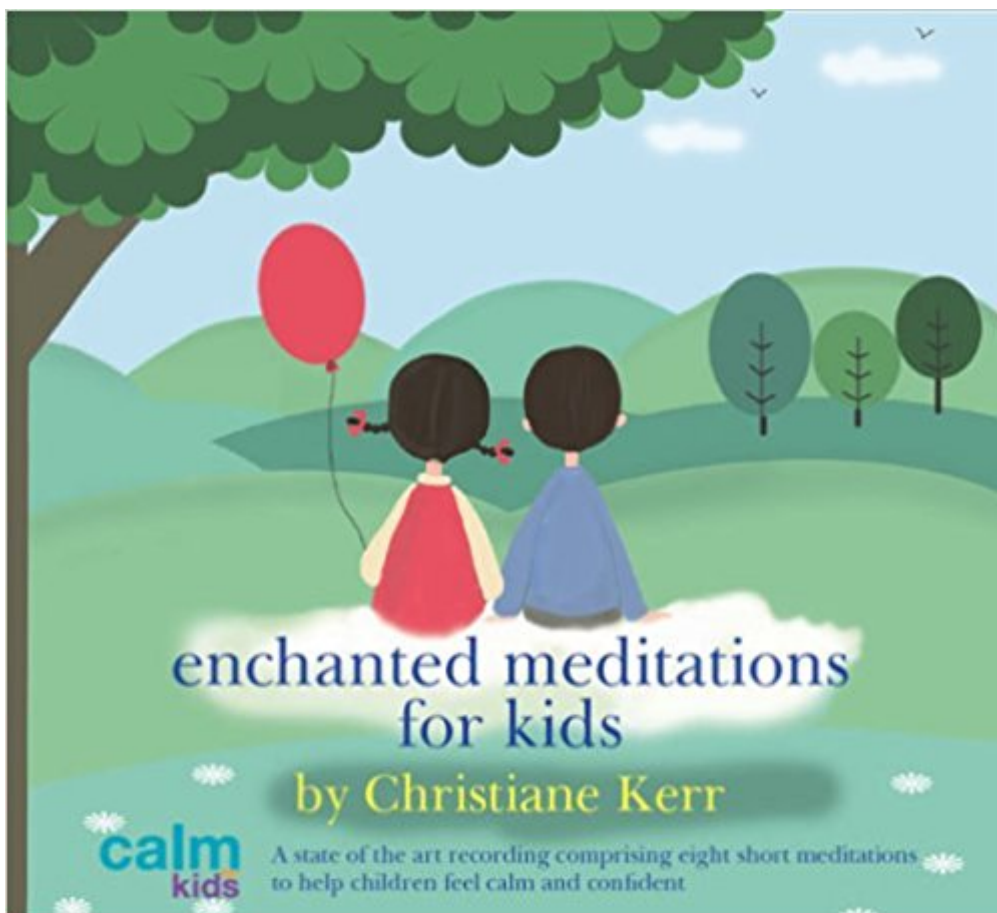


The book was found

Enchanted Meditations For Kids (Calm For Kids)



Synopsis

These stunning meditations vary from 4 to 10 minutes each in length and can be used separately or run together as one track. Tracks from this CD include: Jellyfish Relaxation; An Underwater Dolphin Ride; The Magic Rainbow; Butterfly Relaxation and Enchanted Garden and a Hot Air Balloon Trip. Beautiful calm journeys to help children with confidence, self esteem and creativity. We like to think of childhood as an idyllic, worry-free time, but the reality is very different. Exam stress, bullying, peer pressure and family break ups are part of life, and even time off is a barrage of noise and images in the form of computer games and television. Many children don't have a chance to catch their breath before time for bed. These wonderful CDs do more than just entertain children; they provide a wonderful way to introduce children at an early age, or even in the teen years, to the art of relaxation. Christiane's approach is very child centered and uses images and language that children identify with. She empowers them in areas of their development like confidence, self-esteem and concentration. Using simple visualizations Christiane invites the listener into a world of magic where kids can explore their creativity and develop a good sense of positivity in their daily life both at home and at school. Regular use of these CDs will help to promote restful sleep and a calm disposition. Each story / meditation with its accompanying music increases a child's ability to visualize and inspires individual creativity. These CDs can be used at home with your children or as a teaching resource in the classroom. These lovely meditations can be enjoyed by adults too as relaxation and visualization can enhance an overall feeling of well being for the whole family

Book Information

Audio CD: 1 pages

Publisher: Diviniti Publishing (November 14, 2005)

Language: English

ISBN-10: 1901923894

ISBN-13: 978-1901923896

Product Dimensions: 6.1 x 0.3 x 4.9 inches

Shipping Weight: 1.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 12 customer reviews

Best Sellers Rank: #148,055 in Books (See Top 100 in Books) #32 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #45 in [Books > Books on CD > Health, Mind & Body > General](#) #125 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

Customer Reviews

"With her soothing 'Relax and let go . . . Relax and let go,' Christiane Kerr ensured we were lulled and ready to join her on the Underwater Dolphin Ride, visiting the Enchanted Garden and scaling the heights on a Hot Air Balloon Trip. We met squirrels and rabbits and 'saw' magic clouds and golden balls. The visualization was easy to achieve. Ms. Kerr knows her stuff!" --S. Smith, adopter and ex-foster parent

"Enchanting Meditations is wonderful, suitable for five plus year olds and I mean plus, my 16-year-old, with a much lower emotional age and attachment issues responded quite positively and we both loved the twinkling tunes followed by meditational journeys...." --Mrs. Bentine, London

"Christiane Kerr has a lovely kind melodic voice which helps children to feel secure and enhances their feelings of happiness and contentment." --Nursery teacher

These beautiful, relaxing Children s Meditation CDs are the inspiration of Christiane Kerr. As well as practicing and teaching yoga for over 15 years, Christiane is an experienced Montessori teacher. She started to run relaxation courses for children in 1999 when she founded Calm For Kids. Her work has been featured in the national press and on television. Christiane runs classes for some of London s leading yoga studios and teaches in schools from nursery to secondary level. She currently runs adult courses and children s workshops in West London where she lives with her children. These lovely meditations can be enjoyed by adults too especially where relaxation and visualization can enhance an overall feeling of well-being.

I like the cd some of it is a little wordy for kids though, my son listens to it and I listen with him, it's hard for him to focus and I am trying to find other ways to get him to be focus his energy... just keep this in mind when you are going to purchase, her voice is great and it doesn't distract, nor sound robotic...

I buy your CD's and they never disappoint me.I started buying them for my grandchildren as one of my grandsons has autism and one of the others is very over active.I find all of your C D's have helped them all relax. My other two just enjoy listening.Your calming voice and the adventures are wonderful and there nights end in a happy place.They love to come to Nana's for sleep overs.Thank you Betty

This is a great CD. I play the relaxation song then the meditation journey for my afternoon kindergarten students. Each day them come in asking what adventure are they going on today!

We have just used this meditation at night, but I'd like to try using it in the afternoon. It is wonderful for night and any time you want your child to relax and calm.

Product as promised, fast shipping.

I often forget to put this on for the kids but when I remember it takes down the tension, restlessness in a jiffy. I like sitting with them and listening too. A nice option for when you need a break and don't want to put on a video or let them on the computer. I find it works best to just put it on rather than ask if they want it.

Fantastic!!!

My kiddo was having difficulty falling asleep - bought this and she is out within 30 minutes. She is a fairly wound up kid, so I put it on from time to time during meals to calm everyone down. Works great!

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Resilient Kids While Staying Cool, Calm, and Connected The 15 Minute Meditation Guide for Tennis Parents: Teaching Your Kids Meditation to Enhance Their Performance by Controlling Their Emotions and Staying Calm under Pressure The Fundamental 15 Minute Meditation Guide for Gymnastics Parents: Teaching Your Kids Meditation to Enhance Their Performance by Controlling Their Emotions and Staying Calm under Pressure

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