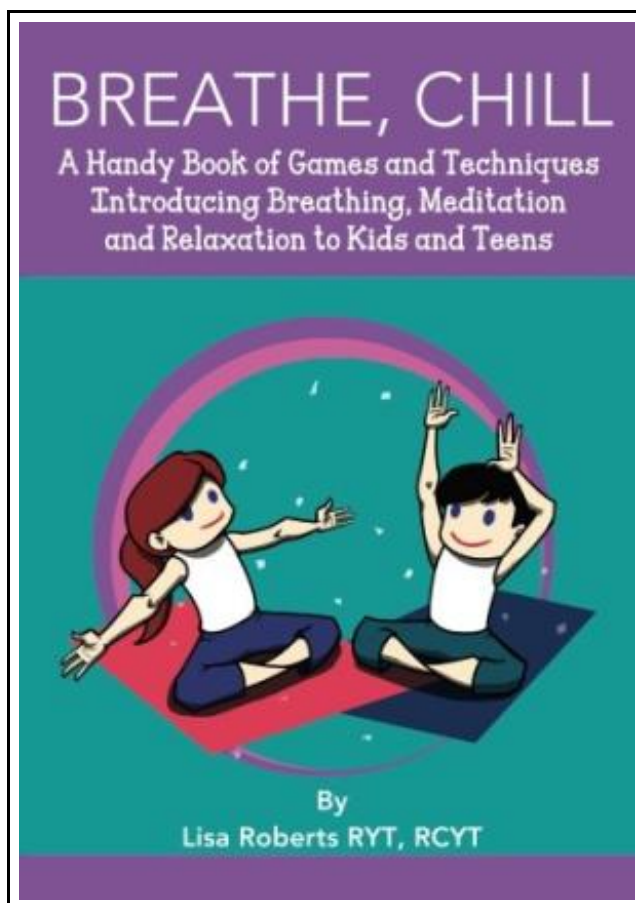


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BREATHE, CHILL: A HANDY BOOK OF GAMES AND TECHNIQUES INTRODUCING BREATHING, MEDITATION AND RELAXATION TO KIDS AND TEENS (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 252 x 176 mm. Language: English . Brand New Book ***** Print on Demand *****.It has been well documented in adults that taking time out for a little RR or short meditation break can reduce stress and increase productivity. Well, it is no different for kids! And with the over stimulated lifestyles they lead today, it could be just what the doctor ordered. Breathe, Chill- A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens is a valuable and practical resource for those who work with or have children in their lives. Like disguising broccoli in chocolate sauce, Breathe, Chill presents 70 engaging breathing, meditation and relaxation activities adapted for children of all ages. Some exercises offer an outlet for tension or stress, while others stealthily teach deep breathing skills, present moment awareness and relaxation. But, sshh, don t tell them it s good for them! Organized simply into three sections - Breath Play, Breathing Techniques, and Relaxation and Meditation Techniques - and presented in a fun yet factual, kid-friendly language, each exercise is broken down in the same simple format: What is it? How does it help me? How do I do it? Adapted from traditional meditation and yoga techniques, ancient wisdom is served up in a way that is fun and accessible to all. Written by Lisa Roberts, a registered yoga teacher (RYT), registered children s yoga teacher (RCYT), and certified children s yoga therapist, Breathe Chill is a compilation of simple instructional handouts the author created for the pediatric patients she works with at a major children s hospital.



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