



Mermaids & Fairy Dust (Calm for Kids) (Magical meditation for girls of all ages)

By Christiane Kerr

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A stunning CD designed to help children relax and to enhance feelings of happiness and contentment. Focusing on little girls of all ages, there are four sections, from Creative Meditations which include Fairy Relaxation and Little Princess, to Soothing Meditations including Blowing Away your Worries and Bubble of Love.

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Editorial Review

About the Author

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.

Users Review

From reader reviews:

Jeff Sanchez:

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Irvin Ashbaugh:

Mermaids & Fairy Dust (Calm for Kids) (Magical meditation for girls of all ages) can be one of your beginning books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort to place every word into enjoyment arrangement in writing Mermaids & Fairy Dust (Calm for Kids) (Magical meditation for girls of all ages) although doesn't forget the main level, giving the reader the hottest along with based confirm resource data that maybe you can be among it. This great information can certainly drawn you into completely new stage

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