



Relax Kids: The Wishing Star

Marneta Viegas

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Using guided meditations based around traditional stories this is a gentle and fun way of introducing older children to the world of meditation and relaxation. It is designed to counteract some of the tensions with which we are all familiar at the end of a busy day, and offer parent and children together some quality time to relax and share. The meditations and visualisations aim to develop children's imagination and provide them with skills that will be invaluable for the rest of their life. For children aged 5 upwards. The Relax Kids series is currently available in Europe and will be available in US in 2015.

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