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## Meditation in Schools

By Jane Erricker

Continuum-3pl. Hardcover. Condition: New. 160 pages. Dimensions: 9.4in. x 6.3in. x 0.6in. This introduction to meditation in education is written as a resource for class teachers and educators as a practical guide. Parents will also find it valuable, though its main focus is in using meditation in schools. The purpose of the book is to inspire and to provide concise, practical and general information, and techniques that can be considered and explored before introducing primary or secondary students to meditative experience. Meditation in schools covers such topics as: o information on schools where meditation is practiced, and the perceived results o issues and concerns involved with introducing meditation in schools o the relationship between meditation and other relaxation quieting techniques o experiential learning and a holistic approach to education This essential guide is written from the contributors personal and professional practice experience and emphasizes how meditation can contribute to the school environment and to the curriculum, as well as developing the positive potential of students hearts and minds. It includes a useful section on further reading. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Hardcover.



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