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# 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

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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).

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