

The book was found

Bedtime Meditations For Kids (Calm For Kids)



Synopsis

This sound disc features captivating bedtime meditations to bring peace, joy and calm to the end of the day. There are three tracks, each approximately 18 minutes in length. Choose from: by the sea, an adventure in space and snowflake.

Book Information

Audio CD: 1 pages

Publisher: Diviniti Publishing (November 14, 2005)

Language: English

ISBN-10: 1901923908

ISBN-13: 978-1901923902

Product Dimensions: 5.5 x 0.3 x 5.3 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 29 customer reviews

Best Sellers Rank: #124,430 in Books (See Top 100 in Books) #27 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #102 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#) #302 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Social Skills](#)

Customer Reviews

'I am a grandmother and I bought the CDs for my grandchild, when I heard them I cried - they are so beautiful. I wish there was something like this when I was a child' What a brilliant idea! An opportunity for children to 'just be...' Pearl Jordan, mother --Pearl Jordan, mother'I have recently purchased a relax kids CD and it has truly transformed bedtimes in our house so I would like to buy some for my friends. Many thanks you have a wonderful product' Parent, Sussex --Parent, SussexA wonderful creative tool for enabling children to discover the power of their own thoughts, turning the tables on worry or fear. Very timely!' --Neville Hodgkinson, author, 'Will To be Well'

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.

The stories were great. My 9 year old grandson loved them. He fell into a peaceful sleep and slept thru until morning. He has listened to them again but now he has asked me for more stories. He doesn't know they are a relaxation and meditation exercise. To him they are just very creative stories.

Our 3 year old daughter was having night terrors, waking up screaming in the middle of the night. Then she started refusing to go to sleep at night because she was so afraid. We tried everything and nothing worked! After about a week of almost no sleep, we were desperate!!! Then we found this CD. This CD helped her sleep anxieties when nothing else we tried worked. We sat in her room with her, played the CD and after a few days she was much more calm and relaxed at bedtime. After about 2 weeks, most of the anxiety was gone and she started to fall asleep at her normal bedtime and was able to sleep through the night again. Warning: it often put us to sleep too.

We are about a week into listening to this and my daughter loves this! She was having trouble winding down for bed and this is working really well for her. Now she lays and listens to the stories and is usually asleep before it finishes!

relaxing background music and voices. It's a good tool for teaching a little one how to be still.

The voice is not as soothing as others but great material.

My grandson loves this CD. The lady's voice is so soothing as she guides the child through various relaxing "adventures." I ordered this duplicate CD to keep here at my house when he stays overnight with me -- I ordered the first one for him when he was just a baby. He is now 4 years old.

my 9 year old son likes these stories though they are a little short. wish they had music after them to carry a kiddo off into dreamland. her voice is nice, her words are kind and her accent makes it interesting.

This CD is very helpful for relaxing children at night. I highly recommend it. My 9 year old and 6 year

old listen to it (one falls asleep and the other calms down enough to fall asleep soon after).

[Download to continue reading...](#)

Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Bedtime Stories ... (Uncle Nick's Bedtime Stories for Kids) Bedtime Stories for Children: Short Bedtime Stories for Kids: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Fun Bedtime ... Nick's Bedtime Stories for Kids Book 3) Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Fun Bedtime ... Nick's Bedtime Stories for Kids Book 1) Bedtime Meditations for Kids (Calm for Kids) The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life Kids Fantasy Books: "The Legend of The Pink Unicorn 2" (Bedtime Stories for Kids, Unicorn dream book, Bedtime Stories for Kids) Enchanted Meditations for Kids (Calm for Kids) Books For Kids: Thumbelina (Revision Edition) ,Children's books,Bedtime Stories For Kids Ages 3-8 (Early readers chapter books,Early learning,Bedtime reading ... Ending Options Tale for Children Book 16) Rays of Calm: Relaxation for Teenagers (Calm for Kids) Books for Kids: Lily the Little Mermaid (Mermaid Books for Kids, Children's Books, Kids Books, Bedtime Stories For Kids) (The Mermaid Stories: Kids Fantasy Books Book 2) Books For Kids : Charlie The Smart Elephant (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books, Kids Books, puppy story, ... Books for Kids age 2-10, Beginner Readers) Books For Kids : Mimi finds a new friend (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books, Kids Books, cat story, ... Books for Kids age 2-10, Beginner Readers) Marty and Momo Make Bedtime Fun: (Children's book about a Boy and his friend Momo the Monster, Bedtime Story, Rhyming Books, Picture Books, Ages 3-8, Preschool Books, Kids Books) Escape To Calm Adult Coloring Book Set With 24 Colored Pencils And Pencil Sharpener Included: Color Your Way To Calm Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Angels at Bedtime: Tales of Love, Guidance and Support for You to Read with Your Child to Comfort, Calm and Heal The Calm Buddha at Bedtime: Tales of Wisdom, Compassion and Mindfulness to Read with Your Child The Mindfulness in Knitting: Meditations on Craft and Calm Meditation Now: A Beginner's Guide: 10-Minute Meditations to Restore Calm and Joy Anytime, Anywhere Increasing Wholeness: Jewish Wisdom and Guided Meditations to Strengthen and Calm Body, Heart, Mind and Spirit

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help