



Indigo Ocean Dreams: 4 Childrens Stories Designed to Decrease Stress, Anger and Anxiety While Increasing Self-Esteem and Self-Awareness

By -

Stress Free Kids. No binding. Book Condition: New. Audio CD. Dimensions: 5.4in. x 4.9in. x 0.3in. Indigo Ocean Dreams is the 2nd CDaudio book in this childrens series. Like Indigo Dreams, this 60 minute CDaudio book is designed to entertain your child while introducing them to relaxation and meditation techniques. Indigo Ocean Dreams offers longer stories and variations on the same techniques found on Indigo Dreams. Ideal for older children and as step two for those already familiar with Indigo Dreams. Four new stories explore breathing, visualizations, muscular relaxation and affirmations. Children follow their sea friends along as they learn to manage their own anger, stress and anxiety. The narration is accompanied by healing sounds of dolphins, sea otters and gentle waves. An additional music sound track is included to further enhance your childs mind, body and spirit. Angry Octopus: Muscular Relaxation is essential to a good night s sleep. Children follow the octopus along as they learn to manage anger, relax and see things more clearly. This easy, fun exercise relaxes muscles throughout the body as anxiety, tension and anger slip away. Children and parents will fall asleep more easily and experience a deeper peaceful night s sleep. Affirmation Weaver:...



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Reviews

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