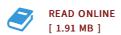




Meditation in Schools

By Jane Erricker

Continnuum-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 resultso issues and concerns involved with introducing meditation in schoolso the relationship between mediation and other relaxation quieting techniqueso experiential learning and a holistic approach to educationThis 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.



Reviews

Comprehensive information! Its this sort of very good read through. This is certainly for all those who statte that there was not a worthy of studying. Your daily life period will likely be convert as soon as you total reading this publication.

-- Candace Kling

Most of these ebook is the perfect publication accessible. It is writter in easy terms and not difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Anastasia Kihn

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