

The

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50 Meditations

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Relax Deck 50 Meditations

Whitney Stewart



Relax Deck 50 Meditations:

Relax Duncan Baird, 2012-02-17 A volume of fifty meditation exercises with beautiful illustrations designed to ease and refresh an exhausted mind These days in the quest to calm the body mind and soul finding the time to relax can be a real challenge This handy volume features a series of meditations that can be used at any time Drawn from Eastern and Western traditions each one combines a brief text with an inspirational image By envisioning rays of dappled sunlight through the petals of a flower the Lotus Blossom meditation teaches not to forget the spiritual side amidst the frantic pace of modern life while the Yin and Yang card focuses on the strength found in a glimmer of hope that flickers in darkness On a hillside in the backyard or even at the office Relax can teach anyone the art of letting go **The Perfect Calm Deck** Chronicle Books, 2012-07-06 Figuring out how to tap into inner calm even for a few minutes each day is essential for well being and peace of mind With an inspirational image and a simple guided exercise on each card this handy deck will help you relax both mind and body and appreciate the simple pleasures all around you *The Perfect Calm Deck*, 2002 *Imagine Meditation Cards for Kids* Meirav Tamir, 2019-11 A set of guided imagery meditation cards for kids including scripts and illustrations a breathing exercise and 2 DIY cards for kids to create their own guided meditations [Mindfulness Meditation for Beginners](#) Dawn Mauricio, 2020-08-04 Find the path to peace and acceptance through mindful meditation for beginners Meditation is a way to calm your mind and strengthen your concentration and awareness When coupled with mindfulness the concept of being present in the moment they re a powerful combination for healing Mindfulness Meditation for Beginners is a perfect first step to understanding the principles of mindfulness and meditation to build your daily practice from the ground up From simple breathing techniques to visualization exercises this comprehensive guide to mindful meditation for beginners delivers everything you need to get started including a brief introduction to mindfulness meditation practices that build in skill level and tips on how to continue with your practice beyond the book Mindfulness Meditation for Beginners includes 50 Meditations Discover dozens of quick easy mindfulness exercises ranging from 5 to 15 minutes to help you develop your practice Mindfulness revealed Understand what mindfulness is and its effectiveness when paired with daily meditation All are welcome This simple step by step book is a perfect introduction to mindful meditation for beginners Learn the fundamentals of meditation and begin a daily practice with Mindfulness Meditation for Beginners **Mindfulness Cards** Rohan Gunatillake, 2018 *The Healing Yoga Deck* Olivia Miller, 2018-10-02 The sequel to the bestselling Yoga Deck from Olivia H Miller This handy deck of cards provides detailed instructions for a variety of yoga poses that help alleviate and prevent pain and enhance overall wellbeing Whether you re a yoga novice interested in pain prevention and relief or if yoga is a part of your everyday routine these handy cards can help you take control of your health Each card has an illustration of a pose step by step instructions and options for more or less of a challenge ensuring that people of different ages and physical abilities can safely use the deck and reap all the benefits The tri fold introduction card includes a table of contents

suggestions for using the deck a brief explanation about the benefits of yoga and suggested sequences Shows how to perform 60 yoga poses meditations and recommended sequences to alleviate pain prevent chronic conditions and boost overall well being Contains illustrations for more than 50 new poses Each illustrated card includes step by step instructions a list of benefits and an affirmation Fans of The Yoga Deck 50 Poses Meditations for Body Mind Spirit The Stretch Deck 50 Stretches and The Chakra Deck 50 Cards for Promoting Spiritual and Physical Health Relax and Rejuvenate will love this card deck Idea cards for anyone who wants an alternative way to alleviate pain Great gift for yoga enthusiasts of all ages and levels Perfect portable deck for those practicing self care and wellness rituals **Mindful Kids** Whitney Stewart,2017 Make any moment mindful from morning to night with 5 categories of cards designed to fit into each part of the day Whimsical full color illustrations on both sides of the cards provide easy to follow steps for each practice The cards and 8 page instructional booklet include tips for children of a wide range of abilities Publisher's website **Spa Deck** Barbara Close,2001 Introductory text about using aromatherapy herbs and other materials for home spa treatments Each accompanying card describes one treatment recipe or activity with color photo Issued in illustrated container **Yin Yoga** Kassandra Reinhardt,2017-12-12 Return to balance with this calming healing approach Yin yoga offer remedies to the stresses of your busy yang life Each restorative pose targets your deeper fascia and connective tissues helping you experience increased flexibility and improved joint health Yin yoga also focuses on deep breathing and longer hold times allowing you the time and space to clear your mind and enhance your mental acuity These meditative poses will help you attain a renewed sense of mindfulness and physical well being making them the perfect complement to an active yang lifestyle and helping bring you back into balance Yin Yoga includes these features More than 50 step by step poses that focus on specific areas of the body 20 sequences linking the poses designed to help you reach specific physical mental or emotional goals Expert information on techniques and philosophies including correct breathing techniques chakras and meridians and how best to practice yin yoga If you've been looking for something to settle your mind and body look no further than yin yoga the practice and Yin Yoga the book **Celestial Gallery Meditation Deck** Romio Shrestha,2006-07 Following the bestselling Celestial Gallery comes a portable alter and beautifully oversized meditation cards which include new and inspired insights prayers and blessings from the wisdom journals of visionary Nepali thangka artisan Romio Shrestha Never before rendered in this prayerful format keys to the offerings of the divine deities including Buddha Sakyamuni Green Tara White Tara Amitabha and more honored in these magnificent scroll paintings can be discovered through guided practice and meditation **Harry Potter: Guided Deck and Book Set 1** . Insight Editions,2021 **The Work Wellness Deck** Landra Bickley Eliopoulos,2021-08-31 Banish burnout with this deck of 60 easy to do anywhere prompts that encourage sanity serenity and wellness in your place of work wherever that may be Burnout is common in today's work culture Whether due to long hours excessive workloads or lack of work life balance we all know someone who has felt overwhelmed at work Enter The Work Wellness Deck 60 actionable

suggestions that will restore a sense of well being in the workplace and banish burnout once and for all Packaged in a portable format the deck is organized into three categories REFRESH mental health FLOW physical health and CONNECT work relationships Prompts include office stretches that help your posture breathing exercises to manage stress a gratitude practice to focus on the positive and networking ideas to build meaningful relationships Individuals can keep the deck on their desk or in their bag pulling a card to start the day or as a midday mindfulness break teams can use the cards to set a group intention and company leaders can distribute this deck to employees as a wellness perk No matter how it is used The Work Wellness Deck will help people in all industries build resiliency improve productivity communicate effectively and forge connection no matter where they work BURNOUT IS COMMON Whether you work from home and struggle to delineate work and personal time or you work long hours at an office it is common to feel overworked and overwhelmed at one point or another The Work Wellness Deck is an effective tool in preventing and or diminishing feelings of burnout PERFECT FOR COMPANIES Small businesses company leaders and HR reps in every industry tech finance healthcare law media nonprofits retail and more can distribute this deck to their employees as a way to encourage them to prioritize their health and wellness LITTLE PUBLISHED SLICE OF WELLNESS Wellness is a huge trend but beyond self help books on the topic there isn't much accessible publishing on wellness in the workplace This one of a kind format is practical but still giftable and fills that gap Perfect for People who work and want to prioritize their own wellbeing Anyone who feels burned out Job changers New graduates HR reps and company leaders for themselves or their employees especially as a welcome gift for new hires or a gift for a workplace anniversary or promotion *Relax Deck*, Good Housekeeping, 2000 **Mindful Tots: Rest & Relax** Whitney Stewart, 2020 A simple body scan exercise that adults and toddlers can do together to soothe themselves and get ready for sleep One of four stylish board books in the Mindful Tots series designed to help toddlers manage the ups and downs of everyday emotions **The Luxurious Bath Deck** Leah Moth, 2025-03-18 An enchanting beautifully illustrated self care deck that features 50 bath recipes for healing relaxation rejuvenation and more making it easy to practice well being at home The Luxurious Bath Deck invites you to immerse yourself in the restorative powers of luxurious baths Written by herbalist Leah Moth the deck includes 50 soothing bath recipe cards using blends of herbs salts essential oils and florals to promote calm stress relief and recovery including Tension Tamer Cold and Flu Heart Healer Insomnia Adrenal Reset Spirit Boost and many more Each card features soothing artwork a description of the bath's nourishing properties a short meditative prompt and an ingredient list with botanicals emollients crystals candles and more An accompanying booklet offers illuminating wisdom on plant based medicine guidance on creating a spa like mood at home and tips on transforming bath practices into shower rituals A lovely gift or self purchase this alluring deck transforms everyday bathing into a sumptuous self care experience ACCESSIBLE LUXURY Brimming with restorative rituals and gorgeous artwork this deck makes it easy to create spa like experiences without traveling or booking an expensive getaway It makes a perfect present for

anyone including yourself looking for tools to rest unwind reduce stress or manage burnout **NATURAL REMEDIES FOR SELF CARE** Leah Moth is an experienced herbalist devoted to making self care and pleasure accessible to a wide audience In this bath recipe deck she shares powerful wisdom and rituals for readers seeking natural remedies and information on plant medicine including fans of bestselling healing books like *The Green Witch* and *The Witch's Book of Self Care* **BEAUTIFUL TO GIFT AND DISPLAY** Sleek and eye catching with shimmery blue foil on the box and the cards this deck is an exhilarating companion for self care enthusiasts and an excellent addition to a bath gift set along with sumptuous bath towels bath salts candles essential oils soaps crystals smudge sticks or flowers Perfect for People looking for simple practices to soothe stress and anxiety Flower enthusiasts and nature lovers Meditators and mindfulness practitioners Anyone interested in herbalism and plant medicine Mother's Day gift shoppers Fans of Moon Bath Crystals the Stone Deck Nature Meditations Deck and Calm the Chaos **Gratitude Insight Cards** Inc. Peter Pauper Press,2019-04-07 Deck of 50 Empowering Inspirational Cards Let these beautiful and inspiring affirmation cards lift you up as you go about your day Select one make its message your theme and see what you can accomplish Share with family friends and colleagues to spread the positivity 50 cards per set Full color designs High quality card stock Rounded corners Boxed set is perfect for gift giving Cards measure 4 square 10 16 cm square Boxes measure 4 1 4 square x 7 8 deep 10 79 cm square x 2 2 cm deep **Breathe Like a Bear** Kira Willey,2017-12-05 Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies breath and emotions Best of all these 30 simple short breathing practices and movements can be performed anytime anywhere in the car to the grocery store during heavy homework nights at home or even at a child's desk at school Based on Kira Willey's Parents Choice GOLD Award winning CD Mindful Moments for Kids this one of a kind book is sure to help kids find calm gain focus and feel energized during the day and encourage families to establish a fun and consistent mindfulness practice whether at home or on the go

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