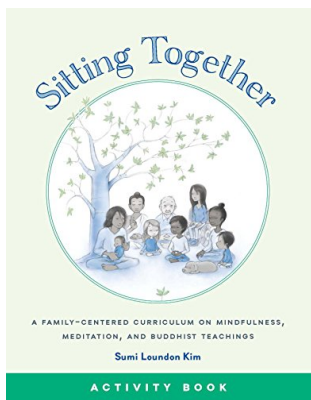


[PDF] Sitting Together: A Family-Centered Curriculum On Mindfulness, Meditation & Buddhist Teachings

Sumi Loundon Kim - pdf download free book



Books Details:

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Description:

An all-in-one set to implement a family meditation course, regardless of your tradition or level of experience.

This three-volume set provides a complete curriculum for adults and children to learn about mindfulness, meditation, and Buddhist teachings together, either in the home, in partnership with other families, or with a local center.

The **Adult Study Guide** (280 pages) offers thirty-six lesson plans including meditation practices, homework, readings, and reflection questions for group study.

The **Children's Lesson Plans** (296 pages), used in conjunction with the *Adult Study Guide*, provides step-by-step instructions for teachers on meditation exercises, stories, crafts, songs, and games.

The **Activity Book** (136 pages) is a perfect companion to enhance the children's education with over 50 coloring pages, puzzles, and other fun activities.

This comprehensive curriculum for adults and children ages 3-12 has five units on meditation, kindness, ethics, character, and service. It is perfect for any family, Dharma center, yoga studio, or religious, educational, or community organization that wants to incorporate a mindfulness program for children and their families.

Visit mindfulfamilies.net for more resources.

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