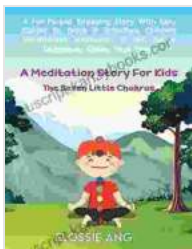


Guided Meditation For Toddlers Through To Teens With Easy Techniques To

Meditation is a great way to help children relax, focus, and improve their overall well-being. This book provides easy-to-follow guided meditation techniques for toddlers through to teens.



A Meditation Story For Kids: The Seven Little Chakras: Guided Meditation for Toddlers, through to Teens with Easy Techniques to Introduce Mindfulness Meditation & Chakra Healing including Yoga poses by Flossie Ang

★★★★☆ 4.5 out of 5

Language	: English
File size	: 3099 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 75 pages
Lending	: Enabled



Benefits of Meditation for Children

Meditation has been shown to have a number of benefits for children, including:

- Reduced stress and anxiety
- Improved focus and concentration

- Increased self-awareness and emotional regulation
- Improved sleep
- Increased empathy and compassion

How to Meditate with Children

Meditating with children is simple. Just follow these steps:

1. Find a quiet place where you will not be disturbed.
2. Sit or lie down in a comfortable position.
3. Close your eyes and take a few deep breaths.
4. Focus on your breath as it enters and leaves your body.
5. If your mind wanders, gently bring it back to your breath.
6. Start with short meditation sessions, such as 5 or 10 minutes. As your child becomes more comfortable with meditation, you can gradually increase the length of the sessions.

Guided Meditation Techniques

This book provides a variety of guided meditation techniques that are suitable for children of all ages. These techniques include:

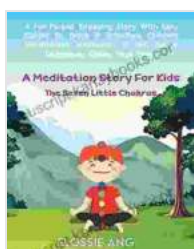
- Body scan meditation
- Breath awareness meditation
- Loving-kindness meditation
- Visualization meditation

- Mindfulness meditation

Meditation is a valuable tool that can help children relax, focus, and improve their overall well-being. This book provides easy-to-follow guided meditation techniques that are suitable for children of all ages. With regular practice, meditation can help children develop a lifelong habit of self-care.

Free Download your copy of Guided Meditation For Toddlers Through To Teens With Easy Techniques To today!

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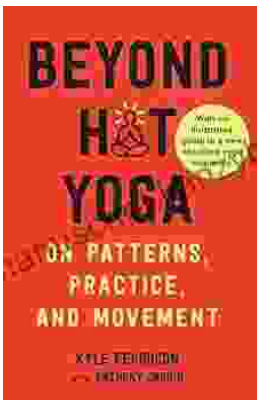
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