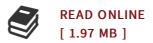




# Let the Rain Fall Down: Qi Gong Song and Book for Children

By Donna Henderson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*.Qi Gong comes alive for children ages 2 to 9 through this original song and book with accompanying video. Basic moves are combined with catchy lyrics for easy learning in Let the Rain Fall Down. Children as young as two years old and even adults love this song. A moving meditation, Qi Gong emphasizes deep breathing with coordinated, repetitive motions. The exercises are reflective of nature, like a tree rooted and reaching for the sun, a bird flying high in the sky and a warm, gentle rain. Standing with enough room to spread their arms, children benefit physically, emotionally and mentally with this powerful tool. A state of relaxed focus often takes only a few minutes to achieve. The results are enhanced when practiced outside in Nature. Colorful illustrations in this 32-page picture book demonstrate the simple movements and you can follow along with a 3-minute video at Perfect for groups or individuals, Let the Rain Fall Down sets the tone for the day, creates an effective break anytime and may help soothe and calm before bedtime. Teachers...



#### Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- Dr. Kadin Hane DVM

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

-- Frank Nienow

# Other Books



#### History of the Town of Sutton Massachusetts from 1704 to 1876

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Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

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### How to Make a Free Website for Kids

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Jack Drummond's Christmas Present: Adventure Series for Children Ages 9-12

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A very warm welcome to Jack Drummond s Christmas Present, the sixth book in the series for children ages 9-12....



## American Legends: The Life of Josephine Baker

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*\*\*Includes pictures \*Includes Josephine Baker s quotes about her life and career \*Includes online resources and a bibliography for further...