

**SIX HEALING SOUNDS WITH LISA AND TED: QIGONG
FOR CHILDREN**

Kristin Causey

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Six Healing Sounds with Lisa and Ted teaches young children how to transform breathing techniques that are based on ancient Chinese Qigong exercises.

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To see what your friends thought of this book, please sign up. This book introduces children to the benefits of qi gong by helping them to connect their feelings and bodily sensations to their inner voice. Brand:BluePoppyPediatrics. Laddas ned direkt. Six Healing Sounds with Lisa and Ted teaches young children how to transform negative feelings into positive ones by using simple breathing techniques that are based on ancient Chinese Qigong exercises.

The6healingsoundsarevaluablecopingmechanismswhichcanhavealastingp taught at a number of schools, Lisa went on to work for several years in Northern Ireland on community projects with children and young people.