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## ***Relax Kids: Where Children believe and parents can breath***

Meditations, Songs and stories to bring calm and tranquillity

By Marneta Viegas

CD's price £14.99

Contact [www.relaxkids.com](http://www.relaxkids.com)

0870 350 5035

[fly@relaxkids.com](mailto:fly@relaxkids.com)

If you work with a lot of children with learning difficulties as I do and/or have children of your own, particularly if they are prone to be a little or a lot hyper at times, then Marneta Viegas's lovely series of five different CD's, two books and three sets of cards are to be recommended.

Suitable for children from age 3 onwards, Her CD's are beautifully and professionally produced with great music and lovely relaxations / mediations that will appeal to children and their parents.

In some she has creatively transformed well-loved fairy stories into simple visualisations. I particularly liked her CD Superheroes, especially written for boys, which includes Aladdin's magic carpet and sailing like Sinbad the sailor as meditation stories to great effect. I wish I had had these when my own daughters were children. A great idea, excellently produced, highly recommended.

***Clive Lindley-Jones B.Ed. (Hons) D.O. D.I.B.A.K***

- *Registered with the General Osteopathic Council*
- *Diplomate of the International Board of Applied Kinesiology*
- *Diploma in Transpersonal Psychotherapy*
- *NLP Trainer & Coach*
- *Committee member of the Sunflower Trust (Registered Charity # 1055712)*