



Mermaids & Fairy Dust (Calm for Kids) (Magical meditation for girls of all ages)

By Christiane Kerr

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A stunning CD designed to help children relax and to enhance feelings of happiness and contentment. Focusing on little girls of all ages, there are four sections, from Creative Meditations which include Fairy Relaxation and Little Princess, to Soothing Meditations including Blowing Away your Worries and Bubble of Love.

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Editorial Review

About the Author

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.

Users Review

From reader reviews:

Jeffery Bruce:

Do you have favorite book? When you have, what is your favorite's book? Publication is very important thing for us to know everything in the world. Each book has different aim or maybe goal; it means that guide has different type. Some people experience enjoy to spend their time to read a book. They can be reading whatever they get because their hobby is definitely reading a book. Consider the person who don't like reading through a book? Sometime, individual feel need book when they found difficult problem or exercise. Well, probably you will want this Mermaids & Fairy Dust (Calm for Kids) (Magical meditation for girls of all ages).

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