

# Mp3 Justine Aldersey-williams - Relax... It's Karmatime - Magical Meditations For Children



[DOWNLOAD HERE](#)

Magical meditations for children, soothingly spoken and blended with healing world music. 7 MP3 Songs in this album (40:06) ! Related styles: KIDS/FAMILY: General Children's Music, KIDS/FAMILY: Educational People who are interested in Ladysmith Black Mambazo Deva Premal should consider this download. Details: Seven day-dreamy meditations designed for children to use independently at home or for teachers to use with their pupils in school. Each track weaves empowering relaxation skills into organic world music with the soothing voice of experienced yoga teacher, Justine Aldersey-Williams. If your child has ever had trouble getting to sleep, handling their big emotions or preparing themselves psychologically for challenges then encourage them to take 5 once a day for a little, 'Karmatime'. The CD has been written by a former school teacher now devoting all her time to producing inspirational classes and resources to help children feel good about themselves and the magical world around them. The themes encourage the development of emotional intelligence (EQ) but in a really fun way! By listening to each track kids can feel: \* secure in their own imagined safe place \* happy in their healing crystal bubble \* loved by a dream friend \* relaxed by their magic wand \* optimistic by visualizing their inner sunshine \* thankful after finding their own personal treasure \* well-balanced as they wrap themselves in a rainbow blanket Experiencing these core qualities helps children build their self-esteem and confidence whilst the relaxation skills included; abdominal breathing, progressive muscle relaxation, visualization etc all help remedy stress, boosting immunity, health and creativity. Many parents feel stressed but wouldn't imagine that their kids do too. In fact, kids are under enormous pressure as they navigate the many physical and psychological changes that occur during childhood. Symptoms of childhood stress include:- \* poor sleep patterns / nightmares / tiredness \* lack of concentration and under achievement in school \* nervous

habits e.g. nail biting, bed wetting etc. \* tantrums / aggression / disruptive behavior \* headaches / stomach aches Of course, all children experience some of these symptoms sometimes but when they do, they inhibit their learning. Stress limits the thinking ability of the brain, so it is vital for parents and kids to understand how to remedy these effects. Even if you don't recognise any of these symptoms in your child, this CD teaches life skills that can accelerate your child's learning and help them handle their emotions.

**BIOGRAPHY - JUSTINE ALDERSEY-WILLIAMS** Justine was introduced to yoga via pranayama (breathing exercises) at the age of 12 by a progressive teacher who used nadi sodhana (alternate nostril breathing) to improve attention and concentration in his class. After qualifying as a school teacher in 1998 and having two children (1999 and 2001), Justine returned to develop her yoga practice and began to study various personal development techniques including Brain Gym (R), Emotional Freedom Techniques (EFT), Life Coaching, Meditation and Reiki (she is a Reiki Master). She was particularly keen to combine these beneficial life skills into classes which could help children harness their full potential - not just for being successful but for being content, healthy and joyful. She started a children's yoga company called Karmatime in 2005 and has since taught throughout her local region, Merseyside, quickly gaining a reputation as an inspirational teacher. As demand for classes grew, she realized the need for a resource that could be used by parents and children at home or teachers within the school day. Justine commissioned renowned world musician Kevin Paton to compose the music for the CD. Kevin is a versatile and passionate musician, composer and teacher, playing guitar, West African Drums and vocals. He has collaborated and worked with musicians from all over the world, performing and teaching throughout Britain, in France, Germany, Gambia and South Africa. His performances include Gambian National Television, The Albert Hall (Proms 2000), The Millenium Dome, the Blue Peter Road Show and Manchester United F.C. for UNICEF. Kevin has fast become well known for his work in the field of sound healing as a composer, facilitator of personal healing and healer. He has been commissioned by several of the North West's leading alternative healing practitioners to create music to aid the healing process and to enhance their work.

[DOWNLOAD HERE](#)

Similar manuals:

