



Seashell Meditations for Children: The Ten Book Collection

Patricia May

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A Seashell Meditation for Children combines the entire 10 story collection into one. Now you get 10 fun and interactive stories that introduces meditation in the form of a short story rhymes using a seashell as an interactive tool for focus and fun all in one book. Reading the story to the child and using a simple meditation technique will guide them through a creative journey as the story takes them to exciting places to use their imaginations and explore which is a great way to introduce meditation for beginners. With each story there is a QR code available to scan with your smart device for background music and sounds while reading the book to the child. The benefits of meditation are endless. Learning this practice at a young age can help a child through their lifetime.

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