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# **Mindfulness Meditation Stories**

Kelly Joyful, Evelyn Montessori

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but complete mindfulness meditation program for children ages 3 7 and their parents designed to encourage kindness and empathy More and more children are experiencing the benefits of mindfulness practices at home and in school to reduce stress regulate emotions and improve concentration But true mindfulness practice also opens the heart and increases compassion and empathy The Magic of Meditation is really two books in one a guide for parents to the basics and benefits of meditation for children and a concise practice program of mindfulness meditation for children ages three to seven The program includes stories bedtime rituals and an audio download featuring Yupsi a magical dragon Yupsi s boundless optimism and good nature will inspire children to feel confidence in their emotions and help them develop natural kindness and altruism

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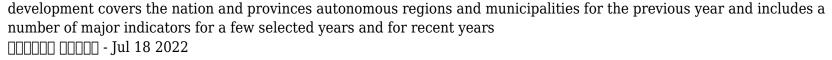
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