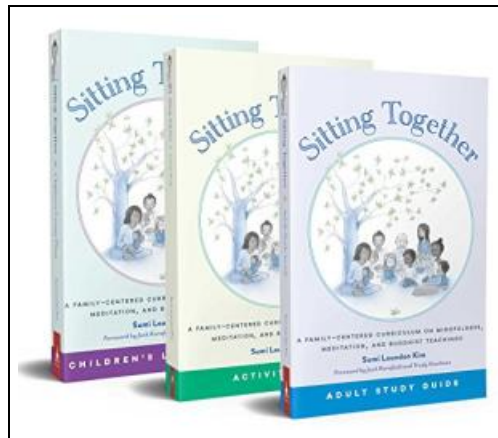


Sitting Together: A Family Centered Curriculum on Mindfulness (Paperback)



Filesize: 1.93 MB

Reviews

Extensive guideline! Its this sort of very good go through. I have got read and i am confident that i will gonna read through once more once more in the future. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Joana Champlin)

SITTING TOGETHER: A FAMILY CENTERED CURRICULUM ON MINDFULNESS (PAPERBACK)



Wisdom Publications,U.S., United States, 2017. Paperback. Condition: New. Study Guide. Language: English . Brand New Book. An all-in-one set to implement a family meditation course, regardless of your tradition or level of experience. This three-volume set provides a complete curriculum for adults and children to learn about mindfulness, meditation, and Buddhist teachings together, either in the home, in partnership with other families, or with a local center. The Adult Study Guide (280 pages) offers thirty-six lesson plans including meditation practices, homework, readings, and reflection questions for group study. The Children s Lesson Plans (296 pages), used in conjunction with the Adult Study Guide, provides step-by-step instructions for teachers on meditation exercises, stories, crafts, songs, and games. The Activity Book (136 pages) is a perfect companion to enhance the children s education with over 50 coloring pages, puzzles, and other fun activities. This comprehensive curriculum for adults and children ages 3-12 has five units on meditation, kindness, ethics, character, and service. It is perfect for any family, Dharma center, yoga studio, or religious, educational, or community organization that wants to incorporate a mindfulness program for children and their families. Visit for more resources.



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