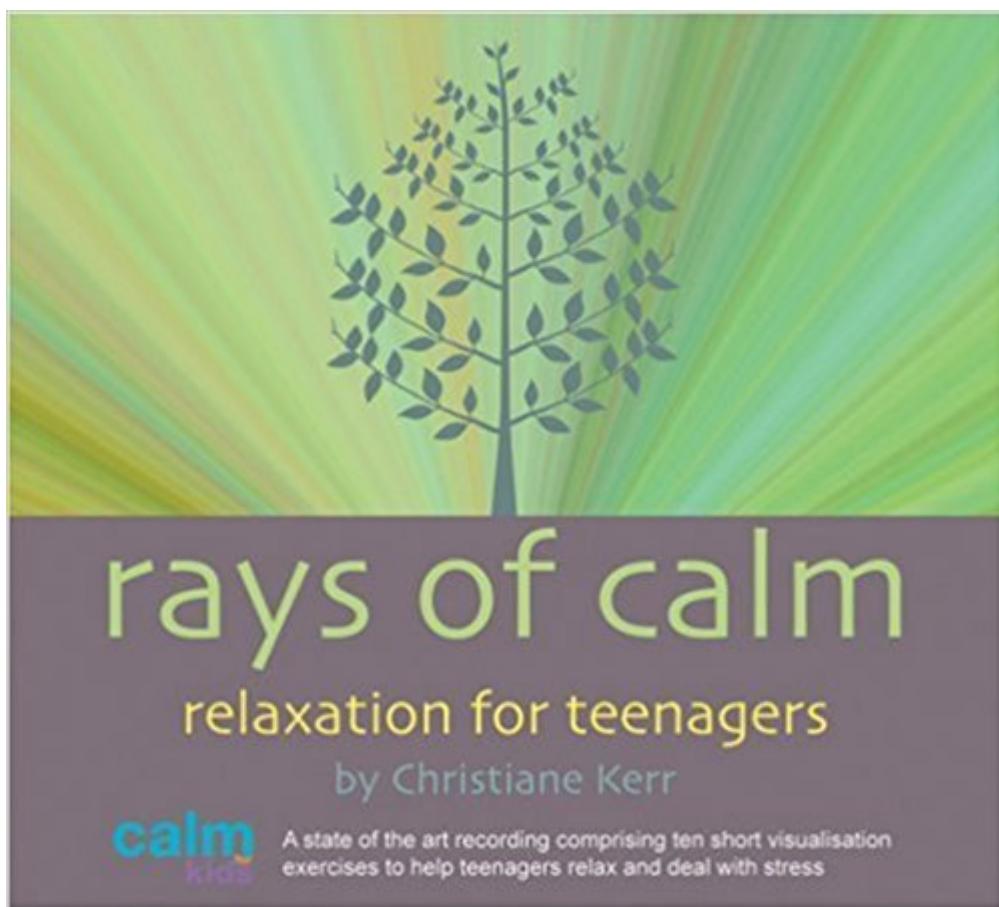


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# Rays Of Calm: Relaxation For Teenagers (Calm For Kids)



## **Synopsis**

This is the fourth CD in the Calm For Kids range by Christiane Kerr. Created for teenagers this high quality CD has ten tracks ranging in length from three to eight minutes. Christiane's soothing voice leads you through various relaxation techniques and visualisations designed to promote a sense of calm and wellbeing and to help teenagers deal with stress. Each track is accompanied by beautiful music and calming sound effects composed and created by Pete M Wyer. Christiane is a children's yoga teacher, specialising in relaxation and stress relief. She has worked extensively both with younger children and teenagers and this CD has been tried and tested with great success on her students in this age group.

## **Book Information**

Series: Calm for Kids

Audio CD

Publisher: Diviniti Publishing (December 1, 2007)

Language: English

ISBN-10: 1901923924

ISBN-13: 978-1901923926

Product Dimensions: 5.1 x 6.3 x 0.3 inches

Shipping Weight: 1.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 7 customer reviews

Best Sellers Rank: #336,678 in Books (See Top 100 in Books) #17 in Books > Books on CD > Children's Fiction > Music #136 in Books > Books on CD > Health, Mind & Body > General #297 in Books > Books on CD > Health, Mind & Body > Personal Growth

Age Range: 10 and up

Grade Level: 5 and up

## **Customer Reviews**

"My son was having problems with his peers at school and listening to the CDs helped him put things in perspective." --Adrienne Robertson

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.

I purchased this CD for my 10 year-old child, whose pediatrician recommended a relaxation tape to help with "situational headaches." I was concerned, in reading the description of the CD, that it would somehow be inappropriate for a 10 year-old. I knew that I didn't want anything too fantastic (i.e. princessy) or babyish for my child, however, who is pretty bright and sophisticated (and doesn't need to be talked down to) so the products marketed for younger children didn't seem quite right, either. We've all been extremely satisfied with this purchase. The recording is perfectly appropriate for a child, a teenager, or an adult. My 7 year-old child enjoys it, too. One reason my kids really like it is because it's very nature-focused and they love hiking, camping, etc. The imagery really works for them. Some of the plants mentioned by the speaker must be British plants. I'm not sure they grow in the U.S. But that's not a big deal. The speaker does talk about autumn leaves and that kind of thing so if you live in a hot climate and your child has never been exposed to changing seasons, this might not be the best recording for them. I find that the recording is very helpful for general relaxation at any time of day. It also opened my kids up to the idea of guided imagery in general and now we use that before sports games, etc. The recording also puts my child to sleep quickly, which is really a tall order. We don't use it regularly for that purpose but when I've let my kid listen to the recording using headphones in bed, it knocks her out really quickly, really deeply. I can take the headphones off her head and she doesn't notice. Normally she is a lighter sleeper and has some difficulty falling asleep.

I love the narrator's voice but it bothers my child. She has an accent that might be British, might be something else, though it is still very easy to understand.

This cd is great! My 13 year old son loves it & it really helps him to relax & fall asleep faster!

This has helped my daughter so much! She struggles to go to sleep and after purchasing this CD it she can relax and let go!

This is by far the best relaxation CD. All of my students and colleagues love it!!!!

It helps my 11 year old son go to sleep. Nice voice and visualizations.

Teenager liked it!

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