



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 mediation 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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Reviews

Thorough information! Its this sort of good read. It is actually written in straightforward words rather than confusing. I am just delighted to let you know that this is basically the best book we have read within my personal existence and can be the greatest pdf for actually.

-- **Dr. Henri Crona II**

This sort of book is every little thing and made me searching ahead and more. Sure, it is actually plain, nonetheless an amazing and interesting literature. You wont feel monotony at whenever you want of the time (that's what catalogs are for relating to in the event you ask me).

-- **Gavin Bosco IV**